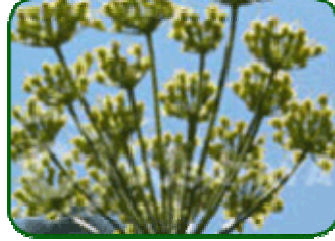


Asafoetida or Hing

Latin Names: Ferula Foetida

English Name: Asafoetida

Sanskrit / Indian Name: Hing, Narthex



Cure for: It is commonly used to treat bloating and gas to prevent flatulence, it also quells stomach cramps, eases indigestion, and relieves constipation. Its dried gum helps relieve headache and shows promising results in treating migraines. It is also known to aid whooping cough, asthma, and bronchitis.