

UK Product Name Cooling Spice mix Code Name SCOOL  
 Availability Stock item in UK

Description Supports digestion by supplying a variety of tastes. Helps to keep the body, mind and emotions cool.

Add flavour and balance with spices

Spices are not just great flavour-enhancers, they come with therapeutic properties as well. Our Churnas are precise blends of spices and seasonings that include all six ayurvedic tastes. Sauté the Churna in Ghee and add to your dishes, add some to soups, stews and sauces as they're cooking or sprinkle over prepared vegetables or rice at the table. Convenient, and mouth-wateringly delicious!  
 Spice Wise

The exotic colours and heady aromas of spices can elevate an ordinary dish into a sublime feast for the sense of sight, smell and taste. What's more, most spices also come with therapeutic properties, so every meal that includes spices can become an experience in enhancing health and well-being. Ayurveda, the ancient system of healing from India, has been singing the praises of spices as "wonderfoods" for thousands of years. Spices are ingredients in many synergistic ayurvedic herbal formulations, and an ayurvedic expert, when giving you advice, is as likely to recommend specific spices to include in your diet as to suggest herbal supplements for you to take.

Fennel is extremely good for digestion. It acts as a general toner for the digestive system, and is particularly good for enhancing Agni, the digestive fire, without aggravating Pitta.

Coriander balances all three doshas and is highly appreciated in Ayurveda. It is a cooling spice and contributes the sweet and astringent tastes. Ayurvedic texts suggest that it is good for digestion, whets the appetite, helps maintain resistance to allergies and also helps purify the blood.

Turmeric is ubiquitous in Ayurvedic cooking. It contains the flavanoid curcumin, which is known to have anti-inflammatory properties. This all-around wonder spice is said to help detoxify the liver, balance cholesterol levels, maintain resistance to allergies, stimulate digestion, boost immunity and enhance the complexion. It is also an anti-oxidant.

Cumin is said to balance all three doshas. It especially helps enhance digestion and is an effective toxin-hunter

## Ingredients

| Botanical Name                | Common Name  | Plant Part | Rank | %  | Quantity(mg/g) |
|-------------------------------|--------------|------------|------|----|----------------|
| Foeniculum vulgare ssp capill | Sweet Fennel | seed       | 1    | 60 | 600.0          |
| Coriandrum sativum Linn.      | Coriander    | seed       | 2    | 20 | 200.0          |
| Curcuma longa Linn.           | Turmeric     | rhizome    | 3    | 10 | 100.0          |
| Cuminum cyminum Linn.         | Cumin        | seed       | 3    | 10 | 100.0          |

Contraindications/Precautions None

Over dose and its Management If there is discomfort discontinue use temporarily

Side Effects and Interactions None known

## Usage

Age Group All

Dosage Form powder

Method of Use For use mainly with savoury food. IDEALLY first sauté the spice mix and then add it to food while it is cooking. OR 2) sprinkle the mix on food during cooking or at meal times.

How Long to Continue Use? As required

Specific Dietary/Lifestyle Advice

## Presentation

Presentation 150 grams in a white HDPE pot with t/e lid

Net Weight grams 150

Storage Store in a cool, dry place, tightly closed

Shelf Life (months) 24

Regulatory Status Food