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Ajwain or ajowan Trachyspermum ammi [3] down also known as ajowan caraway thymol seeds bishop's weed or carom is an annual herb in the family Apiaceae

[4] Both the leaves and these seedlike fruit often mistakenly called seeds of the plant are consumed by humans Aug 8 2022 Ajwain or carom is a seed like fragrant fruit with a taste similar to thyme but with bitter notes

It is added to Indian spice mixes for tempering Dec 30 2024 Learn what nutrients are in ajwain and how it can help with health problems such as indigestion high blood pressure and arthritis Discover what ajwain seeds are their health benefits culinary uses and nutritional value

Learn how to incorporate this versatile spice into your diet Jul 5 2025 What Is Ajwain? Ajwain pronounced uhj wine is the Hindi name for what's known in English as carom seeds. Despite looking a bit like cumin or caraway they come from a plant in the parsley family and have a flavor all their own

The tiny ridged seeds carry a bold thyme like aroma that's instantly recognizable. You'll often see carom seeds in Indian Pakistani and Middle Eastern What to know about ajwain

Learn the health benefits and potential risks of taking ajwain supplements Apr 5 2019 Ajwain seeds impart an intense thyme like flavor

Conspicuous in Indian Pakistani and Middle Eastern cuisine the tiny spiced seeds indeed contain numerous health benefiting phytonutrients essential oils such as thymol May 20 2025 Carom Seeds Ajwain offers a range of natural remedies

Benefits of Ajwain for digestion weight loss immunity and during pregnancy. Learn how to make ajwain water at home for daily wellness Explore Trachyspermum ammi Ajwain a versatile carom seed known for digestive support respiratory relief and antimicrobial action in Ayurveda

Learn benefits uses dosages and safety Aug 1 2025 Ajwain also known as Carom seeds or Omam is a traditional Ayurvedic spice widely recognized for its exceptional digestive respiratory and anti-inflammatory properties

It is derived from the seeds of the Trachyspermum ammi plant. Ajwain has a strong pungent taste and a thyme like aroma due to its active compound thymol. In Ayurveda Ajwain is classified as Ushna hot in potency and.

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