

Coriander, Cumin and Fennel Tea



V **P** **K** [?]

DRY **CLEAR** **LIGHT** **EASY**

HOT

BITTER **PUNGENT**

Effect: Sattvic, Prana, Alkalizing
Meal: Drink
Type: Spices
Style: Ayurvedic
Occasion: Cleanse
Preparation: Boiled, Tea
Subtaste: Aromatic

Servings: 1
Prep Time: 5 minutes
Cook Time: 10 minutes

Experiences: [?]
Diuretic

Pharmacological Effects [?]
Detoxicant, Digestive, Carminative, Burns-Toxins, Antispasmodic, Galactagogue, Decongestant, Anthelmintic, Appetizer, Antimicrobial, Expectorant, Brain-Tonic

Preparation

In Ayurveda, teas are the traditional method of delivering the medicinal effects of herbs and spices to your body's tissues. Ayurvedic teas generally consist of a single herb or blend of herbs steeped in hot water.

- Boil 1 1/2 cups of water
- Add the whole cumin, coriander, and fennel seeds. (to your liking)
- Let steep for 5 minutes, or until it cools to a comfortable temperature.
- Strain and serve, discarding the spices.


OR

- Place 1 tsp of CCF in a tea ball in your favorite mug.
- Pour boiling water over the tea and
- Let sit for 3-4 minutes.
- Drink with every meal for at least two weeks.

Since CCF tea is a diuretic, do not drink before bed otherwise you will have to wake up to urinate. Dry Vata individuals should limit intake of diuretics.

About Coriander

Coriander is the seed of the cilantro plant. Its pleasantly fragrant aroma lifts the spirits and has a rustic feel.



The image shows a large pile of golden-brown coriander seeds on the left. To the right is a diagram of Ayurvedic properties represented by colored circles: a red circle with a white 'V' and a red prohibition sign, an orange circle with a white 'P', a green circle with a white 'K' and a red question mark, a light blue circle with 'LIGHT', an orange circle with 'HOT', a brown circle with 'DRY', a purple circle with 'CLEAR', an orange circle with 'PUNGENT', and a green circle with 'BITTER'.

Effect: Prana, Sattvic, Alkalizing
Recommended for: Spring
Type: Spices
Moves energy: Outward

Serving Size: 1/4 tsp
Species: Coriandrum sativum
Family: Apiaceae

Experiences: Diaphoretic, Diuretic

Pharmacological Effects: Alterative, Anthelmintic, Antihistamine, Antispasmodic, Appetizer, Brain-Tonic, Burns-Toxins, Carminative, Detoxicant, Digestive, Expectorant, Spleen-Tonic, Vulnerary

Coriander Seed

Coriander Seed is a digestive aid and diuretic. Although the leaves are cooling the seeds are slightly warming. Its bitterness reduces pitta while its pungency improves digestion.

Coriander seed is drying. A cold infusion of the seeds flushes heat out of the urinary system. The diuretic and digestive qualities are useful in detoxifying the blood. As a digestive, expectorant, and anti-allergenic, it is an especially useful spice in Spring allergies. Coriander seed is common in anti-allergy formulas.

Cumin, coriander, and fennel are related plants with similar properties and the basis for a famous Ayurvedic tea.

About Cumin

Appreciated since ancient times, cumin's aroma has wafted through kitchens since at least the second millennium BC, even flavoring breads and soups mentioned in the Bible. The highly-valued spice was a currency to pay tithes to priests. The ancient Egyptians used cumin in their cooking, and as an ingredient to mummify the pharaohs, testifying to its use as an antimicrobial. Popular throughout the Middle Ages, cumin was regarded as a sign of love and devotion; wives sent their husbands off to war with a loaf of cumin-spiced bread. Cumin is a member of the carrot family like celery, and parsley.



Effect: Prana, Sattvic, Alkalizing
Recommended for: Spring
Type: Spices
Subtaste: Aromatic
Color: Brown

Serving Size: 1/8 tsp
Species: Cuminum cyminum
Family: Apiaceae

Experiences: Diuretic

Pharmacological Effects: Analgesic, Anthelmintic, Antimicrobial, Antispasmodic, Burns-Toxins, Carminative, Decongestant, Detoxicant, Digestive, Galactagogue, Spleen-Tonic

Cumin & Digestion

Cumin is famously employed to warm the digestive process so food is assimilated and digested comfortably. Its pungent taste warms and stimulates blood flow to digestive organs. Meanwhile, cumin's unique combination of bitters and aromatics stimulate peristalsis, the rhythmic contractions of your digestive tract. Peristalsis propels stagnant food and gas downward, which you may experience as a bit of gurgling as your digestive system resolves any issues. Together these tastes address the root causes of gas and bloating: slow breakdown of food, sluggish motility, and poor absorption of vitamins and nutrients.

Are beans difficult for you to digest? Spike your next hummus with a generous addition of ground cumin. Colicky kidneys? A tea of cumin and raw sugar was used to reduce renal colic. Tasty and multi-purposeful, cumin is safe for everyday use but

should be taken in moderation only by those with digestive inflammation or other heat disorders.

Ayurvedic Perspective

If you've ever asked, "why does this taste so good?" you've probably encountered cumin. Whether a tasty curry, a mixed pickle, or a helping of beans, cumin is the flavor that highlights delicious meals worldwide, from North Africa to Cuba. It is essential not just because of its unmistakable pungent flavor, but because the benefits of the spice go on and on, just like its versatility in recipes. Only black pepper is a more popular spice worldwide. Cumin is native to Syria, where it thrives in hot and arid conditions. Cumin imparts the qualities of its native land into food, bringing the dry warmth of a sunny desert day.

Cumin's Drying Effects

Cumin heats up and dries your body in early spring to help prepare your body for warmer weather ahead, effectively mimicking a hot cedar sauna. Its drying effect is useful for any spring dampness and excessive wetness in the body, such as mold allergies and congested lung conditions. It absorbs fluids from the large intestine helping to bind loose stool. It is a mild diuretic that can flush spring water weight.

Skin & Blood Cleanser

Bitter is beautiful and cumin's bitterness is no exception. Bitter purifies the blood. Cumin's warm pungency and purifying bitters encourage clear complexion. Cumin opens the pores, revitalizing the skin and restoring color after a cold winter. These dilating and purifying properties have also been traditionally applied to reduce Vata type fevers, and to reduce tightness in the chest. Cumin is a stimulant useful to improve circulation and metabolism.

Muscle Relaxant

Additionally, this mega-spice is an antispasmodic, meaning that it calms and soothes spasms. The seeds are a treasure for women - soothing cramping around menstruation. It also relieves pain and inflammation of the uterus. Cumin, like many diaphoretic herbs that open the pores, promotes the flow of breast milk for new mothers. Cumin's Kapha clearing and antispasmodic qualities were traditionally used during asthma attacks

About Fennel Seeds

Cool and soothing, verdant and fragrant, fennel is a member of the carrot family that includes other popular spices such as cumin, coriander, dill and celery. Fennel seeds may be confused with those of anise; however anise seeds are smaller in size. Cuisines of India, Iran, Afghanistan and the Middle East feature fennel seeds prominently.



V

P

K ?

LIGHT

EASY

DRY

COLD

CLEAR

PUNGENT

Effect: Prana, Sattvic, Alkalizing

Recommended for: Spring

Type: Spices

Subtaste: Aromatic

Color: Green

Serving Size: 1/4 tsp

Species: Foeniculum vulgare

Family: Apiaceae

Experiences: ?

Cardiac-stimulant, Diuretic, Stimulates-energy

Pharmacological Effects: ?

Lung-Tonic, Antispasmodic, Antitussive, Appetizer, Brain-Tonic, Burns-Toxins, Carminative, Decongestant, Detoxicant, Digestive, Expectorant, Galactagogue, Spleen-Tonic, Stomachic

Ayurvedic Perspective

Pick a random Indian restaurant in the United States, and you are more than likely to be greeted by a little bowl of bright green roasted fennel seeds, placed near the entrance door. You can toss a few in your mouth and chew on them as you scan the menu and place your order. As you wait for the food to arrive, these little seeds do their magic: perking up the palate, stimulating hunger, priming the digestive system. Enjoy the food at leisure, savoring each bite with awareness and relish. On your way out, feel free to help yourself to a few more seeds. Skip the breath mints tonight; fennel seeds function as excellent mouth fresheners and what's more, they aid the digestive process as well.

Digestive & Mouth Freshener

Sweet and stimulating, fennel possesses a unique combination of warming and cooling qualities that stimulate the appetite before meals and facilitate digestion afterward. Ate a little too much and feel bloated? Was the food a tad too spicy? Fennel relieves gas and bloating; it also functions to reduce burping, acid reflux, and alleviate nausea and indigestion. Fennel improves the digestive agni by stimulating blood flow to the stomach.

Fennel For Babies

Babies can experience relief from colic pains by drinking fennel water with sodium bicarbonate and glycerine. Fennel is estrogenic in nature, so it increases growth of breast tissue. It also has diaphoretic properties that increase the flow of milk in lactating mothers.

A Rare Cooling Spice

Although many spices are heating, fennel is tempered by a cool quality that calms the mind and increases clarity. As a diuretic it relieves Pitta, flushing and soothing burning sensations in the urinary tract and detoxifying the blood. Fennel has been shown to protect the liver of experimental animals from chemical toxicity.

Relieving Spasms

Fennel, like many aromatic herbs, is effective in relaxing smooth muscle spasms. It specifically relieves bronchial spasms in the lungs, colic in the GI tract and uterine cramping, thereby helping with diverse conditions from asthma to menstrual cramps. Fennel's aromatic quality also relaxes blood vessels and opens circulation, reducing swelling and pain. Its circulatory stimulating qualities are effective in countering rheumatism.