

Churna

Churna (dry powder) is a mixture of powdered herbs and or minerals used in Ayurvedic medicine.

Sprinkle 1 teaspoonful of Churna on a meal to assist in boosting agni/digestion especially with foods you may be intolerant to. Ideal to flavour food with numerous benefits and applications in the kitchen.



Vata Churna

Vata Churna may relieve colic, bloating, spasm and gas. It aids in the downward movement of Vata.

Ingredients

- 2 tablespoons of Fennel Seeds
- 1 tablespoon of Cumin Seeds
- 1 tablespoon of Coriander Seeds
- 1 tablespoon of ground Turmeric
- 1 teaspoon of Hing/ Asafoetida
- 2 teaspoon of Ginger powder

Kapha Churna

Kapha Churna may assist in boosting metabolism, aid digestion and utilisation of food for energy.

Ingredients

- 1 teaspoon mustard seeds
- 1 teaspoon black peppercorns
- 1 tablespoon fenugreek seeds
- 2 tablespoon coriander seeds
- 1 tablespoon cumin seeds
- 1 tablespoon cloves

Additional spices may be added:

- 1/2 teaspoon cayenne pepper
- 1 tablespoon ginger powder
- 1 tablespoon turmeric powder
- 1 teaspoon tsp allspice powder
- 1/2 teaspoon nutmeg
- 1 tablespoon cinnamon



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Alchemy of Health

Pitta Churna

Pitta Churna may reduce excess heat and inflammation, aid digestion and acid reflux.

Ingredients

- 1 teaspoon cinnamon
- 1 teaspoon cardamom
- 1 tablespoon fennel
- 2 tablespoons coriander seeds
- 1 tablespoon cumin seeds
- 2 teaspoon turmeric
- 1 tablespoon mint
- 1 tablespoon ginger

Method

1. Dry roast the spices in a low temperature oven, then grind to a powder in a mortar and pestle or coffee grinder
2. Allow to cool and store in an air tight container.



How to use Churna for your specific Dosha

1. Saute 1 teaspoonful of spices in ghee or oil till aroma is released, then add to cooked meals. May be added to soups, dhal, stews or curries
2. Sprinkle 1 teaspoonful of churna on top of a meal
3. Steep 1 teaspoonful in a mug of warm water or boil in water to prepare a tea
4. Prepare a salad dressing with 1 teaspoonful of churna with lemon juice and olive oil