

Ajwain Essential Oil Health and Beauty Benefits

Back in the old days, Ajwain was frequently utilized for health and nutrition. Ajwain (*Trachyspermum ammi*) comes from the Middle East, mostly Egypt as well as India, but is also found in Afghanistan, Pakistan, Iran, and in the Far East. It's also referred to as *Ajowan*, bishop's weed, thymol, as well as carom. In various parts of south India, it's called *Omam*. The seeds of those plants are the primary parts used in health and culinary. Apart from the seeds, Ajwain essential oil is just as beneficial.

Ajwain oil is obtained from the fruit of the Ajwain shrub. It's almost colorless, but can occasionally appear brown. It features a warm sharp taste and strong aroma. Ajwain essential oil by itself has numerous health uses and benefits, but can be combined for optimal results.

Ajwain oil is obtained from crushed Ajwain seeds through steam distillation. Its seeds contain protein, fat, carbohydrates, fiber, calcium, iron, phosphorous, carotene, thiamine, niacin and riboflavin. Its botanical name is *Trachyspermum copticum*. It combines perfectly with parsley, sage and thyme.

This oil is extremely therapeutic when used for skin conditions like acne. In addition, this oil helps promote circulation.

HEALTH BENEFITS OF AJWAIN ESSENTIAL OIL

Ajwain essential oil is used for its anti-spasmodic, stimulant, tonic, as well as carminative qualities. It is a powerful anti-microbial. It is reputed to be a good treatment for asthma sufferers to ease difficulty breathing, and is made into cough syrups as well as throat lozenges. It's said to provide relief from ulcers, ringworm, excess bile, menstrual conditions, indigestion and gas, leucorrhoea, female infertility, acne, and kidney stones. Ajwain is additionally beneficial in easing toothaches, earaches when the oil is applied like eardrops. And can relieve symptoms of rheumatism when applied directly in a massage.

Listed below are some of the health advantages of Ajwain:

1. POTENT DETOX AND PROMISING DIGESTIVE AID

Ajwain is a time-tested natural cure for dealing with digestive problems ranging from flatulence to intestinal parasites. The essential oil of Ajwain is *anthelmintic* as well as *nematicidal*, limiting the development of intestinal parasites along with other harmful bad bacteria which affect the normal functioning of the digestive system.

2. TRUSTED REMEDY FOR COLIC AND DIARRHEA

Ajwain is gentle enough on the stomach lining and the intestinal walls to be used even on sensitive babies to relief colic, stomach pain, diarrhea, as well as vomiting.

3. RELIEVES ASTHMA, BRONCHITIS AND OTHER RESPIRATORY CONDITIONS

A rich source of macro- and micro-nutrients, Ajwain essential oil is an anti-histamine withstanding the attack of seasonal conditions like flu, cough, cold, and hay fever.

Ajwain has expectorant properties, which help relieve cough while expelling mucus and phlegm from within the lungs and respiratory passages. Making it a natural treatment for asthma, bronchitis, chronic colds, and whooping cough.

4. DISSOLVES KIDNEY STONES AND TREATS URINARY TRACT INFECTIONS

Ajwain is a great Ayurvedic essential oil for reducing pain and other symptoms of kidney stones, as well as urinary tract infections.

Ajwain is a diuretic as well as *lithotriptic*. Including 2 drops of Ajwain oil in warm bathing water together with massaging your lower abdomen and back with 4 drops of Ajwain, 2 drops of Cumin, and 5 ml of sesame oils boosts frequency of urination through which the body expels toxins, excess sodium and uric acid; harmful substances that can lead to urinary tract infections and renal *calculi* (kidney stones).

5. ALLEVIATES RHEUMATIC PAIN AND INFLAMMATORY CONDITIONS

Rheumatism is usually caused by the retention of water along with toxins, excess sodium, fat deposits, uric acid, and free radicals, especially in the joints. Ajwain essential oil can help in expelling deposits of water and toxins from the body by means of sweat and urination.

6. NORMALIZES CARDIOVASCULAR FUNCTIONS

The Ajwain herb is a powerful heart tonic and pain killer. Combining 1 teaspoon of the seeds with hot water will promote normal heart function.

7. SUPPORTS REPRODUCTIVE HEALTH

Ajwain seeds and its essential oil are said to keep the male and female reproductive systems healthy. Ajwain oil is known to promote the secretion of the hormones estrogen and progesterone.

It was utilized as a cleansing Ayurvedic cure for rinsing out the uterus post-delivery. Massaging the lower abdomen with 2 drops of Ajwain oil combined with 2 ml of Jojoba oil can encourage the secretion of reproductive hormones in both men and women; and encourages circulation through the reproductive system.

8. HELP YOU BREATHE EASIER

Ajwain oil is a bronchodilator, which means it opens up air passages to let more oxygen into the lungs. According to a 1998 research study that tested the oil on Guinea pigs, findings showed bronchodilator effects which were attributed to *alpha-pinene*, a chemical compound found in Ajwain.

You may use Ajwain oil to help ease a stuffy nose, sinus congestion, colds, cough, and other respiratory problems.

9. AJWAIN AS AN ANTIFUNGAL

There is some research that shows Ajwain essential oil to be harmful to a number of fungi. *Thymol* and *beta-pinene* are definitely the main antifungal elements.

10. USED IN AROMATHERAPY

Ajwain essential oil is beneficial just as an aromatherapy oil. It may be relaxing and calming and may relieve neuralgia. It's also helpful when added to diffusers, massage oils, and incense.

11. EFFECTIVE INGREDIENT IN SKIN CARE

This particular essential oil is another effective skincare ingredient. It's got anti-microbial properties that help in cleansing skin and hair. It can be added to soaps, lotions, perfumes, and bath oils. It's also good when incorporated into a facial as well as hair masks.

12. POTENT PAIN RELIEVER

Ajwain oil is an outstanding pain reliever. To alleviate an earache, Ajwain essential oil can be used as eardrops. One or two drops of the oil is enough to work. To treat arthritis, the oil can be massaged directly to the joints or limbs.

13. TREATMENT FOR THE COMMON COLD

In Ayurvedica, it provides symptomatic relief from the common cold and migraine headaches by inhaling Ajwain powder through a thin cloth.

14. NASAL CONGESTION

A tablespoon of crushed Ajwain tied up in a tiny cloth bundle can be used for inhalation. Can reduce nasal congestion throughout sleep when bundle is placed close to the pillow.

15. FLU

To treat symptoms of influenza, drink an infusion of boiled water mixed with 3g of Ajwain EO and 3g of cinnamon bark EO for 3 days, three times a day.

16. CANCER

The *chemopreventive* (inhibition) effects of different doses (2%, 4%, and 6%) of test diets that included Ajwain seeds were analyzed on *dimethylbenz(a)anthracene* (DMBA)-induced skin and *benz(a)pyrenene* (BaP)-induced *forestomach papillomagenesis*. Results exhibited a substantial decrease in tumor multiplicity in the skin and the forestomach with regards to all doses of test diets compared to the control group. Ajwain seed extract might be of benefit to people at risk of some cancers, but more research is required to confirm the findings of this study.

17. FUNGUS

Ajwain EO has demonstrated anti-fungal action in an in vitro study. Ajwain oil displayed a broad spectrum of fungitoxic behavior against all tested fungi such as *Aspergillus niger*, *Aspergillus flavus*, *Aspergillus oryzae*, *Aspergillus ochraceus*, *Fusarium*

monoliforme, *Fusarium graminearum*, *Pencillium citrium*, *Penicillium viridicatum*, *Pencillium madriti*, and *Curvularia lunata*.

REFERENCES:

<https://www.healthbenefitstimes.com/health-benefits-of-ajwain-essential-oil/>