

Indian Spices and Spirituality

Jayashree P*

Department of Stree Rog and Prasutitantra, DY Patil College of Ayurved and Research centre, India

***Corresponding author:** Patil Jayashree, Department of Stree Rog and Prasutitantra, DY Patil College of Ayurveda and Research centre, Pimpri Pune, India, Tel: 09921244690; Email: jayupa.patil6@gmail.com

News Letter

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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

- Is known to be king of spices.
- It clears confused, muddled, weighed down & heavy state of mind. Clears the mind from overthinking, 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!!!