

## ADVANTAGES OF SPICES AND CONDIMENTS AS MEDICINES

Almost all Spices and Condiments used by Kashmirīs have one or more of the following medicinal and healthful qualities by virtue of their being :-

1. **Carminatives**, i.e. those which expel wind from the alimentary canal, relieving colic, griping and flatulence, e.g., Black Pepper, Aniseed, Cumin seeds, Coriander, Asafoetida, Nutmeg, Mace and Ginger.
2. **Cordials and Stimulants**, e.g., Cardamom, Saffron, Coriander, Raisins, Ginger, Nutmeg and Mace.
3. **Stomachic**, i.e., exciting the action of stomach, e.g., Lovage, Ginger, Asafoetida, Coriander and Cardamom.
4. **Sialagogic**, i.e., agents which promote flow of saliva, e.g., most edible, essential oils, Chillies and almost all aromatic Spices.
5. **Aromatic**, and thus adding flavour to foods and making these appetizing, e.g., Onions, Garlic, Cardamom, Cloves and Cinnamon.
6. **Blood purifiers and Regulators of blood pressure** e.g., Turmeric, Aniseed, Garlic and Coriander Seeds.
7. **Antiseptics** e.g., Cloves, Cinnamon and Lovage.
8. **Tonics**, e.g., Black Pepper, Ginger, Dry Fruits, Saffron, and Seeds of Fenugreek, Cucumber, Musk-melon, Water melon and Pumpkin.
9. **Anti-Rheumatic**, e.g., Lovage, Garlic and Ginger.
10. **Sedative**, e.g., Cardamom, Coriander, Raisins, 'Kewra' and Aniseed.
11. **Anti- Constipation and Laxatives**. e.g., Aniseed, Walnuts, Asafoetida, Edible Oils, 'Ghi' and Butter.
12. **Anti-diarrhoea**, e.g., Onions, Asafoetida, Cloves, Ginger, Cumin Seeds, Caraway and Lovage.
13. **Sources of Vitamins**, e.g., Fenugreek seeds, Green-Chillies, Coriander leaves, Black Pepper, Dry fruits and edible seeds of fruits.
14. **Appetizers**, e.g., Vegetable and Edible colours, Saffron, Condiments and other food Garnishers which make food more presentable, and palatable.
15. **Reducer of and Remedy for blood sugar and sugar in urine**, e.g., Fenugreek seeds and Artichoke.