



Five Remedies from Jeera

Jeera (cumin) seeds (*cheerakam* in Tamil, *jeelakari* in Telugu and *jeerige* in Kannada) are one among the commonly used spices in cooking. Being an aromatic substance it contributes good taste and smell to the dish. Cumin seeds are known as *Jeeraka* in Sanskrit. The word is derived from *jeerna*, meaning digestion. Cumin seed is very good in treating digestive track disorders.

Cumin contains thymol which helps promote the production of saliva, bile and other enzymes responsible for food digestion. Cumin is a rich source of iron. A spoonful of cumin is useful to reduce body fat and thus useful in weight loss treatment. Cumin contains high levels of the substance melatonin, which helps regulate sleep cycles.

It contains riboflavin, vitamin B6 and niacin—useful in improving cognitive functions of brain. Ayurvedic texts contain references to several beneficial uses of cumin. It is carminative (*deepana*), digestive (*pachana*), anti flatulent (*vatanulomana*),

analgesic (*vedanasthapana*), and anti spasmodic. It is in fact a tonic *balya*, besides being a taste enhancer. It balances *kapha* and *vata*, and increases *pitta*.

Gas Problems

Here are five major remedies from this miracle spice. To treat flatulence (gas), fried cumin seeds, ginger powder are used. Four parts of cumin seeds, two parts of dry ginger and one part of salt (preferably rock salt) are taken and made into fine powder. This is consumed in the dose of half spoon just before taking food, along with warm water. This helps to evacuate the flatus, stimulate the digestive fire, reduce the abdominal distention, relieve regurgitation, burping and colic pain of abdomen.

Next, treating indigestion, Jeera water is a known remedy for centuries for indigestion, anorexia and reflux oesophagitis. Just 20 grams of fried cumin seeds are taken and dry-fried a little. This is added to 200 ml of hot water and allowed to cool. When it is lukewarm this is taken twice daily.

This helps to relieve most of the gastro intestinal problems, especially in children.

Thirdly, a combination of cumin and jaggery is a remedy for menstrual pain. 50 grams of Jeera powder is fried in a pan. It is mixed with 25 grams of jaggery and pounded well. This is made into big pills of 5 grams size. This bolus is taken 1-2 days prior to expected date of menstruation. Consume a cup of water or buttermilk after taking this. This can be continued even after menstruation for 2-3 days. This helps to reduce the pain and discomfort caused during menstruation.

Fatigue

Cumin medicated milk is recommended for fatigue and excessive thirst. Just five grams of cumin seeds along with 200 ml milk and 400 ml water are boiled till it is reduced to the amount of milk or approximately to 200-250 ml.

Add 1 – 2 teaspoons of sugar or jaggery. This can be a great substitute drink for coffee and tea. It relieves fatigue and thirst. It is also useful in morning sickness of pregnant women as well.

Finally, *jeeraka* and sugar candy is a sweet remedy used as an

expectorant to take out phlegm. Two grams of each of cumin seeds and sugar candy are taken and retained in the mouth for 3-5 minutes and gradually it is chewed and slowly swallowed.

About 10-15 minutes later gradually phlegm starts coming out and it should be spit out. This can be repeated 5-6 times in a day. This is useful in dry cough, pharyngitis, pain in the throat etc.

Cumin powder along with *kala namak* (Sochal salt) is used as a remedy to counter side effects of excess intake of sour mango.

Research carried out by the Cancer Research Laboratory in South Carolina, USA, found that cumin can help fight cancer, due to cuminaldehyde, which is shown to slow the growth of tumors. It also has characteristics that accelerate the production of detoxifying and anti-carcinogenic enzymes, which can aid the prevention of colon cancer 🍽️

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