

CULINARY HERBS AND SPICES

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Disclaimer

The sole purpose of this e-book is to provide information about the tradition of Ayurveda, and its uses of culinary herbs and spices.

This information is not intended for use in the diagnosis, treatment, cure or prevention of any disease.

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AJWAIN

- ⦿ Taste - pungent
- ⦿ Hot potency, sharp properties
- ⦿ *Kapha*, *Vata* pacifying, *Pitta* aggravating
- ⦿ Digestive, appetizing, anti-parasitic
- ⦿ Useful in indigestion, stomachache, nausea, anorexia, asthma, flatulence

ANISE SEED

- ⦿ Taste - pungent
- ⦿ Properties - hot, light
- ⦿ Increases *Pitta*, Decreases *Vata & Kapha*.
- ⦿ Carminative, anti-spasmodic, detoxifying, digestive, antiseptic, stimulant
- ⦿ Useful in flatulence, gastritis, abdominal pain, anorexia, bad breath, painful menstruation

ASAFETIDA

- ◉ Taste - pungent, bitter
- ◉ Hot potency, light, sharp, oily, mobile properties
- ◉ *Vata, Kapha* pacifying, Vitiates *Pitta*
- ◉ Appetizing, digestive, anti-parasitic, anti-bacterial, carminative, pain relieving, immune boosting
- ◉ Useful in flatulence, indigestion, irritable bowel syndrome

BASIL

- ◉ Taste - sweet, bitter and pungent
- ◉ Balance *Vata* & *Kapha*
- ◉ Warming properties
- ◉ Improves circulation, anti-inflammatory, cardio protective, detoxifying
- ◉ Promote the long-term health of the respiratory tract, enhance digestion, useful in stomach cramps, promotes mental clarity and enhances the quality of sleep

BLACK CUMIN

- ◉ Taste - pungent, bitter
- ◉ Properties - light, dry, sharp
- ◉ Hot potency
- ◉ Pacifies *Kapha Vata*, increases *Pitta*
- ◉ Helps in digesting *ama* gastrointestinal as well as cellular level (*Dhatu/ tissues*)
- ◉ Anti-parasitic esp. for round worms, strengthening, immune enhancing, detoxifying
- ◉ Good for the eyes
- ◉ Good for resolving the hormonal imbalances, particularly in women

BLACK PEPPER

- ◉ Taste - Pungent
- ◉ Hot potency, dry and sharp properties
- ◉ *Kapha Vata* pacifying, *Pitta* aggravating
- ◉ Anti-parasitic, digestive, appetizing, nerve stimulating
- ◉ Cleanse the lungs and ease the respiration, dissolves phlegm.
- ◉ Useful in cold and flue, asthma, headache

CARDAMOM

- ⦿ Taste - pungent, sweet
- ⦿ Cooling potency, light and dry properties
- ⦿ Pacifying *Tridosha*
- ⦿ Nourishing, digestive without aggravating *agni*.
- ⦿ Eliminating *ama*
- ⦿ Good for the cardiac health.
- ⦿ Improves sexual health.
- ⦿ Decongestant of nose, throat, and mouth freshening

CELERY SEED

- ⦿ Taste - pungent
- ⦿ Properties - light, heating
- ⦿ Increases *Pitta*, Decreases *Vata* & *Kapha*
- ⦿ Diuretic, analgesic, immune enhancing
- ⦿ Useful in nausea, urinary tract infections, aches and pains, hypertension
- ⦿ Good for the liver, spleen and kidney health

CINNAMON

- ◉ Taste - pungent, bitter, sweet
- ◉ Light, rough, penetrating properties and hot potency
- ◉ Balances *Kapha*
- ◉ One of the rarest herbs to be found beneficial to naturally lower serum creatinine levels
- ◉ Antimicrobial, analgesic, digestive, appetizing, liver stimulating
- ◉ Digest *Ama*
- ◉ Useful in colds, diabetes, indigestion, high cholesterol
- ◉ Mouth refreshing

CLOVES

- ◉ Taste - pungent, bitter
- ◉ Hot potency with sharp, light and oily properties
- ◉ Pacifying *Tridosha*
- ◉ Digestive, appetizing, anti-emetic, anti-nauseous, anti-parasitic, antimicrobial, diuretic
- ◉ Good for motion sickness
- ◉ Improves oral hygiene, gums and toothache
- ◉ Useful in cough, bad breath, hiccups, flatulence

COCONUT

- ◉ Taste - sweet
- ◉ Cold potency, oily and heavy properties
- ◉ *Vata Pitta* pacifying, *Kapha* aggravating
- ◉ Nourishing, diuretic, refreshing
- ◉ Useful in urinary tract infections, burning urination, dry mouth, thirst, acidity in the blood, dry skin and other skin lesions

CORIANDER

- ⦿ Taste - sweet, bitter, astringent
- ⦿ Hot potency, light, oily properties
- ⦿ Pacifying *Vata*, *Pitta* and *Kapha doshas*
- ⦿ Carminative, diuretic, *ama* digestive, liver stimulant, anti-parasitic, thirst depressant
- ⦿ Useful in fevers, loss of appetite, indigestion, flatulence, burning sensation, nausea and vomiting, inflammation in the digestive tract, stomach cramps, heartburn, urinary infections, etc.

CUMIN

- ◉ Taste - pungent, bitter
- ◉ Cooling potency, Light, dry properties
- ◉ *Vata, Kapha* pacifying
- ◉ Appetizing, digestive, anti-inflammatory, dispels gas, eliminates toxins, a mild laxative
- ◉ Stimulate the secretion of pancreatic enzymes
- ◉ Useful in ulcerative colitis, diverticulitis, morning sickness, stomachache, menstrual cramps and chronic mal-absorption.

CAYENNE PEPPER/ CHILLI

- ◉ Taste - pungent
- ◉ Hot potency, light, dry, sharp properties
- ◉ *Kapha, Vata* pacifying, *Pitta* aggravating
- ◉ Analgesic, anti-inflammatory, anti-parasitic, appetizing, digestive, laxative, cardiac stimulant
- ◉ Useful in rheumatoid arthritis, intestinal worms, indigestion

DILL

- ◉ Taste - pungent, bitter
- ◉ Light, dry, sharp properties, hot in potency
- ◉ *Kapha, Vata* balancing
- ◉ Aphrodisiac, laxative, vermicide
- ◉ Improves taste and digestion
- ◉ Useful in fever, non healing wounds, abdominal colic pain and skin diseases
- ◉ Improves eye health
- ◉ Can be added into oil enema solutions

FENNEL

- ⦿ Tastes - Sweet, pungent, bitter
- ⦿ Hot potency, light, oily, sharp properties
- ⦿ Balance *Vata*, *Pitta* and *Kapha*
- ⦿ Increases agni without aggravating *Pitta*
- ⦿ Digestive, appetizing, freshening mouth, anti-spasmodic, anti-aphrodisiac
- ⦿ Useful as a brain tonic
- ⦿ Help in facilitating proper absorption of nutrients, preventing flatulence, high cholesterol and regulate menstruation

FENUGREEK

- ⦿ Taste - bitter, astringent
- ⦿ Hot potency, light, oily properties
- ⦿ Pacifies *Kapha Vata*
- ⦿ Useful in diabetes, constipation, burning sensation, indigestion, arthritis, high cholesterol and obesity
- ⦿ Stimulates endocrine system, carminative, laxative, anti-parasitic

GARLIC

- ⦿ Taste - sweet, salty, pungent, bitter
- ⦿ Hot potency, oily, sharp, slimy, heavy, mobile properties
- ⦿ Balances *Vata* and *Kapha*
- ⦿ Nerve stimulant, analgesic,
- ⦿ Useful in worm infestation and other infections, skin diseases, constipation, bloating, hiccups, diabetes, obesity, abdominal pains, anorexia, high cholesterol, etc.
- ⦿ Good for the heart

GINGER

- ◉ One of the synonyms given for ginger in Ayurveda is “The Universal Doctor”
- ◉ Taste - pungent
- ◉ Hot potency, light, oily, sharp properties, fresh ginger is dry, sharp and heavy
- ◉ *Kapha, Vata* reducing
- ◉ *Ama* digestive, appetizing, anti-inflammatory, antiemetic, nerve stimulant
- ◉ Useful in colds, cough, indigestion, fever, nausea, vomiting, flatulence, rheumatoid arthritis, asthma, etc.

MINT

- ◉ Taste - pungent
- ◉ Hot potency, light, dry, sharp properties
- ◉ *Kapha, Vata* pacifying
- ◉ Analgesic, deodorant, antiseptic, appetizing
- ◉ Useful in wound healing, mouth freshening, hiccups, asthma, cardiac debility, painful urination, etc.

MUSTARD

- ◉ Taste - pungent, bitter
- ◉ Hot potency, light, sharp, oily properties
- ◉ *Kapha, Vata* pacifying, *Pitta* increasing
- ◉ Appetizing, anti-parasitic, antibacterial, pain relieving
- ◉ Liver and spleen protective

NUTMEG

- ◉ Taste - pungent, bitter, astringent
- ◉ Hot potency, light, sharp, oily properties
- ◉ Alleviate *Kapha*, *Vata*
- ◉ Analgesic, carminative, appetizing, digestive
- ◉ Cleanse the mouth, reduce the foal smell
- ◉ Useful in nausea, vomiting, parasites, asthma, muscle cramps, convulsions, diarrhea

ONION

- ◉ Taste - sweet, pungent
- ◉ Hot potency, heavy and oily properties
- ◉ Reduces *Vata*, increases *Pitta*
- ◉ Analgesic, anti-inflammatory
- ◉ Improves eye sight, digestion, immunity
- ◉ Relieves constipation and flatulence
- ◉ Good for the heart

SAFFRON

- ◉ Taste - pungent, bitter
- ◉ Hot potency and smoothing properties
- ◉ Balances *Tridosha*
- ◉ Liver stimulant, blood purifying
- ◉ Useful in skin pigmentations and other skin lesions
- ◉ Relieves Hemorrhoids, Reduces Vomiting. Helps Stop Hemoptysis (coughing up of blood or blood-stained mucus).
- ◉ Good for the heart

SESAME

- ◉ Taste - sweet, sub tastes - astringent and bitter
- ◉ Hot potency, heavy, oily and soothing
- ◉ *Vata* pacifying
- ◉ Nourishing, strengthening, calming, and warming
- ◉ Wound healing, useful in hemorrhoids
- ◉ Lubricate and support the bowels and soften the stool

TURMERIC

- ⦿ Taste - pungent, bitter, astringent
- ⦿ Light, dry, properties and hot potency
- ⦿ Increases *Vata & Pitta* if taken in excess, Relieves *Kapha*
- ⦿ Anti microbial, antioxidant, anti-inflammatory
- ⦿ Useful in inflammations, ulcers, wounds, skin diseases, pruritus, allergic conditions and discoloration of skin, anorexia, dyspepsia, flatulence, constipation, anemia, hemorrhages, liver diseases, splenomegaly

TAMARIND

- ◉ Taste - sour
- ◉ Hot potency, heavy and dry properties
- ◉ Balances *Tridosha*
- ◉ Antiemetic, anti-inflammatory, appetizing
- ◉ Useful in abdominal colic, heart diseases, fluoride calcifications, nausea, vomiting, and constipation

OTHER CULINARY HERBS

◉ Bay Laurel

- A stimulant for the skin
- Analgesic, digestive
- Useful in arthritis, joint pains, sore muscles, migraine headaches

◉ Chives

- Appetizing, digestive, antibacterial
- Useful in flatulence, upset stomach, bad breath

◉ Parsley

- Useful in urinary tract infections, kidney, bladder stones, gastrointestinal distress, and stimulates menstruation

⦿ Oregano

- Immune enhancing
- Antimicrobial, anti-inflammatory
- Digestive
- Useful in upper respiratory tract infections, indigestion

⦿ Thyme

- Anti-septic, anti-viral, anti-rheumatic, anti-parasitic and anti-fungal
- Detoxifying
- Immune booster
- Useful in anxiety, stress, exhaustion, liver and kidney issues, etc.

⦿ Rosemary

- Antioxidant
- Strengthening the memory
- Relieve pain and spasms
- Support the circulatory and nervous system

⦿ Sage

- Cognitive boosting, anti-inflammatory, antioxidant, immune enhancing
- Useful in infertility, skin diseases, diabetes, indigestion

⦿ Tarragon

- Useful in toothaches, upset stomachs, intestinal parasites, inducing menstruation