Cardamom- Ela / *Elettaria cardamomum*

**Part consumed** - Seeds

**Form consumed** - Powder

**Maximum daily consumption by adults** - Seed Powder - 1 g

**Composition**
- Essential oils
- Borneol
- Cineole
- Terpineol
- Heptane
- Myrcene
- Terpinyl acetate
- Pinene

**Indications as per Ayurveda**
- Cardio-protective
- Respiratory disorder
- Dysuria
- Nausea
- Teeth and gum infection
- Digestive disorder

**Modern Clinical Studies**
- Cardio-protective
- Respiratory disorder
- Digestive