

Caraway or Siya Jeera

Latin Names: Carum Carvi

English Name(s): Caraway

Sanskrit / Indian Name (s): Karavi, Krishna Jeeraka, Krishnajiraka, Siya Jeera



Cure for: The caraway seeds, leaves and roots are considered useful in activating the glands, besides increasing the action of the kidneys. It is characterized as an excellent 'house cleaner' for the body. Caraway oil is used in medicine to relieve flatulence. Caraway is safe and effective for relief of colic in young children. It is also used to correct the nauseating and griping effects of some medicines.