

Cardamom or Elaichi

Latin Names: Elettaria Cardamomum

English Name: Cardamom, Lesser Cardamom

Sanskrit / Indian Name: Elaichi



Cure for: Cardamom is used to treat disorders of the stomach and urinary system, asthma, bronchitis and heart problems. Cardamom seeds have been used in a range of preparations. It is used along with other herbs to make a drink that would be used to treat indigestion and nausea. Cardamom seeds are given to patients with bad breath and a capsule of cardamom taken with honey is reputed to improve eyesight.