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Ajwainor ajowan *Trachyspermum ammi* [3] dwn also known as ajowan caraway thymolseeds bishop s weed or carom is an annual herb in the family Apiaceae

[4] Both the leaves and theseedlike fruit often mistakenly calledseeds of the plant are consumed by humans Aug 8 2022 Ajwain or carom is aseed 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 inajwainand how it can help with health problems such as indigestion high blood pressure and arthritis Discover whatajwainseedsare their health benefits culinary uses and nutritional value

Learn how to incorporate this versatile spice into your diet Jul 5 2025 What IsAjwain?Ajwain pronounced uhj wine is the Hindi name for whats known in English as caromseeds. 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 ridgedseedscarry a bold thyme like aroma thats instantly recognizable. Youll often see caromseedsin Indian Pakistani and Middle Eastern What to know aboutajwain

Learn the health benefits and potential risks of takingajwainsupplements Apr 5 2019 Ajwainseedsimpart an intense thyme like flavor

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

Benefits ofAjwainfor digestion weight loss immunity and during pregnancy. Learn how to makeajwainwater at home for daily wellness Explore *Trachyspermum ammi* Ajwain a versatile caromseedknown for digestive support respiratory relief and antimicrobial action in Ayurveda

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

It is derived from theseedsof the *Trachyspermum ammi* plant.Ajwainhas a strong pungent taste and a thyme like aroma due to its active compound thymol. In Ayurveda Ajwainis classified as Ushna hot in potency and.

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