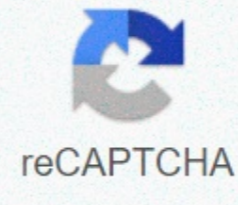




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## Ajwain leaves information

NDTV FoodUpdated: 08 March 2019 14:05 IST Ajwain leaves are not very known for its culinary uses Ajwain leaves can be used to remedy cold and cough at home Ajwain leaves are used to make pakoras, chutneys and Ajwain juices, or carrot seeds, are very common in Indian families. The aromatic seeds are used to add flavor to a series of drinks, curry and also bread such as parathas. He is also venerated in Ayurveda for his numerous health benefits. But not many people know of ajwain leaves. Although these leaves come from a different plant like the real ajwain plant, the succulent leaves are still known as ajwain leaves in the Indian subcontinent. The plant of which the leaves are part is also known as the "Indian jar", which is also called ajwain plant sometimes. The leaves of this plant are the real stars. They are bright green and are wide and pulpy. They have a very thin and soft hair layer above them, and you can access these leaves by purchasing an Indian Borage vase in any nursery or botanist. The reason why these leaves are known as ajwain leaves, despite being part of a completely different plant, is that they have a similar smell to that of carrom seeds. In Kannada, the plant is known as 'saveer sambar soppu,' which literally translates into 'thousand utility leaf'. The scientific name of the plant is 'Plectranthus Amboinicus' and can easily be cultivated at home or in your kitchen garden. The leaves have a number of uses and can beto dishes of your choice to add a distinctive taste and a goto to them. read also: 9 super benefits of ajwain (carom seeds) for hair, skin and health oi and benefits of ajwainajwain leaves can be put to the following uses:1. a cold care and cough: ajwain leaves can be boiled with water and made in a warm concoction to remedy the cold and persistent cough. if you have a cold and coughed fish, take about 10 or 12 leaves of ajwain, clean them with water and then add them to a glass of water and boil it on a low flame. boil the decoction, until the water is reduced to about three quarters of its original quantity. remove it from the heat, let it cool a little and then drink it for relief from cold and cough. add some honey if you want. read also: why you should drink ajwain water every day: 6 reasons Hard-to-Beat2. oarlo to make pakodas: ajwain leaves can be added to a spicy besan (gramme flour plate) batter and then fried to make delicious and goose pakodas, which are known as bajji omavalli. These pakodas can be enjoyed hot with ketchup or any other yogurt dip. also try this recipe of ajwain chakli.3 to make chutneys and dips: the leaves of ajwain can be plundered on the ground and then added to some creamy yogurt to make a delicious and tasty dive. Alternatively, make some leaves of fresh ajwain chutney throwing it into the grinder with a little water and spices of your choice. chutney can be enjoyed with pakodas, chips, chips orwith parathas.4. To make refreshing green juices: You can add ajwain leaves to any fruit or vegetable juice of your choice to add flavor and nutrition to drinks. You can add them to any green juice of your choice to make it more pleasant and tasty. Read also: 9 Amazing advantages of basil leaves You may not have KnownAjwain leaves are said to have a number of health benefits, including remedying stomach problems and improving appetite and digestion. Bring these amazing leaves in your daily use to improve the taste and taste of everyday dishes and for everyday home remedies. Disclaimer: This content, including advice, only provides general information. It is in no way a substitute for qualified medical advice. Always consult a specialist or doctor for more information. NDTV assumes no responsibility for this information. "fid":"553343", "viewmode":"","wysiwyg", "fields":"","format":"","wysiwyg", "type":"","media", "adjustments":"","Ajwain leaf benefits", "title":"","Ajwain leaves for fever and cold.", "style":"","bottom-color border: first-left-le 21px margin-right: 21px margin-top: 6px margin-bottom: 6px floating: left width: 300px height: 392px ", "class":"","media-element file-wysiwyg"Ajwainalso known as a bishop's herb, it is a tender and fleshy leaf with an oregano or thyme as flavor and aroma. The plant, native to India and East Asia, has many medicinal properties and leaves are widely used in the kitchen throughout India. The health benefits of Ajwain Leaf Ajwain leaves are used for treating colds, coughs and fever in infants and small children. Like seeds, ajwain leaves can also provide relief from stomach problems such as flatulence and other abdominal disorders. It can be used as an antiseptic. They are ideal for relieving colic symptoms in children. The leaves are believed to improve digestion and stimulate appetite in children. Oil extracted from seeds and leaves can be used for the treatment of dysbiosis or microbial imbalances within the body. Oil selectively inhibits the growth of pathogenic agents and does not damage the beneficial flora of the intestine. Culinary uses of Ajwain Leaf of Ajwain has a sharp and thyme flavor. Few leaves would be enough to flavor the whole dish. The main component that gives the leaves its flavor is thyme and therefore the similarity with the thyme. Ajwain leaf is used in selective Indian dishes while ajwain seeds are more widely used. In some parts of western India as in states of Andhra Pradesh and Maharashtra, the leaves of ajwain are immersed in batter of chickpeas and deep fries to make pakoras or bajji. Ajwain leaves and yogurt and mixed to make thambuli, a southern IndiaAjwain leaf has many benefits and adding some to your cooking will help you enjoy the same. Image credit: seedofindia.com/ Ajwain Leaf Benefits

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