

Ajwain or Bishop's Weed

Latin Name(s): Carum Copticum, Trachyspermum Ammi

English Name(s): Bishop's Weed, Lovage

Sanskrit / Indian Name (s): Ajwain , Yavani, Yawani



Cure for: It is a popular aromatic spice used in various cuisines. Beside being used as a culinary spice, Ajwain is widely used for medicinal purposes also like as a calming herb to ease intestinal colic, stimulating the appetite, treatment of diarrhea, bronchitis, bronchial asthma and in laryngitis as a gargle. Another main use has been to increase milk flow in nursing mothers. An oil obtained from Ajwain is an almost colorless to brownish liquid with characteristic odor and a sharp hot taste. This oil is useful in cholera, flatulent, colic, diarrhea, a tonic dyspepsia and indigestion. Ajwain water distilled from the seeds is an excellent carminative that cures flatulence, indigestion & low appetite. This water is a household medicine not only in south India but also in Srilanka, Malaysia and even in some Arabian countries. Ajwain seeds, leaves etc. are used for various remedies. It is useful in gastro-intestinal disorders, bronchitis, asthma, cold & cough, influenza, toothache, earache, heartache, rheumatism, and mouth disorders.