

Cumin is the dried seed of the herb *Cuminum cyminum*, a member of the parsley family. Cumin seeds resemble caraway seeds, being oblong in shape. Cumin seeds are used as a spice for their distinctive flavour and aroma. Cumin can be used ground or as whole seeds. It helps to add an earthy and warming feeling to cooking, making it a staple in certain stews and soups, as well as curries and chili.

Cumin's distinctive flavour and strong, warm aroma are due to its essential oil content. Its main constituent and important aroma compound is cuminaldehyde

Health Benefits

The health benefits of cumin for digestive disorders has been well known throughout history. It can help with flatulence, indigestion, diarrhea, nausea, morning sickness, and atonic dyspepsia. In this case, the seeds are boiled in water to make a tea of sorts - 1 teaspoon seeds to 1 glass water. Mix with salt and a teaspoon of coriander leaf juice.

Cumin is also said to help relieve **symptoms of the common cold** due to its antiseptic properties. Again, you'll want to boil the seeds in a tea and then drink a couple of times a day. If you also have a sore throat then try adding some

dry

ginger

to help soothe it.

Cumin can also be applied topically and is said to be a good salve for boils. Make a black cumin paste by grinding seeds with water and apply to the affected area.

Cumin makes a great tonic for the body even if you don't have a specific ailment to cure. It is said to increase the heat in the body thus making metabolism more efficient. It is also thought to be a powerful kidney and liver herb and can help boost your immune system.