

## ***Aindri or Cardamom***

**Latin Name(s):** Amomum subulatum

**English Name(s):** Larger or Greater Cardamom, Nepal Cardamom

**Sanskrit / Indian Name (s):** Aindri, Sthula ela, Brihatupakunchika



**Cure for:** Beside being one of the popular spice it is widely used as an ingredient in traditional systems of medicine in China, India, Korea, Japan, and Vietnam.

It is a useful medicine to treat stomach-aches, constipation, dysentery, and other digestion problems. It helps to reduce the air and water elements, increases appetite, and soothes the mucous membrane. It also relieves gas and heartburn caused by garlic and onion. It is also used as a remedy for treating depression and impotency.