

## ***Indian Dill Or Satahva***

***Latin Name(s):*** Anethum sowa / Anethum graveolens

***English Name(s):*** Indian Dill

***Sanskrit / Indian Name (s):*** Satahva, Madhura



***Cure for:*** Dill fruit has a very long history of herbal use going back more than 2,000 years. The main part used in herbal formulations is seed. The seed is aromatic, carminative, mildly diuretic, galactagogue, stimulant and stomachic. They are a common and very effective household remedy for a wide range of digestive problems. An essential oil is extracted from the seeds which contains carvone, apiol and dill apioll. This oil is a well-known remedy for flatulence in children and used into the preparation of gripe water. The essential oil in the seed also help to relieve intestinal spasms and griping and to settle colic. Chewing the seed improves bad breath. They are also used in medicine mainly as an aromatic carminative, antipyretic and anthelmintic. Dill is also a useful addition to cough, cold and flu remedies, it can be used with antispasmodics such as Viburnum opulus to relieve period pains. Dill will also help to increase the flow of milk in nursing mothers and will then be taken by the baby in the milk to help prevent colic.