

NUTRITION

Ayurvedic Spices for Common Ailments

Soul Intentions Live Online
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Dr. Sheila Patel

“Nature provides us with an abundance of healing spices; let them be your medicine”

– Dr. Sheila Patel

SUPPORT DIGESTION

Garam Masala (Six Taste Spice Blend)



RECIPE

Ingredients:

- 2 Tbsp ground fennel (or 2 Tbsp fennel seed) - Sw/A
- 2 Tbsp ground coriander (or 2 Tbsp cumin seed) - Sw/A
- 2 Tbsp ground cumin (or 2 Tbsp cumin seed) - P/B
- 1 Tbsp turmeric powder - P/B/A
- 1 Tbsp dry ginger powder - P
- 1 Tbsp amchur powder (dried mango powder) - So
 - Other option for sour includes garlic powder (to taste)
- 1 Tbsp of rock salt or Himalayan salt (optional) - Sa

You can make a Five-Taste Blend and add salt separately if watching salt intake

- In a bowl, measure and combine all the ground powders
- Mix thoroughly with a clean, dry spoon or whisk so that the blend is uniform
- Store in an airtight glass jar away from light, moisture, heat
- Shelf life: best used within 2-3 months for maximum potency

If using seeds, dry roast the cumin, coriander, fennel seeds in a skillet on medium heat until fragrant (about 1-2 min), let them cool slightly, then grind them into a powder using a spice grinder or mortar and pestle; mix with the other powders.

To make dosha-specific:

- To make blend more Vata balancing, increase proportion of fennel and/or salt
- To make blend more Pitta balancing, increase proportion of cumin and/or coriander

- To make blend more Kapha balancing, increase proportion of ginger and/or black pepper

Ways to use your spice blend:

- Temper with oil or ghee at the start of cooking and add vegetables for stir-fry
- Sprinkle a small amount into cooked vegetables, soups, or dals.
- As a digestive aid, add a pinch to warm water after meals.

Kadha (Immunity Tea)



RECIPE

Ingredients:

- Holy basil leaves (tulsi) - 4 parts
- Ginger root - 2 parts
- Black peppercorn - 1 part
- Cinnamon stick - 2 parts

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- Dry roast ingredients and grind into a fine powder; store in airtight container
 - Add ½ tsp to one cup hot water
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- Boil for 2-3 minutes for a stronger cup

You can also create a powder by using already-ground spices in the above proportions %

Anuradha Gupta, CAP

BOOK RECOMMENDATIONS

- ❖ Healing Spices by Bharat Aggarwal, PhD The Complete Book of
- ❖ Ayurvedic Home Remedies by Vasant Lad

Enjoy!