

Important Ayurvedic Spices

Cumin	Carminative, digestive, tonifier
Coriander	Cooling, soothing, carminative, digestive
Fennel	Cools, sweetens, digestive, tonifies stomach
Turmeric	Protein digestion, reduces fat, antibiotic, digestive
Cardamom	Heating, calms and stimulates digestion
Cloves	Heating, digestive stimulant
Garlic	Warming, reduces ama and toxins, strengthening
Saffron	Cooling, tonifying, digestive
Ginger	Warms, potent digestive stimulant
Fenugreek	Warming, digestive, reduces mass, tonifies
Black Pepper	Warming, digestive, carminative
Asafoetida	Heating potent carminative
Cinnamon	Warms, sweetens
Mustard Seeds	Digestive with pronounced warming effect