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Pitta Churna

- Cooling Spice Mix -

Maharishi Ayurveda Churnas

(Herbal Spice Blends)

Add flavor and balance with spices.

Our Cooling Spice Mix are precise blends of spices and seasonings that include all six Ayurvedic tastes.

Sauté the Cooling Spice Mix 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 mouthwatering delicious!

The exotic colors 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 "wonder-foods" 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.

Ayurvedic texts suggest that it is good for digestion, wets the appetite, helps combat allergies and also helps purify the blood.

Coriander is a tridoshic spice highly appreciated in Ayurveda. It is a cooling spice and contributes the sweet and astringent enhancing Agni, the digestive fire, without aggravating Pitta.

Fennel is extremely good for digestion. It acts as a general toner for the digestive system, and is particularly good at enhancing appetite and pacifying stomach disorders.

Dried ground Ginger is a warming spice, contributing the pungent taste. It is useful in aiding digestion, properties. This all-around wonder spice is said to help detoxify the liver, balance cholesterol levels, fight allergies, stimulate digestion, boost immunity and enhance the complexion.

Turmeric is ubiquitous in Ayurvedic cooking. It contains the flavanoid curcumin, which is known to have antiinflammatoryo

Cinnamon is used to balance the digestion and to pacify stomach disorders.

Ingredients:

Asafoetida (in a rice flour base), Cumin, Fenugreek,
Ginger, Salt, Turbinado Sugar, Turmeric.

Herbal Recommendations:

Add to dishes during cooking. Keep on the table and add to prepared dishes at every meal. Mix in oil as a salad dressing. Sprinkle on popcorn for a gourmet treat.