

SPICES ARE MYSTERIOUSLY A BOON

Spices are made from dried fruits, seeds, barks or roots of certain plants. Spices are used as flavouring agents and they impart a distinctive aroma to the dish to which they are added.

Spices get their aroma and flavour from the essential oils and chemical compounds present in them.

Spices that give flavour need to be added in the initial stages of cooking so that they release their flavours, while spices that are used for their aroma should be added at the end stage of cooking.

According to Ayurveda, spices can be warming or cooling, and are used to affect the balance of the digestive system. They act as a stimulus to the digestive system and relieve the digestive disorders, and some spices are of antiseptic value.

SOME OF THE SUPER SPICES:

TURMERIC:

1. Turmeric Contains Bioactive Compounds With Powerful Medicinal Properties

Turmeric is the spice that gives curry its yellow color.

It has been used in India for thousands of years as a spice and medicinal herb.

Recently, science has started to back up what the Indians have known for a long time... it really does contain compounds with medicinal properties (1).

These compounds are called curcuminoids, the most important of which is [curcumin](#).

Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.

However, the curcumin content of turmeric is not that high... it's around 3%, by weight (2).

Most of the studies on this herb are using turmeric extracts that contain mostly curcumin itself, with dosages usually exceeding 1 gram per day. It would be very difficult to reach these levels just using the turmeric spice in your foods.

Therefore, if you want to experience the full effects, then you need to take an *extract* that contains significant amounts of curcumin.

Unfortunately, curcumin is poorly absorbed into the bloodstream. It helps to consume black pepper with it, which contains piperine... a natural substance that enhances the absorption of curcumin by 2000% (3).

I personally prefer to swallow a few whole peppercorns along with my curcumin supplement, in order to enhance absorption.

Curcumin is also fat soluble, so it may be a good idea to take it with a fatty meal.

BOTTOM LINE: Turmeric contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties. Most studies used turmeric extracts that are standardized to include large amounts of curcumin.

2. Curcumin is a Natural Anti-Inflammatory Compound

Inflammation is incredibly important.

It helps the body fight foreign invaders and also has a role in repairing damage.

Without inflammation, pathogens like bacteria could easily take over our bodies and kill us.

Although acute (short-term) inflammation is beneficial, it can become a major problem when it is chronic (long-term) and inappropriately deployed against the body's own tissues.

It is now believed that chronic, low-level inflammation plays a major role in almost every chronic, Western disease. This includes heart disease, cancer, metabolic syndrome, Alzheimer's and various degenerative conditions ([4](#), [5](#), [6](#)).

Therefore, anything that can help fight chronic inflammation is of potential importance in preventing and even treating these diseases.

It turns out that curcumin is strongly anti-inflammatory, it is so powerful that it matches the effectiveness of some anti-inflammatory drugs ([7](#)).

Curcumin actually targets multiple steps in the inflammatory pathway, at the molecular level.

Curcumin blocks NF- κ B, a molecule that travels into the nuclei of cells and turns on genes related to inflammation. NF- κ B is believed to play a major role in many chronic diseases ([8](#), [9](#)).

Without getting into the gory details (inflammation is extremely complicated), the key takeaway here is that curcumin is a bioactive substance that [fights inflammation](#) at the molecular level ([10](#), [11](#), [12](#)).

In several studies, its potency has compared favorably to anti-inflammatory pharmaceutical drugs... except [without the side effects](#) ([13](#), [14](#)).

BOTTOM LINE: Chronic inflammation is known to be a contributor to many common Western diseases. Curcumin can inhibit many molecules known to play major roles in inflammation.

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3. Turmeric Dramatically Increases The Antioxidant Capacity of The Body

Oxidative damage is believed to be one of the mechanisms behind aging and many diseases.

It involves free radicals, highly reactive molecules with unpaired electrons.

Free radicals tend to react with important organic substances, such as fatty acids, [proteins](#) or DNA.

The main reason antioxidants are so beneficial, is that they protect our bodies from free radicals.

Curcumin happens to be a potent antioxidant that can neutralize free radicals due to its chemical structure ([15](#), [16](#)).

But curcumin also boosts the activity of the body's own antioxidant enzymes ([17](#), [18](#), [19](#)).

In that way, curcumin delivers a one-two punch against free radicals. It blocks them directly, then stimulates the body's own antioxidant mechanisms.

BOTTOM LINE:Curcumin has powerful antioxidant effects. It neutralizes free radicals on its own, then stimulates the body's own antioxidant enzymes.

4. Curcumin Boosts Brain-Derived Neurotrophic Factor, Linked to Improved Brain Function and a Lower Risk of Brain Diseases

Back in the day, it was believed that neurons weren't able to divide and multiply after early childhood.

However, it is now known that this does happen.

The neurons are capable of forming new connections, but in certain areas of the brain, they can also multiply and increase in number.

One of the main drivers of this process is Brain-Derived Neurotrophic Factor (BDNF), which is a type of growth hormone that functions in the brain ([20](#)).

Many common brain disorders have been linked to decreased levels of this hormone. This includes depression and Alzheimer's disease ([21](#), [22](#)).

Interestingly, curcumin can increase brain levels of BDNF ([23](#), [24](#)).

By doing this, it may be effective at delaying or even reversing many brain diseases and age-related decreases in brain function ([25](#)).

There is also the possibility that it could help improve memory and make you smarter. Makes sense given its effects on BDNF levels, but this definitely needs to be tested in human controlled trials ([26](#)).

BOTTOM LINE: Curcumin boosts levels of the brain hormone BDNF, which increases the growth of new neurons and fights various degenerative processes in the brain.

5. Curcumin Leads to Various Improvements That Should Lower Your Risk of Heart Disease

Heart disease is the biggest killer in the world ([27](#)).

It has been studied for many decades and researchers have learned a lot about why it happens.

It turns out that heart disease is incredibly complicated and there are various things that contribute to it.

Curcumin may help reverse many steps in the heart disease process ([28](#)).

Perhaps the main benefit of curcumin when it comes to heart disease, is improving the function of the endothelium, which is the lining of the blood vessels.

It is well known that endothelial dysfunction is a major driver of heart disease and involves an inability of the endothelium to regulate blood pressure, blood clotting and various other factors ([29](#)).

Several studies suggest that curcumin leads to improvements in endothelial function. One study shows that is as effective as exercise, another shows that it works as well as the drug Atorvastatin ([30](#), [31](#)).

But curcumin also reduces inflammation and oxidation (as discussed above), which are also important in heart disease.

In one study, 121 patients who were undergoing coronary artery bypass surgery were randomized to either placebo or 4 grams of curcumin per day, a few days before and after the surgery.

The curcumin group had a 65% decreased risk of experiencing a heart attack in the hospital ([32](#)).

BOTTOM LINE: Curcumin has beneficial effects on several factors known to play a role in heart disease. It improves the function of the endothelium and is a potent anti-inflammatory agent and antioxidant.

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6. Turmeric Can Help Prevent (And Perhaps Even Treat) Cancer

Cancer is a terrible disease, characterized by uncontrolled growth of cells.

There are many different forms of cancer, but they do have several commonalities, some of which appear to be affected by curcumin supplementation ([33](#)).

Researchers have been studying curcumin as a beneficial herb in cancer treatment. It can affect cancer growth, development and spread at the molecular level ([34](#)).

Studies have shown that it can reduce angiogenesis (growth of new blood vessels in tumors), metastasis (spread of cancer), as well as contributing to the death of cancerous cells ([35](#)).

Multiple studies have shown that curcumin can reduce the growth of cancerous cells in the laboratory and inhibit the growth of tumours in test animals ([36](#), [37](#)).

Whether high-dose curcumin (preferably with an absorption enhancer like pepper) can help treat cancer in humans has yet to be tested properly.

However, there is some evidence that it may help prevent cancer from occurring in the first place, especially cancers of the digestive system (like colorectal cancer).

In one study in 44 men with lesions in the colon that sometimes turn cancerous, 4 grams of curcumin per day for 30 days reduced the number of lesions by 40% ([38](#)).

Maybe curcumin will be used along with conventional cancer treatment one day. It's too early to say for sure, but it looks promising and this is being intensively studied as we speak.

BOTTOM LINE: Curcumin leads to several changes on the molecular level that may help prevent and perhaps even treat cancer.

7. Curcumin May be Useful in Preventing and Treating Alzheimer's Disease

Alzheimer's disease is the most common neurodegenerative disease in the world and a leading cause of dementia.

Unfortunately, no good treatment is available for Alzheimer's yet.

Therefore, preventing it from showing up in the first place is of utmost importance.

There may be good news on the horizon, because curcumin has been shown to cross the blood-brain barrier ([39](#)).

It is known that inflammation and oxidative damage play a role in Alzheimer's disease. As we know, curcumin has beneficial effects on both [\(40\)](#).

But one key feature of Alzheimer's disease is a buildup of protein tangles called Amyloid plaques. Studies show that curcumin can help clear these plaques [\(41\)](#).

Whether curcumin can really slow down or even reverse the progression of Alzheimer's disease needs to be studied properly.

BOTTOM LINE:Curcumin can cross the blood-brain barrier and has been shown to lead to various improvements in the pathological process of Alzheimer's disease.

8. Arthritis Patients Respond Very Well to Curcumin Supplementation

Arthritis is a common problem in Western countries.

There are several different types, but most involve some sort of inflammation in the joints.

Given that curcumin is a potent anti-inflammatory, it makes sense that it could help with arthritis. Several studies show this to be true.

In a study of patients with rheumatoid arthritis, curcumin was even more effective than an anti-inflammatory drug [\(42\)](#).

Many other studies have looked at the effects of curcumin on arthritis and noted improvements in various symptoms [\(43, 44\)](#).

BOTTOM LINE:Arthritis is a common disorder characterized by joint inflammation. Many studies show that curcumin can help treat symptoms of arthritis and is in some cases more effective than anti-inflammatory drugs.

9. Studies Show That Curcumin Has Incredible Benefits Against Depression

Curcumin has shown some promise in treating depression.

In a controlled trial, 60 patients were randomized into three groups ([45](#)).

One group took prozac, another group took a gram of curcumin and the third group took both prozac and curcumin.

After 6 weeks, curcumin had led to improvements that were similar to prozac. The group that took both prozac and curcumin fared best.

According to this (small) study, curcumin is as effective as an antidepressant.

Depression is also linked to reduced levels of brain-derived neurotrophic factor and a shrinking hippocampus, a brain area with a role in learning and memory.

Curcumin boosts BDNF levels, potentially reversing some of these changes ([46](#)).

There is also some evidence that curcumin can boost the brain neurotransmitters serotonin and dopamine ([47](#), [48](#)).

BOTTOM LINE: A study in 60 depressed patients showed that curcumin was as effective as prozac in alleviating the symptoms of depression.

10. Curcumin May Help Delay Aging and Fight Age-Related Chronic Diseases

If curcumin can really help prevent heart disease, cancer and Alzheimer's... then this would have obvious benefits [for longevity](#).

For this reason, curcumin has become very popular as an anti-aging supplement ([49](#)).

But given that oxidation and inflammation are believed to play a role in aging, curcumin may have effects that go way beyond just prevention of disease

FENNEL:

Bone health

The iron, phosphorous, [calcium](#), [magnesium](#), manganese, zinc, and vitamin K content present in fennel all contribute to building and maintaining bone structure and strength.

- Phosphate and calcium are both important in bone structure
- Iron and zinc are crucial for the production and maturation of collagen
- Bone matrix formation requires the mineral manganese
- Low intakes of vitamin K have been associated with a higher risk for bone [fracture](#).

Vitamin K is important for health, as it modifies of bone matrix proteins, improves calcium absorption, and [may reduce](#) the excretion of calcium in urine.

Blood pressure

Maintaining a low sodium intake is essential for lowering blood pressure, but increasing potassium intake may be just as important because of its role in vasodilation, the dilation and contraction of blood vessels.



The minerals in fennel can help reduce blood pressure.

According to the National Health and Nutrition Examination Survey (NHANES), fewer than [2 percent](#) of American adults meet the daily 4,700 mg recommendation for potassium.

In addition, there is [evidence](#) that potassium, calcium, and magnesium decrease [blood pressure](#) naturally. All of these are present in fennel.

Dietary nitrates present in fennel and other foods have vasodilatory and vasoprotective properties. Because of this, they help to lower blood pressure and protect the heart.

One Swedish study [found](#) that blood pressure levels were lower after taking nitrate supplements that contained nitrate amounts equivalent to 150-250 grams of nitrate-rich vegetables, than after taking a placebo.

Heart health

Fennel's fiber, potassium, [folate](#), vitamin C, vitamin B-6, and phytonutrient content, coupled with its lack of [cholesterol](#), all support heart health.

Fennel contains significant amounts of fiber. As fiber helps lower the total amount of cholesterol in the blood, it decreases the risk of heart disease.

Potassium appears to promote heart health. In one [study](#), those who consumed 4,069 milligrams of potassium per day had a 49 percent lower risk of death from ischemic [heart disease](#) compared with those who consumed around 1,793 milligrams per day.

Vitamin B-6 and folate prevent the build-up of a compound called homocysteine. When excessive amounts of homocysteine accumulate in the body, it can damage blood vessels and lead to heart problems.

Cancer

[Selenium](#) is a mineral that occurs in fennel, but not in most fruits and vegetables. It contributes to liver enzyme function and helps detoxify some cancer-causing compounds in the body. Selenium can also [prevent](#) inflammation and decrease tumor growth rates.



Fennel seeds provide flavor and nutrients.

Fiber intake from fruits and vegetables like fennel are associated with a lower risk of colorectal [cancer](#).

Vitamin C, vitamin A, and [beta-carotene](#) function as powerful antioxidants that help protect cells against damage from free radicals.

Fennel contains folate, which plays a role in DNA synthesis and repair. This may help [prevent](#) cancer cells from forming because of mutations in the DNA.

Immunity

The selenium found in fennel appears to [stimulate production](#) of killer T-cells. This suggests that it can improve the immune response to infection.

Inflammation

Choline is a very important and versatile nutrient in fennel that helps with sleep, muscle movement, learning, and memory.

Choline also [helps to maintain](#) the structure of cellular membranes, aids in the transmission of nerve impulses, assists in the absorption of fat, and reduces chronic [inflammation](#).

Metabolism

Fennel is a source of vitamin B-6, which plays a vital role in energy metabolism by breaking down [carbohydrates](#) and proteins into glucose and amino acids. These smaller compounds are more easily utilized for energy within the body.

Digestion and regularity

Because of its fiber content, fennel helps to prevent constipation and promotes regularity for a healthy digestive tract.

Weight management and satiety

Dietary fiber is an important factor in weight management and loss by working as a "bulking agent" in the digestive system. These compounds increase satiety and reduce appetite, making an individual feel fuller for longer and so lowering overall calorie intake.

Increasing iron absorption

Iron deficiency is one of the most common nutrient deficiencies in developed countries and a leading cause of anemia. Pairing foods like fennel that are high in vitamin C with foods that are iron-rich maximizes the body's ability to absorb iron.

Estrogen

[Estrogen](#) occurs naturally in fennel. It is crucial in regulating the female reproductive cycle, and it can also affect fertility.

A mouse study conducted by The University of Texas Southwestern Medical Center [found](#) that estrogen also plays an important role in controlling factors that contribute to body weight, such as appetite and energy expenditure.

Premenstrual syndrome

Some research has [suggested](#) that fennel extract may reduce the effects of premenstrual syndrome (PMS).

Skin

Raw fennel is an excellent source of vitamin C. Vitamin C is essential to [collagen](#), the skin's support system. It works in our bodies as an [antioxidant](#) to help prevent damage caused by the sun, pollution, and smoke.

Vitamin C also promotes collagen's ability to smooth wrinkles and improve overall skin texture.

SAFFRON:

Currently saffron is commercially produced in Iran, Greece, Morocco, Spain, Kashmir and Italy. Iran is the most important producer of saffron both, in terms of volume and quality, and Spain being the largest importer of the spice.

Healing Benefits of Saffron

The benefits and medicinal properties of this highly priced spice, make it a

valuable culinary ingredient worldwide. Modern research suggests that saffron can be used as an aphrodisiac, diaphoretic [to cause sweating], carminative [to prevent gas] and to bring on menstruation. Some other benefits are mentioned hereunder:

1. Protects against cancer: Saffron contains a dark orange, water soluble carotene called crocin, which is responsible for much of saffron's golden color. Crocin has been found to trigger apoptosis [programmed cell death] in a number of different types of human [cancer](#) cells, leukemia, ovarian carcinoma, colon adenocarcinoma, and soft tissue sarcoma. Researchers in Mexico who have been studying saffron extract have discovered that saffron and its active components display an ability to inhibit human malignant cells. Not only does the spice inhibit cells that have become cancerous, but it has no such effect on normal cells and actually stimulates their formation and that of lymphocytes [immune cells that help destroy cancer cells].

2. Promotes learning and memory retention: Recent studies have also demonstrated that saffron extract, specifically its crocin, is useful in the treatment of age related mental impairment. In Japan, saffron is encapsulated and used in the treatment of [Parkinson's disease](#), [memory loss](#) and inflammation.

3. In delayed puberty: In under developed girls, saffron has an overall stimulant effect. A pinch of saffron crushed in a table spoon of milk is useful to stimulate hormones and bring about desired effect.

4. To increase vitality: In low libido saffron aids as a sexual stimulant and can be consumed in a dose of a pinch in a glass of milk at [bed time](#).

5. In patchy baldness: Saffron mixed in liquorice and milk makes an effective topical application to induce [hair growth](#) in alopecia.

6. Protection against cold: Saffron is a stimulant tonic and very effective to [treat cold](#) and fever; saffron mixed in milk and applied over the forehead quickly relieves cold.

- The active components in saffron have many therapeutic applications in many traditional medicines as antiseptic, antidepressant, antioxidant, digestive, anti-convulsant.
- This novel spice is an excellent source of minerals like copper, potassium, calcium, manganese, iron, selenium, zinc and magnesium. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure. The human body uses manganese and copper as co-factors for the antioxidant

enzyme, *superoxide dismutase*. Iron is essential for red blood cell production and as a co-factor for *cytochrome oxidases* enzymes.

- Additionally, it is also rich in many vital vitamins, including vitamin-A, folic acid, riboflavin, niacin, and vitamin-C that is essential for optimum health.

CUMIN:

Health Benefits Of Cumin

Cumin is known for the benefits it offers, more than its taste or flavor, as it helps in losing weight, improving digestion and immunity, and treating skin disorders, boils, [piles](#), insomnia and respiratory disorders. Let us know each benefit in detail.



Regulates Digestion

Cumin is [extremely good](#) for digestion and related problems. The very aroma, which comes from an organic compound called Cuminaldehyde, the main component of its essential oil, activates the salivary glands in our mouth, which facilitates the primary digestion of [food](#). Next is thymol, a compound present in cumin, which stimulates the glands that secrete acids, bile, and enzymes responsible for complete digestion of the [food](#) in the stomach and the intestines. Cumin is also Carminative, which means that it relieves you from [gas](#) troubles and thereby improves digestion and appetite. Due to its essential oils, magnesium, and [sodium](#) content, cumin promotes digestion and also gives relief from stomach-aches when taken with hot water.

Cures Piles

The main cause behind piles (hemorrhoids) is [constipation](#) added with infections in the wound in the anal tract, which is also caused by constipation. Cumin, because of its dietary fiber content and carminative, stimulating, antifungal and antimicrobial properties, acts as a natural laxative in powdered form. These characteristics are due to the presence of essential oils comprised mainly of Cuminaldehyde and certain pyrazines. Adding cumin to your diet also helps in healing up of infections or wounds in the digestive and excretory system and speeds up digestion as well. That pretty much means that it clears up all of the symptoms and causes of hemorrhoids, so keep that in mind when you start itching.

Prevents Diabetes

Although research is still ongoing, early studies report that cumin, among a number of other [spices](#), can have a powerful effect in preventing [diabetes](#) by reducing the [chances](#) of hypoglycemia. The animals that were tested showed a sharp decline in hypoglycemia when fed cumin [seeds](#) in their diet and they also showed a decrease in glucosuria, which is a condition where the urine contains too much glucose, also resulting in hypoglycemia and diabetes. Human testing is ongoing, but early reports show that cumin can be a very powerful tool in the battle against diabetes.

Also see

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Treats Insomnia

This is a very peculiar property of cumin. It is a stimulant as well as a relaxant at the same time. This property cannot be attributed to a single component alone, just as [causes of](#) insomnia cannot be attributed to a single cause. However, studies show that the proper intake of [vitamins](#) (particularly B-complex) and good digestion help to induce a sound [sleep](#). Some of the components of cumin essential oil are hypnotic in nature and have tranquilizing effects, which also help to relieve [stress](#) and [anxiety](#) that commonly cause insomnia.

Treats Asthma & Bronchitis

The presence of caffeine (the stimulating agent), and the richly aromatic essential oils (the disinfectants) make cumin an ideal anticongestive combination for those suffering from respiratory disorders such as asthma and bronchitis. It [acts as an](#) expectorant, meaning that it loosens up the accumulated phlegm and mucus in the respiratory tracts and makes it easier to eliminate them from the system via sneezing or coughing up and spitting. By eliminating as much of the mucus and phlegm as possible, it can inhibit the formation of additional material and help to heal the initial condition that led to its formation in the first place.

Fights Common Cold

The common cold is a viral infection which affects our body frequently when our immune system becomes weakened or vulnerable. Again, the essential oils present in cumin act as disinfectants and help fight viral infections which can cause the common cold. Cumin also suppresses the development of coughing in the respiratory system since it dries up the excess mucus. Cumin is rich in iron and has a considerable [amount](#) of [vitamin C](#), which is essential for a healthy immune system and keeps infections from forming or becoming worse.

Increases Lactation

Cumin is rich in iron and thus [very good for](#) lactating mothers, as well as for women who are undergoing menses or who are pregnant since they are in need of more iron. Moreover, cumin is said to help ease and increase secretion of [milk](#) in lactating women due to the presence of thymol, which tends to increase the secretions from our glands, including milk, which is a secretion from the mammary glands. Also, cumin is more beneficial if taken with [honey](#). Cumin has a remarkable amount of calcium (more than 900 mg

per 100 grams) which accounts for over 90% of our daily requirement of calcium. This calcium is an important constituent of milk and hence cumin is very good for lactating mothers.

Prevents Anemia

As stated above, cumin is [very rich](#) in iron (more than 66 mg. in every 100 grams) which is more than 5 times the daily requirement of iron for an adult. This iron is the main constituent of hemoglobin in the red blood corpuscles. It is hemoglobin which transfers oxygen (as the oxide of iron) to the body cells and whose deficiency causes anemia. So, cumin can be a nutritious additive to your daily diet for anemic people and avoid the symptoms of anemia like fatigue, anxiety, cognitive malfunction, and digestive issues.

Decreases Cognitive Disorders

The amount of iron in cumin leads to an increased hemoglobin production and subsequent prevention of anemia, but the increased blood flow has other benefits as well. When your blood circulation is at its best, adequate amounts of oxygen are able to reach the organs and the brain, leading to an optimal performance of those bodily systems. The Proper amount of oxygen and iron in the brain [lead to increased](#) cognitive performance and a decrease in

cognitive disorders like Alzheimer's disease and [dementia](#).

Best Benefits of Cumin



Aids in digestion



Increases cognitive performance

Eliminates phlegm and mucus



Heals piles by acting as a natural laxative

Treats renal colic, weak memory and insect bites



Avoids symptoms of anemia like fatigue and digestive issues

Maintains healthy skin and prevents premature aging



Helps relieve stress and anxiety that cause insomnia

*% Daily Value per 100g. For e.g. 100g of cumin provides 36

Skin Care

Almost everyone knows that [vitamin-E](#) is good for the maintenance of skin and the prevention of premature aging symptoms. It keeps the skin young and glowing. This vitamin is also present in abundance in cumin. The essential oils [present in](#) cumin have disinfectant and antifungal properties. This prevents any microbial and fungal infection from affecting the skin. Not all skin issues are disorders or infections, some of them are simply signs of aging. Vitamin E acts as an antioxidant in this regard and combats the free radicals that attack the skin and result in signs of premature aging like wrinkles, [age spots](#), and sagging skin. This, combined with the antibacterial capacity of cumin, makes for healthy, beautiful skin that lasts far into your old age.

Treats Boils

Boils are outlets for the removal of toxic substances and foreign matters such as microbes from the body. This means that they are symptoms which show that a high amount of toxic substances have accumulated in the body. Those who regularly use cumin in food have a significant [reduction in the](#) occurrence of boils, rashes, pimples, and other signs of excess toxin content. Components such as cuminaldehyde, thymol, and [phosphorus](#) are good detoxifying agents which help in the regular removal of toxins from the body. The healthy way of removing toxins is through the excretory system, not through boils.

Boosts Immunity

As discussed above, an abundance of iron, the presence of essential oils, vitamin C, and vitamin A in cumin boosts our immune system in a number of ways. Vitamin C is one of the most powerful antioxidants that we have in our body, and it stimulates the function and activity of white blood cells. As an antioxidant, vitamin C fights the detrimental effects of free radicals, which are the dangerous byproducts of cellular [metabolism](#). They are constantly being created in the body, and therefore, must be eliminated. Antioxidants neutralize free radicals that lead to many diseases, including, but not limited to, cardiovascular diseases and cancer.

Also see

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Prevents Cancer

Cumin itself has detoxifying and chemopreventive [properties](#), and accelerates the secretion of detoxifying and anticarcinogenic enzymes from the glands, as it also does to other secretions. Furthermore, it has beneficial antioxidants like vitamin C and vitamin A within its chemical makeup, in addition to those essential oils. Besides having countless other benefits, the antioxidants have anticarcinogenic properties too, and those found in cumin are particularly good for [colon cancer](#) prevention.

· Cinnamon:

1. Cinnamon Is High in a Substance With Powerful Medicinal Properties

Cinnamon is a spice that is made from the inner bark of trees called *Cinnamomum*.

It has been used as an ingredient throughout history, dating back as far as Ancient Egypt. It used to be rare and valuable, and was regarded as a gift fit for kings.

These days, cinnamon is cheap, available in every supermarket and found in all sorts of [foods](#) and recipes.

There are two main types of cinnamon ([1](#)):

- **Ceylon cinnamon:** Also known as "true" cinnamon.
- **Cassia cinnamon:** This is the more common variety today, what people generally refer to as "cinnamon."

Cinnamon is made by cutting the stems of the cinnamomum tree. The inner bark is then extracted and the woody parts removed from it.

When it dries, it forms strips that curl into rolls, called cinnamon sticks. The sticks can be ground to form cinnamon powder.

The distinct smell and flavor of cinnamon is due to the oily part, which is very high in a compound called cinnamaldehyde (2).

It is **this** compound that is responsible for most of cinnamon's powerful effects on health and [metabolism](#).

BOTTOM LINE: Cinnamon is a popular spice. It is high in a substance called cinnamaldehyde, which is responsible for most of the health benefits.

2. Cinnamon Is Loaded With Antioxidants

[Antioxidants](#) protect the body from oxidative damage caused by free radicals.

Cinnamon is **loaded** with powerful antioxidants, such as polyphenols (3, 4, 5).

In a study that compared the antioxidant activity of 26 spices, cinnamon wound up as the clear winner, even outranking "superfoods" like [garlic](#) and oregano (6).

In fact, it is so powerful that cinnamon can be used as a natural food preservative (7).

BOTTOM LINE: Cinnamon contains large amounts of highly potent polyphenol antioxidants.

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3. Cinnamon Has Anti-Inflammatory Properties

[Inflammation](#) in the body is incredibly important.

It helps the body fight infections and repair tissue damage.

However, inflammation can become a problem when it is chronic (long-term) and directed against the body's own tissues.

Cinnamon may be useful in this regard, because some studies show that the antioxidants in it have potent [anti-inflammatory](#) activity (3).

BOTTOM LINE:The antioxidants in cinnamon have anti-inflammatory effects, which may help lower the risk of disease.

4. Cinnamon May Cut the Risk of Heart Disease

Cinnamon has been linked with reduced risk of heart disease, the world's most common cause of premature death.

In people with type 2 diabetes, 1 gram of cinnamon per day has beneficial effects on blood markers.

It reduces levels of total cholesterol, LDL cholesterol and triglycerides, while HDL cholesterol remains stable (8).

More recently, a big review study concluded that a cinnamon dose of just 120 milligrams per day can have these effects. In this study, cinnamon also increased HDL (the "good") cholesterol (9).

In animal studies, cinnamon has been shown to reduce blood pressure (3).

When combined, all these factors may drastically cut the risk of heart disease.

BOTTOM LINE:Cinnamon can improve some key risk factors for heart disease, including cholesterol, triglycerides and blood pressure.

5. Cinnamon Can Improve Sensitivity to The Hormone Insulin

Insulin is one of the key hormones that regulate metabolism and energy use.

It is also essential for the transport of blood sugar from the bloodstream and into cells.

The problem is that many people are resistant to the effects of insulin.

This condition, known as [insulin resistance](#), is a hallmark of serious conditions like metabolic syndrome and type 2 diabetes.

Well, the good news is that cinnamon can dramatically reduce insulin resistance, helping this incredibly important hormone to do its job ([10](#), [11](#)).

By helping insulin do its job, cinnamon can lower blood sugar levels, which brings us to the next point...

BOTTOM LINE: Cinnamon has been shown to significantly increase sensitivity to the hormone insulin.

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6. Cinnamon Lowers Blood Sugar Levels and Has a Powerful Anti-Diabetic Effect

Cinnamon is well known for its [blood sugar lowering effects](#).

Apart from the beneficial effects on insulin resistance, cinnamon can lower blood sugar by several other mechanisms.

First, cinnamon has been shown to decrease the amount of glucose that enters the bloodstream after a meal.

It does this by interfering with numerous digestive enzymes, which slows the breakdown of [carbohydrates](#) in the digestive tract ([12](#), [13](#)).

Second, a compound in cinnamon can act on cells by mimicking insulin ([14](#), [15](#)).

This greatly improves glucose uptake by cells, although it acts much slower than insulin itself.

Numerous human trials have confirmed the anti-diabetic effects of cinnamon, showing that it can lower fasting blood sugar levels by up to 10-29% ([16](#), [17](#), [18](#)).

The effective dose is typically 1-6 grams of cinnamon per day (around 0.5-2 teaspoons).

BOTTOM LINE: Cinnamon has been shown to both reduce fasting blood sugar levels, having a potent anti-diabetic effect at 1 to 6 grams per day.

7. Cinnamon May Have Beneficial Effects on Neurodegenerative Diseases

Neurodegenerative diseases are characterized by progressive loss of the structure or function of brain cells.

Alzheimer's disease and Parkinson's disease are two of the most common types.

Two compounds found in cinnamon appear to inhibit the buildup of a protein called tau in the brain, which is one of the hallmarks of Alzheimer's disease ([19](#), [20](#), [21](#)).

In a study looking at mice with Parkinson's disease, cinnamon helped to protect neurons, normalize neurotransmitter levels and improve motor function ([22](#)).

These effects need to be studied further in humans.

BOTTOM LINE: Cinnamon has been shown to lead to various improvements for Alzheimer's disease and Parkinson's disease in animal studies.

8. Cinnamon May Be Protective Against Cancer

Cancer is a serious disease, characterized by uncontrolled growth of cells.

Cinnamon has been widely studied for its potential use in cancer prevention and treatment.

Overall, the evidence is limited to test tube experiments and animal studies, which suggest that cinnamon extracts may protect against cancer ([23](#), [24](#), [25](#), [26](#), [27](#)).

It acts by reducing the growth of cancer cells and the formation of blood vessels in tumors, and appears to be toxic to cancer cells, causing cell death.

A study in mice with colon cancer revealed cinnamon to be a potent activator of [detoxifying](#) enzymes in the colon, protecting against further cancer growth ([28](#)).

These findings were supported by test tube experiments, which showed that cinnamon activates protective antioxidant responses in human colon cells ([29](#)).

Whether cinnamon has any effect in living, breathing humans needs to be confirmed in controlled trials.

BOTTOM LINE: Animal studies and test tube experiments indicate that cinnamon may have protective effects against cancer.

ADVERTISEMENT

9. Cinnamon Helps Fight Bacterial and Fungal Infections

Cinnamaldehyde, the main active component of cinnamon, may help fight various kinds of infection.

Cinnamon oil has been shown to effectively treat respiratory tract infections caused by fungi.

It can also inhibit the growth of certain bacteria, including *Listeria* and *Salmonella* ([30](#), [31](#)).

The antimicrobial effects of cinnamon may also help prevent tooth decay and reduce bad breath ([32](#), [33](#)).

BOTTOM LINE: Cinnamaldehyde has antifungal and antibacterial properties, which may reduce infections and help fight tooth decay and bad breath.

10. Cinnamon May Help Fight The HIV Virus

HIV is a virus that slowly breaks down the immune system, which can eventually lead to AIDS if untreated.

Cinnamon extracted from Cassia varieties is thought to help fight against HIV-1 ([34](#), [35](#)).

This is the most common strain of the HIV virus in humans.

A laboratory study looking at HIV infected cells found that cinnamon was the most effective treatment of all 69 medicinal plants studied ([36](#)).

Human trials are needed to confirm these effects.

BOTTOM LINE: Test tube studies have shown that cinnamon can help fight HIV-1, the main type of HIV virus in humans.

· Heeng (Asafoetida):

1. Treats Stomach Problems

Asafetida is an amazing spice to treat various kinds of stomach problems. It has antispasmodic, anti-inflammatory, antioxidant and antiflatulent properties that help alleviate problems like indigestion, upset stomach, intestinal gas, intestinal worms, flatulence and irritable bowel syndrome (IBS). It is also considered useful in [treating food poisoning](#).

- Consume a little bit of asafetida on a daily basis by adding it to curries and food.
- Another option is to dissolve a few small pieces of asafetida in one-half cup of water. Drink it daily after eating your meal.

2. Cures Respiratory Disorders

Due to its anti-inflammatory, antiviral and antibiotic effects, asafetida is often used to treat respiratory problems like asthma, bronchitis, dry cough, whooping cough and colds. Plus, it acts as a respiratory stimulant, which is very useful in relieving chest congestion and releasing phlegm.

- A paste prepared by grinding asafetida in water and then applying it on your chest is an effective remedy for relieving a cough.
- You can also mix together one-half teaspoon each of asafetida powder and dry ginger powder and two tablespoons of honey. Have this mixture at least three times a day to get relief from a dry cough, whooping cough, bronchitis and asthma.

3. Relieves Menstrual Issues

Asafetida is really a boon for women, as it helps [get rid of menstrual pain](#), irregular menstruation and heavy blood flow during menstruation. Asafetida boosts progesterone secretion and promotes smooth blood flow, and thus provides relief from these common female issues.

1. Mix a pinch of asafetida, one-half teaspoon of fenugreek powder and salt for taste in a cup of buttermilk.
2. Drink this two or three times daily for a month to alleviate the pain and discomfort accompanying menstrual periods.

4. Soothes Headaches

Whether you have a headache due to a common cold or a migraine, asafetida can surely solve your problem. Due to its anti-inflammatory properties, asafetida can help reduce inflammation of the blood vessels in the head, which in turn will reduce headaches.

- Heat a dash of asafetida in one and one-half cup of water. Allow it to simmer for about 15 minutes and then drink it a few times a day to relieve mild tension headache.
- Another option is to take one teaspoon each of asafetida, dried ginger, camphor and two teaspoons of tailed pepper. Add enough milk or rose water to form a paste. Apply this paste on your forehead to treat tension and migraine headaches.

5. Alleviates Toothaches

Due to its anti-inflammatory, antibacterial and antioxidant properties, asafetida helps [alleviate tooth pain and fight infection](#). It can also help treat bleeding gums and dental caries.

- Simply place a very small piece of asafetida on the aching tooth to get quick relief from a toothache.
- You can also make a mouth rinse with asafetida. Boil a little asafetida and a few cloves in one cup of water. When lukewarm, use it as a mouth rinse.

- Another option is to make a poultice by heating one-half teaspoon of asafetida in two teaspoons of lemon juice. Soak a cotton swab in it and apply it on the affected tooth.

Follow either of these remedies a few times a day until you get relief.

6. Eases Ear Aches

The anti-inflammatory and antibiotic properties of asafetida can help relieve an ear ache caused by an infection.

1. Heat coconut oil in a small pan.
2. Add a small piece of asafetida and allow it to melt.
3. When lukewarm, use this mixture as ear drops.
4. You can use two or three drops of this solution and repeat as needed.

7. Treats Colic Pain



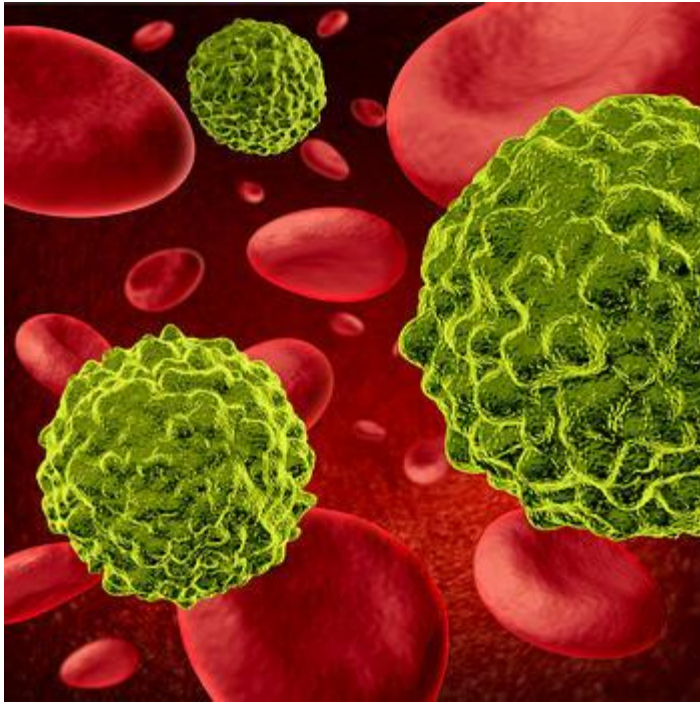
Asafetida can effectively ease the symptoms of colic pain in infants by soothing the mucous membranes lining the gastrointestinal tract.

Before using asafetida for [treating colic pain](#), make sure your baby is suffering from gas and not some other problem. If your baby's tummy is tight and bloated, it is likely gas.

1. Make a thin paste of asafetida and warm water.
2. Apply the paste around the navel area (do not put it in the navel).
3. Repeat as needed.

Note: For infants and toddlers, it is not advisable to give asafetida internally.

8. Prevents Cancer



As asafetida is a powerful antioxidant, it helps protect the body from free radicals. Studies show its anti-carcinogenic property helps stop the growth of malignant cells and thus prevents cancer.

Of the several compounds in asafetida that have the potential to treat or prevent cancer, two most widely researched compounds are umbrelliprenin and ferulic acid, both of which help prevent the development of new cancer cells.

9. Treats Impotency



Asafetida has also been used for ages to [treat impotency, or erectile dysfunction](#), in men.

1. Fry one-fourth teaspoon of asafetida in a little clarified butter.
2. Remove from heat and mix in one-half teaspoon of fresh latex of banyan tree and some honey.
3. Take this mixture once daily in the early morning for 40 days to notice improvement in your condition.

According to a study in Egypt, asafetida is also useful in the treatment of genital infections.

10. Heals Insect Bites and Stings



Asafetida is also very beneficial in treating insect bites and stings from bees and wasps. It relieves pain and inflammation and helps reduce the toxic effects. In fact, asafetida is also used in insect repellent products to ward off mosquitoes, gnats and other insects because of its pungent smell.

1. Make a paste of asafetida powder and water.
2. Apply it as a poultice on the affected area.
3. Let it dry and then rinse it off.
4. Repeat as needed.

Caution

People taking high blood pressure medications, those suffering from blood clotting problems and pregnant women should avoid taking asafetida.

· Elaichi (Cardamom):

Cardamom is native to the evergreen forests of India. This spice is commonly used in Indian cuisine, but it has also made its way into Ayurvedic medicine as a treatment for mouth ulcers, digestive problems, and even depression. Some of the health benefits of this peppery, citrusy spice are now making their way into modern studies. It's well worth adding cardamom to your food for the flavor alone, but these health benefits are also something to consider whenever you break out the spices.



Digestion

Cardamom is related to ginger and can be used in much the same way to counteract digestive problems. Use it to combat nausea, acidity, bloating, gas, heartburn, loss of appetite, constipation, and much more.

Detoxify

This spice helps the body eliminate waste through the kidneys.

Halitosis

In India they chew cardamom after meals or whenever they need to freshen their breath.

Diuretic

Part of the reason cardamom is such a good detoxifier is thanks to the diuretic properties. It helps clean out the urinary tract, bladder, and kidneys, removing waste, salt, excess water, toxins, and combating infections too.

Depression

The science behind the antidepressant qualities of cardamom hasn't been studied yet, but Ayurvedic medicine swears by the tea as a means to fight depression.

Tips to Relieve Depression

Battling depression can be rough. Let Sunwarrior help with our 20 Tips to Relieve Depression

[Find Out More](#)

Oral Health

Apart from helping with bad breath, cardamom is used for mouth ulcers and infections of the mouth and throat.

Cold and Flu

This pungent spice may help prevent and relieve cold and flu symptoms. It's also used for bronchitis and coughs.

Cancer

Animal studies are showing promise that cardamom protects against, inhibits growth, and even kills some cancers.

Blood Pressure

As a diuretic and fiber rich spice, cardamom significantly lowers blood pressure.

Blood Clots

Cardamom prevents dangerous blood clots by preventing platelet aggregation and the sticking to the artery walls.

Antioxidant

Many of the vitamins, phytonutrients, and essential oils in cardamom act as antioxidants, cleaning up free radicals and resisting cellular aging.

Pathogens

The volatile essential oils in cardamom inhibit the growth of viruses, bacteria, fungus, and mold.

Anti-inflammatory

Like ginger and turmeric, its relatives, cardamom has some anti-inflammatory properties that limit pain and swelling, especially in mucus membranes, the mouth, and throat.

Hiccups

Cardamom is an anti-spasmodic that can help get rid of hiccups. This also applies to other involuntary muscle spasms, like stomach and intestinal cramps.

Aphrodisiac

Traditional medicine lists cardamom as a powerful aphrodisiac that can help with erectile dysfunction and impotence.

· Cloves:

Better Digestion

Cloves [improve](#) digestion by stimulating the secretion of digestive enzymes. Cloves are also good for reducing [flatulence](#), gastric irritability, [dyspepsia](#) and nausea. They can be roasted, powdered, and taken with [honey](#) for relief in digestive disorders.

Also see

Antibacterial Properties

Cloves have been tested for their antibacterial properties against a number of human pathogens. The extracts of cloves were potent enough to kill those pathogens. Clove extracts are also effective against the specific bacteria that spreads cholera.

Chemo-preventive Properties

Cloves are of interest to the medical community due to their chemo-preventive or anti-carcinogenic properties. [Tests](#) have showed that they are helpful in controlling lung cancer in its early stages.

Liver Protection

Cloves contain high amounts of antioxidants, which are ideal for protecting the organs from the effects of free radicals, especially the liver. [Metabolism](#), in the long run, increases free radical production and lipid profile, while decreasing the antioxidants in the liver. Clove extracts are helpful in counteracting those effects with its hepatoprotective properties.

Diabetes Control

Cloves have been used in many traditional [remedies](#) for a number of diseases. One such disease is diabetes. In patients suffering from diabetes,

the amount of insulin produced by the body is not sufficient or insulin is not produced at all. [Studies](#) have revealed that extracts from cloves imitate insulin in certain ways and help in controlling blood sugar levels.

Also see

Bone Preservation

The hydro-alcoholic extracts of cloves include phenolic compounds such as eugenol and its derivatives, such as flavones, isoflavones and flavonoids. These extracts have been particularly helpful in [preserving](#) bone density and the mineral content of bone, as well as increasing tensile strength of bones in cases of [osteoporosis](#).

Anti-mutagenic Properties

Mutagens are those chemicals that change the genetic makeup of the DNA by causing mutations. Biochemical compounds found in cloves, like phenylpropanoids, possess anti-mutagenic [properties](#). These were administered on cells treated with mutagens and they were able to control the mutagenic effects to a significant rate.

Boosts the Immune System

Ayurveda describes certain plants to be effective in developing and protecting the immune system. One such plant is clove. The [dried](#) flower bud of clove contains compounds that help in improving the immune system by increasing the white blood cell count, thereby improving delayed type hypersensitivity.



Aids in digestion

Protects liver against infections

Gives relief from inflammation & pain

Helps to cure gum diseases like gingivitis

Anti-inflammatory Properties

Cloves possess anti-inflammatory and pain-killing properties. [Studies](#) on clove extracts being administered in lab rats suggest that the presence of eugenol reduced the inflammation caused by [edema](#). It was also confirmed that eugenol has the ability to reduce pain by stimulating pain receptors.

Cure for Oral Diseases

Cloves [can be taken](#) for [gum diseases](#) like gingivitis and periodontitis. Clove bud extracts significantly controlled the growth of oral pathogens, which are responsible for various oral diseases. Cloves can also be used for toothaches due to their pain-killing properties.

Aphrodisiac Properties

Spices such as clove and [nutmeg](#) have been said to [possess](#) aphrodisiac properties, according to Unani medicine. Experiments on clove and nutmeg extracts were tested against standard drugs administered for that reason, and both clove and nutmeg showed positive results.

Cure for Headaches

Headaches [can be reduced](#) by using cloves. Make a paste of a few cloves and mix it with a dash of rock [salt](#). Add this to a glass of [milk](#). This mixture reduces headaches quickly and effectively.

· Black Pepper:

Black pepper, while adding its own flavor to the [food](#), is extremely good for your health. Black pepper [aids](#) in [weight loss](#), prevents [ear ache](#), and helps in sinus, [asthma](#) and nasal congestion. It also reduces the [risk of cancer](#), [heart](#) and liver ailments. Let us know the health benefits of black pepper in detail;

Improves Digestion

Consumption of pepper increases the hydrochloric acid secretion in the stomach, thereby facilitating digestion. Proper digestion is [essential to avoid diarrhea](#), [constipation](#) and colic. Pepper also helps to prevent the formation of intestinal [gas](#), and when added to a person's diet, it can promote sweating and urination, which remove toxins from the body. Sweating

removes toxins and cleans out the pores of any foreign bodies that may have lodged there and it can also remove excess water. In terms of [urination](#), you can remove uric acid, urea, excess water, and fat, since 4% of urine is made of fat. A good digestion helps in weight loss, makes your overall body function better and prevents severe gastrointestinal conditions. As black pepper is [carminative](#) in nature, it easily expels the gas out of the body in a downward motion, which is healthy, as gas when moved upward can be dangerous because it can strain the upper chest cavity and other vital organs.



Promotes Weight Loss

The outer layer of peppercorn assists in the [breakdown of fat cells](#). Therefore, peppery foods are a good way to help you shed weight naturally. When fat cells are broken down into their component parts, they are easily processed by the body and applied to other healthier processes and enzymatic reactions, rather than settling in your body and making you look overweight.

Skin Care

Pepper [helps to](#) cure vitiligo, which is a skin disease that causes some areas of skin to lose its normal pigmentation and turn white. According to researchers in [London](#), the piperine content of pepper can stimulate the skin to produce melanocytes pigment. Topical treatment of piperine combined with ultraviolet light therapy is much better than the other harsher, more chemical-based treatments for vitiligo. It also reduces the chances of skin [cancer](#) due to excessive ultraviolet radiation.

Respiratory Relief

In Ayurvedic practices, pepper is added to tonics for treating cold and cough. Pepper also provides relief from [sinusitis](#) and nasal congestion. It has an expectorant property that helps to break up the mucus and phlegm [depositions](#) in the respiratory tract and its natural irritant quality helps you to expel these loosened materials through the act of sneezing or coughing, which eliminates the material from the body and helps you recover from whatever infection or illness that caused the deposition in the first place.

Also see

Antibacterial Quality

The antibacterial [property](#) of black pepper helps to [fight against](#) infections and insect [bites](#). Pepper added to the diet helps to keep your arteries clean by acting in a similar way to fiber and scraping excess cholesterol from the walls, thereby helping to reduce [atherosclerosis](#), the condition highly responsible for heart attacks and strokes.

Antioxidant Potential

An antioxidant like pepper can [prevent](#) or repair the damage caused by the free radicals and thus help to prevent cancer, cardiovascular diseases, and liver problems. Free radicals are the byproducts of cellular metabolism that attack healthy cells and cause their DNA to mutate into cancerous cells. Antioxidants like black pepper neutralize these harmful compounds and protect your system from many conditions, even premature aging symptoms like wrinkles, [age spots](#), macular degeneration, and memory loss.

Enhances Bioavailability

Black pepper helps in transporting the benefits of other herbs to different parts of the body, maximizing the efficiency of the other healthy foods that we consume. That is why adding it to food not only makes it delicious but also helps make the nutrients [more available](#) and accessible to our system.

Improves Cognitive Function

Piperine, one of the key components of black pepper, has been shown in numerous studies to reduce memory impairment and cognitive malfunction. Chemical pathways in the brain appear to be stimulated by this organic compound, so early research demonstrates the possibility for pepper to benefit [Alzheimer's patients](#) and those that are suffering from [dementia](#) and other age-related or free radical-related malfunctions in cognition.

Treats Peptic Ulcers

A number of studies have shown that black pepper may have beneficial effects on gastric mucosal damage and peptic ulcers, due to its antioxidant and anti-inflammatory properties.



B Bl

Nutrient
Dietary Fiber
Carbohydrate
Protein 2
Calories 2

Aids in weight loss and cures vitiligo

P

Helps fight infection and insect bites

Facilitates

Beneficial for Alzheimer's and dementia patients

Gives n

Reduces risk of cancer, cardiovascular and liver ailments

Reduce

Caution: Avoid use after abdominal surgery.

*% Daily Value per 100g. For e.g. 100g of black pepper provides 281%

Prevents Asthma & Whooping Cough

Pepper is a good treatment for respiratory conditions due to its properties as an expectorant, as well as its strong anti-inflammatory properties.

Other Benefits

According to Ayurvedic medicine, black pepper also [helps to prevent ear-aches and gangrene](#). It is also good for conditions of **hernia, hoarseness and insect bites**. It is also commonly used to treat conditions of **tooth decay and toothache**. In ancient times, pepper was also administered to treat **vision problems**.

Preparing grounded pepper powder at home is better than buying ready-made pepper powder. However, even home-made powder retains its freshness for only 3 months, while whole peppercorns can keep their freshness indefinitely. Thus, adding a pinch of black pepper to every meal helps to improve both, taste and digestion. It also improves your overall health and well-being.

· Methi (Fenugreek):

Good for Breastfeeding Mothers

India's traditional ayurvedic physicians [prescribe](#) fenugreek to nursing mothers. This benefit is attributed to the presence of diosgenin in it. This can help increase the amount of [milk](#) that is produced by the breasts, and the magnesium and vitamin content of fenugreek also help improve the milk's quality to keep your infant healthy.

Also see

Reduces Menstrual Discomfort

Fenugreek is considered as a potent substance that eases the process of menstruation and relieves the associated symptoms. It is an emmenagogue, which means that it can open up obstructed menses to make the most feminine of [processes work](#) smoothly and comfortably.

Minimizes Symptoms of Menopause

Fenugreek contains the chemicals diosgenin and estrogenic isoflavones, which are similar to the female [sex](#) hormone, estrogen. Loss of estrogen causes menopausal symptoms. So, eating it helps to reduce menopausal [symptoms](#) like mood swings, [depression](#), cramps, and abnormal hunger pangs. It helps to monitor a number of other hormones as well, keeping many other bodily processes in line as well.



Lowers Cholesterol

Research studies show that fenugreek consumption [helps to reduce](#) cholesterol level. It helps to reduce the level of low density Lipoprotein (LDL) significantly, which can prevent various conditions like [atherosclerosis](#), heart attacks, and strokes. It is a rich source of fiber, which scrapes excess cholesterol off of the arteries and blood vessels of the body. By reducing cholesterol content in the bloodstream, you reduce the chances of clots forming or becoming stuck in the vessels.

Reduces Cardiovascular Risks

The seeds [contain](#) 25% galactomannan. This is a type of natural soluble fiber which specifically relates to a reduction in cardiovascular disease.

Controls Diabetes

Fenugreek helps to [alleviate](#) type II diabetes. According to one study, it may also help people with Type I diabetes. Studies done by Indian researchers revealed that fenugreek added to type I diabetic patients' diets helped to drop urinary [sugar](#) level by 54%. Because of the presence of the natural fiber galactomannan, fenugreek slows down the rate at which sugar is absorbed into bloodstream. A certain amino acid (4-hydroxyisoleucine) in fenugreek induces the production of insulin so therefore, 15-20 grams of fenugreek is recommended for controlling blood sugar on a daily basis. By slowly releasing insulin to the body rather than in massive chunks, overall bodily function is improved, and the plunges and peaks of blood sugar won't be an issue for diabetic patients.

Relief from Sore Throats

Fenugreek's [soothing](#) mucilage helps to relieve sore throat pain and cough.

Also see

-
-

Relieves Constipation

It adds bulk to the stool due to its high fiber content. This also makes it helpful in [treating constipation](#) and [diarrhea](#), while also relieving minor indigestion.

Treats Kidney Problems

Traditional Chinese medicine recommends fenugreek for patients [suffering](#) from various kidney conditions.

BENEFITS OF FENUG

Good for lactating m

Controls diabetes

Relieves constipation

Lowers risk of heart ailments



Minimizes symptoms of m

Caution: Fenugreek is not recommended

Prevents Colon Cancer

Fenugreek [possesses](#) anti-carcinogenic potential. The steroid diosgenin in Fenugreek has been specifically linked to [colon cancer](#) prevention. Furthermore, the various non-starch polysaccharides like saponins, hemicellulose, mucilage, tannin, and pectin, lower cholesterol levels and inhibit bile [salts](#) from being reabsorbed by the colon. This can bind to the toxins and protect the colon's mucus membrane, which can reduce colorectal [cancer](#) and other conditions that can negatively affect the colon.

Suppresses Appetite

The natural soluble fiber galactomannan can swell in the stomach and thus [suppress](#) appetite by making you feel full.

Fenugreek is also used to treat wounds, inflammation and gastrointestinal ailments. It helps in battling free radicals due to its antioxidant capacity. According to ayurvedic and Chinese medicine, it can be used for inducing labor and aiding digestion. It is also good at improving the body's overall [metabolism](#) and health. Irritated [skin](#) conditions can even be soothed by the external application of fenugreek. Furthermore, it is used for fevers and muscle aches.

Fenugreek is considered to be a safe, herbal [food](#). It is used as a spice in many cultures and tastes oddly of bitter [celery](#) and [maple syrup](#).

· Red Chilli Powder:

1. Chili powder contains sufficient amount of vitamin A which fulfills one's daily intake. Besides, it contributes to the maintenance of eyesight and takes care of bones, teeth, skin, internal membranes and reproductive systems.
2. Chili powder acts as an excellent antioxidant due to the presence of vitamin C in abundance. Vitamin C is essential for strengthening the immune system, healing injuries, and fighting against damage caused by free radicals which can otherwise increase the chances of developing harmful health conditions, like cancer and heart disease.
3. With beta carotenoids present in chili powder, they wipe out the radical bodies that can promote build-up of cholesterol, thereby leading to major heart diseases, like atherosclerosis, rheumatoid arthritis and osteoarthritis.

4. By acting as a detoxifier, chili powder helps in eliminating waste products from the body and increases the supply of nutrients to the tissues.
5. Chili powder stimulates the release of endorphins that act as natural pain killers; thus, relieving pain caused due to shingles, bursitis, diabetic neuropathy and muscles spasm in shoulders, and extremities.
6. Chili powder enhances the flow of fresh blood to the site of infections. This fresh blood fights against the infection while the leukocytes and white blood cells battle against the viruses.
7. Vitamin C, beta-carotene and folic acid in chili powder combine to reduce the risk of colon cancer. Furthermore, the carotenoid lycopene present in chili powder provides protection against various types of cancer.
8. Vitamin B6, present in chili powder, is known for lowering high homocysteine levels that can cause damage to blood vessels and hence increase the risk of contracting heart attacks and stroke.
9. By enhancing the metabolism rates, chili powder brings relief to nasal congestion and opens lung airways; thus, reducing the symptoms of asthma and wheezing. To add on, chili powder lessens the effects of chronic congestion amongst heavy drinkers.
10. With vitamin A present in abundance, chili powder lowers inflammation of lungs and emphysema, which occurs due to cigarette smoking that contains benzopyrene. This is known for eliminating vitamin A from the body.
11. Some other health benefits associated with consumption of chili powder include soothing stomach aches, inducing perspiration in hot climates to cool the skin, reducing triglycerides, relieving congestion and stuffiness, killing bacteria leading to stomach ulcers, enhancing blood circulation, alleviating fever, promoting weight loss, stimulating saliva production and treating headaches, sore throats and toothaches.