

CURRY LEAVES [MURRAYA KOENIGII]

COMMON NAMES OF CURRY LEAVES :-
 → Curry Leaf Tree, Down holi, Indian Curry Tree, Kerala Tea, Curryleaf, Karupai

WHERE DO CURRY LEAVES COME FROM ? :-
 → The Curry leaf tree is a tropical plant and is native to South and Southeast Asia. It has a long history of being used in Indian cuisine. The leaves are used in a variety of dishes and are also used in traditional medicine.

MEDICINAL USES OF CURRY LEAVES :-
 → Curry leaves are a rich source of Vitamin A, Vitamin B, Vitamin C, Vitamin B₂, Calcium and Iron.
 → It helps in the treatment of dysentery, diarrhea, diabetes, morning sickness and nausea by adding curry leaves to your meals.

DIFFERENCE BETWEEN CURRY LEAVES AND CURRY POWDER :-
 → Curry leaf is an herb grown on the Curry leaf tree.
 → Curry powder is a spice mix made of coriander, cumin, turmeric and ginger.
 → Curry leaves originated in India and are mostly found in Southern India and Sri Lanka.
 → Curry powder was invented by the British to add flavor to Indian dishes.


HEALTH BENEFITS OF CURRY LEAVES :-
 → Curry leaves are used in Ayurvedic medicine as an Indian holistic approach to treating food to cure 3000 year old.
 → They can be boiled for a tea or a tonic or ground up. They have natural antibacterial and anti-inflammatory properties.
 → Curry leaves also have anti-diabetic qualities that help reduce blood sugar levels and can help regulate cholesterol.

SIDE EFFECTS OF CURRY LEAVES :-
 → Possible Allergies: Some people might be allergic to curry leaves.
 → Might Cause upset Stomach
 → May Cause Low Blood Pressure
 → Unwanted Weight Loss Gain
 → Thirsty...

CLASSIFICATION

Kingdom	Plantae
Phylum	Tracheophytes
Class	Angiosperms
Order	Malvales
Family	Moraceae
Genus	Murraya
Species	Murraya koenigii

Prepared by:
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OUR KITCHEN OUR MENTAL STATE


SPICES → FEELINGS

Herbs & Spices

- Coriander
- Cumin
- Turmeric
- Ginger
- Mustard seeds
- Black salt
- Asafoetida




GARLIC / बैंग ALLIUM SATIVUM



ETYMOLOGY:
The word garlic is derived from the Latin word 'allium' which means 'garlic' and 'sativum' which means 'cultivated'.

ORIGIN AND MAJOR TYPES:
Garlic is believed to have originated in the Mediterranean region. Major types include soft-leafed garlic and hard-leafed garlic.

USES OF GARLIC:
Garlic is widely used in traditional medicine for its antibacterial and antifungal properties. It is also used as a natural preservative and flavoring agent in cooking.

MEDICINAL USES:
Garlic is used to treat various ailments such as high blood pressure, heart disease, and diabetes. It is also used to boost the immune system and improve overall health.

HEALTH BENEFITS:
Garlic is known for its numerous health benefits, including its ability to lower cholesterol, reduce blood pressure, and improve blood circulation.

ADVERSE EFFECT:
Garlic can cause stomach upset, heartburn, and allergic reactions in some people. It may also interact with certain medications.

CLASSIFICATION

Kingdom:	Plantae
Phylum:	Tracheophytes
Class:	Angiosperms
Order:	Asparagales
Family:	Asparagaceae
Genus:	Allium
Species:	A. sativum

ART BY
JAGRITA SAMPAN
TIRANI




















STAR ANISES



Description: Illicium Verum is a medium-sized tree native to southern Vietnam and eastern Cambodia. The star-shaped anise seed is the most characteristic part of the fruit, containing the essential oil before ripening.

Uses: It is used as a spice in cooking and as a natural preservative. It is also used in traditional medicine for its aromatic and digestive properties.

Properties: It is a stimulant, carminative, and expectorant. It is used to treat indigestion, flatulence, and loss of appetite. It is also used to treat respiratory ailments such as cough and asthma.

Preparation: The seeds are usually crushed and used as a powder or added to water to make a tea.

Prepared By: Anshu Sharma, 10/10/2020, English medium.

COMMON NAMES OF CURRY

→ Curry leaf tree, Curry leaf

WHERE DO CURRY LEAF

→ Curry leaf tree is native to India and Sri Lanka.

MEDICINAL

→ Curry leaf tree is used in traditional medicine for its medicinal properties.

DISEASES


→ Curry leaf tree is used to treat various ailments such as indigestion, flatulence, and loss of appetite.

HEALTH

→ Curry leaf tree is a rich source of antioxidants and vitamins, which are beneficial for overall health.

OUR MEDICAL STORE...

SPICES → PEPPER



NAME OF THE SPICES ÷ PIPER NIGRUM

FAMILY NAME ÷ PIPERACEAE

COMMON NAME ÷ BLACK PEPPER, MADRAGASCAR.

USEFUL PARTS ÷ PLANT ROOT, LEAF, SEEDS.


MEDICINAL USES - Black pepper and its active component piperine may have potent antiproliferative and anti-inflammatory properties. Black pepper may improve gastrointestinal health, boost immune system, and boost overall health. It is a flowering vine in the piperaceae, cultivated for its fruit known as the peppercorn, which is usually dried and used as a spice & seasoning.

- Helps you get glowing skin.
- It boosts immunity.
- Keeps up weight loss.
- Reduces cholesterol.
- It's helpful your body to absorb iron.

SPECIALITY - Typically called as "King of Spices", black pepper has been used in Ayurveda, Unani, and Chinese - the traditional Indian systems of medicine for thousands of years for its various medicinal properties such as to treat rheumatism, ear, nose, and throat infections.

ALTERNATIVES - We can use instead of black pepper
pepper, we use following in:

- Orange, Jackfruit, etc. for those with pepper allergy
- Black peppercorn
- Ground pepper (peppercorn)
- Cayenne, chili powder
- Paprika...













[GINGER] [زنجبيل] [ادوكا]

ETYMOLOGY

The word ginger is derived from the Sanskrit word 'jambu' which means red. It is believed that the word 'ginger' is derived from the Sanskrit word 'jambu' which means red. It is believed that the word 'ginger' is derived from the Sanskrit word 'jambu' which means red.

CLASSIFICATION

Kingdom: PLANTA
 Class: ANGIOSPERMS
 Order: ZINGIBERALES
 Family: ZINGIBERACEAE
 Genus: ZINGIBER
 Species: Z. OFFICINALE



Uses of GINGER: It is used as a spice in many cuisines. It is also used in traditional medicine for its anti-inflammatory and analgesic properties. It is used to treat various ailments such as indigestion, nausea, and pain.

Effect: It has a warming effect on the body and is known to improve circulation. It is also used to treat various ailments such as indigestion, nausea, and pain.

CURRY LEAVES (SOSUN)



Uses: Curry leaves are used as a spice in many cuisines. They are also used in traditional medicine for their antioxidant and anti-inflammatory properties. They are used to treat various ailments such as indigestion, nausea, and pain.

Health Benefits of Curry Leaves

- They are rich in antioxidants, which help to reduce inflammation and protect against chronic diseases.
- They are also a good source of iron, which is essential for the production of red blood cells.
- Curry leaves are also known to improve digestion and reduce bloating.

Effect: Curry leaves have a warming effect on the body and are known to improve circulation. They are also used to treat various ailments such as indigestion, nausea, and pain.

[GINGER] [زنجبيل] [ادوكا]

ETYMOLOGY

The word ginger is derived from the Sanskrit word 'jambu' which means 'red' or 'ginger'. It is also derived from the Chinese word 'zhenjiang' which means 'ginger'.

CLASSIFICATION

Kingdom: PLANTA
 Class: ANGIOSPERMS
 Order: ZINGIBERALES
 Family: ZINGIBERACEAE
 Genus: ZINGIBER
 Species: Z. OFFICINALE




DESCRIPTION: Ginger is a perennial herb with a thick, horizontal rhizome. The leaves are long, lanceolate, and have a distinctively striped pattern. The flowers are small and white, and are borne in a terminal panicle.

USAGES: Ginger is used in a variety of ways. It is commonly used as a spice in cooking, particularly in Indian, Chinese, and Thai cuisines. It is also used in traditional medicine for its anti-inflammatory and analgesic properties. In some cultures, ginger is used to treat nausea and motion sickness.

EFFECT: Ginger has been shown to have several health benefits. It can help to reduce inflammation, relieve pain, and improve digestion. It is also thought to have antioxidant and anti-cancer properties.

CURRY LEAVES (SOUJONS)



DESCRIPTION: Curry leaves are a small, evergreen tree with dark green, glossy leaves. The leaves are small, oval-shaped, and have a distinctively striped pattern. The tree is native to India and is widely cultivated in the tropics.

USES

Curry leaves are used in a variety of ways. They are commonly used as a spice in Indian cooking, particularly in the preparation of curries and chutneys. They are also used in traditional medicine for their anti-inflammatory and antioxidant properties.

EFFECT: Curry leaves have been shown to have several health benefits. They can help to reduce inflammation, relieve pain, and improve digestion. They are also thought to have antioxidant and anti-cancer properties.

[GINGER] [زنجبيل] [ادوكا]

ETYMOLOGY

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CLASSIFICATION


Kingdom: PLANTA
 Class: ANGIOSPERMS
 Order: ZINGIBERALES
 Family: ZINGIBERACEAE
 Genus: ZINGIBER
 Species: Z. OFFICINALE




USES OF GINGER: It is used as a spice in many cuisines. It is also used in traditional medicine for its anti-inflammatory and analgesic properties. It is used to treat various ailments such as indigestion, nausea, and pain.

EFFECT: It has a warming effect on the body and is used to improve circulation. It is also used to reduce inflammation and pain.

CURRY LEAVES (SOUJONS)



Scientific Classification

Kingdom: PLANTA
 Class: ANGIOSPERMS
 Order: ROSALES
 Family: MELASTOMACEAE
 Genus: CURRY
 Species: CURRY LEAVES

USES: Curry leaves are used as a spice in Indian cuisine. They are used to add flavor to curries and other dishes. They are also used in traditional medicine for their medicinal properties.

EFFECT: Curry leaves are known for their antioxidant and anti-inflammatory properties. They are used to treat various ailments such as indigestion, nausea, and pain.