



AJWAIN

Fruit

The drug *Ajwain* consists of dried fruits of *Trachyspermum ammi* (L.) Sprague Syn *Ptychotis ajowan* DC. (Apiaceae); an annual, erect herb, upto 90 cm tall, cultivated almost throughout India, uprooted and thrashed for collecting the fruits

- **Temperament:** Hot and Dry
- **Action(s):** Appetizer (Mushtahi), Carminative (Kasir-e-Riyah), Antispasmodic (Daf-e-Tashannuj), Antiseptic (Dafi-e-Taffun)
- **Therapeutic Use(s):** Flatulence(Nafkh-e-Shikam), Gastralgia (Waja-ul-Meda), Poor appetite (Zof-e-Ishteha), Colic (Qulanj), Whooping cough (Shaheeqa), Diarrhoea (Ishal), Hysteria (Ikhtenaq-ur-Rahem), Cholera (Haiza)
- **Dose:** 3-6 g. of the drug in powder form
- **Important Formulation(s):** Arq-e-Ajwain, Majoon Nankhah and Majoon Zabeeb