

Role of Some Indian Spices in Spirituality

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India Has Been Recognised All Over the World for Spices and Medicinal Plants

Indian spices are used to bring flavor, aroma & good taste to our food. They have some properties which add a life force and transfer some spiritual vibrations also! Next time when you are cooking, add a little spice to your food and your life!!

Cardamom

Cardamom is known to be king of spices. It clears confused, muddled, weighed down & heavy state of mind. Clears the mind from over thinking, creating peaceful space for mind to make decision. Cardamom can also have rejuvenating effect on those who feel exhausted by the challenges of life or support altering the perception that life is difficult. Thus very high in Satva and Prana. It regulates the flow of Prana in the digestive tract. It means flow of Prana in how we digest our perceptions of the world and how we assimilate them.

Cardamom oil is highly beneficial for reducing feelings of depression or self worthlessness. Come on now have a single cardamom in your mouth every day, and notice the changes!!!

Cinnamon

Cinnamon has been used for centuries as medicinal spice. It acts as anti-oxidants for stress and the food we eat all can damage our brain. It improves the brain's ability to retain memory better. Its heady scent is known to relax and release inhibitions and raise lustful vibrations. Cinnamon is always best for Success, healing,

protection and love. It brings quick cash. Serves to improve psychic powers and strength of will.

Nutmeg

It is a status symbol. It detoxifies the body, can increase skin quality, reduce insomnia. It has (www.organicfacts.net) components called myristicin and macelignan - which produce degradation of neural pathways and cognitive function. It has been used as home remedy for sleeplessness. A pinch of nutmeg boiled in milk has high content of magnesium an essential mineral in the body that reduces nerve tension; it also stimulates the release of serotonin - which creates feeling of relaxation.

A nutmeg in pocket helps to ensure good luck while travelling! Nutmeg is perfect holiday spice that it can help lessen tensions and conflict that can arise during the winter months due to lack of sunlight.

Clove

Magical uses of cloves include protection, banishing negative forces, and gaining what is sought. Cloves are burned to stop gossip as well as to purify and raise the spiritual vibrations of all areas. It is weird for protection and mental clarity. (<http://hertalriot.tumblr.com>)

Cumin

It has the gift of retention. It is said that any object that carries cumin seeds cannot be stolen. It is sprinkled on the floor of home to keep away evil spirits. Faithfulness in marriage is maintained by cumin. (Alchemical properties of food) <http://www.alchemylab.com>

Food Science and Nutrition Technology

Carminative used for digestive purpose. Each cumin seeds help rid your body and blood of toxins and impurities so that your bodily system function more effectively. Increase spiritual vibrations.

Basil

It is very difficult to find out a house where you won't find basil in front of old houses. Old Greeks say "Basil helps house to be solid and family to be healthy"

Basil greens love and peace to the family. It also brings blessings to the family and keeps unwanted spirits away.

So we can use the herb for protection, money, beauty, love, promotion in the job, even to get a new better job.

Basil is the herb that nourishes the spirit. It is powerful corticosteroid modulator, meaning that it has the unique ability to reduced circulating stress hormone in the body, making it an ideal herb for today's hyper stimulated digital culture. In a Yogic philosophy it is consider to be able to balance "Chakras" which are energy centres in the body. It is profound healing plant and works on a deep level to bring balance and harmony into your system. Clearing out old, stuck energy and emotions that are hindering your health and well being.