

BISHOP WEED

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ABSTRACT

Bishop Weed Is The Important Herbs In Indian Medicine. It Is Very Small In Size Like A Feather, Oval And Ridged Size. Bishop Weed Is A Yellowish Brown To Greyish Green Colour. Its Smell Is Strong And Pungent Smell. It Is Good for many illness.

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INTRODUCTION

Bishop Weed Is The Important Herbs In Indian Medicine. It Is Also Called Oman In Tamil, Ajwain In Hindi, Caram And Oren go In English. It Is Very Small In Size Like A Feather, Oval And Ridged Size. Bishop Weed Is A Yellowish Brown To Greyish Green Colour. Its Smell Is Strong And Pungent Smell. It Is Good For Cold, Arthritis Tooth Ache, WeightLoss, SexualDisability, Piles, And Mensural Cramp Etc.



Chemical Name

Bishop Seed Contain Essential Oil Such As Thymol, It Also Contain Small Amount Of Pinene, Cymene, Limonene And Terpinene. It Helps To Increase The Digestive Function, Local Anaesthetic, Anti-Fungal And Bacterial Function.

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Nutrition Benefits

Bishop Weeds Contain Nutrients And Minerals. It Is Having Fat, Protein, Fiber, Sugar, Minerals, Calories, Etc.100 Gram Of Seeds Contain Following Nutrients: Calories(305), Fat(25gram), Saturated Fat (4 Gram), Polyunsaturated Fat (15gram), MÔnSaturated Fat (5 Gram), Sodium (10gram), Carbs (43gram), Fibre(39 Gram), And Protein (16 Gram).

Important Benefits of Bishop Weed

- Reduce Influenza
- Good Digestive
- Blood Purifier
- Appetite Stimulator
- Increase Sexual Ability
- Reduce Menstrual Pain
- Reduce Gastritis
- Pimples Cure
- Good Laxatives
- Good Flatulence

Medicinal Benefit

Daily Morning Take one Glass of Bishop Seed Tea, Or Any Time A Day Once or Twice,

- It Helps To Good For Digestive Function
- It Helps To Reduce Cold Nasal Congestion
- It Is Also Acts As Antibacterial
- It Helps To Reduce Tooth Ache
- It Helps To Treat Pimples
- It Helps To Reduce Flatulence
- It Also Treat Piles, Laxatives And Kidney Stone

Note; Proper Intake of Carom Seeds Dosen't Have Any Side Effects

Disadvantage of This Seed

- Store In Cool And Dry Place
- Store Only Away From Sunlight
- Don't Store For Long Days
- Over Consumption Of This Seed Lead To Nausea And Vomiting
- Avoid Ulcer And Liver Patient

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