

Cardamom- Ela / *Elettaria cardamomum*

Part consumed -
Seeds

Form consumed -
Powder

**Maximum daily
consumption by adults-**

Seed Powder - 1 g

Composition

- Essential oils
- Borneol
- Cineole
- Terpeneol
- 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