

**Name of Herbal Plant : Ajowan****Biological Source** : Trachyspermum Ammi .L Sprague**Synonyms** : Caraway**Family** : Apiaceae

Description : Ajwain, ajowan (Ajwan) or Trachyspermum Ammi, also known as ajowan caraway, omam podi (in Tamil), thymol seeds, bishop's weed, or caron are very common in the Indian environment. This does not require much care; these plants are mainly consumed by humans. Ajwain tends to grow in regions that are dry and barren. Ajwain is used in traditional medicine practices, such as Ayurveda, in herbal blends in the belief it can treat various disorders. There is no evidence or regulatory approval that oral use of ajwain in herbal blends is effective or safe. Ajwain leaves are green, hairy and full of essential oils and aromatic compounds; the stem is green and weak. Chewing one leaf every day will make you healthy and may help to get rid of gases and bloating. The leaf of Ajwain is applied externally to the skin as a mosquito repellent. Inhale the vapour of Ajwain leaf in boiling water will clear blocked nose during cold. Ajowan contains essential oil (2?3.5%), protein (17.1%), and fat (21.8%). Ajowan oil is a colourless or brownish yellow liquid possessing a characteristic odour of thymol and a sharp taste. Ajowan is widely used as a spice in curries; pickles, certain types of biscuits, confectionery, and beverages. Health benefits and uses of carom seeds Fight with bacteria and fungi. Improve cholesterol levels. Lower blood pressure. Peptic ulcers and relieves indigestion. Prevent coughing and improve airflow. Anti-inflammatory effects. Soil: Black cotton soils and light garden soils under irrigated conditions, loose, well-aerated, and well-drained soil.

Geographical Source : It Is Netive Plant From Egypt To Eastern**Vernacular Name in English:** Ajowan**Vernacular Name in Hindi** : अजवायन**Vernacular Name in Marathi:** Ajwain**Vernacular Name in Kannada:** ಅಜವಾನ**Chem. Constituents** : Paracymene**Uses:** Used As An Antiseptic , Aromatic ,Carminative**Source:** <https://gachwala.in/products/ajwain-live-herbal-plant-with-pot-oregano-ayurvedic-medicinal-plants-trachyspermum-ammi-mexican-mint/>