



## CHHOTI ELAICHI (green Cardamom)

queen of spices

Botanical Name: Elettaria Cardamom

Common Name: Chhoti Elaichi, Kapulaga, Elam, Cardamom, Enasal, Grawahn

Origin: India (Malabar Coast), Sri Lanka, Thailand, Papua New Guinea

Cardamom is said to be the **queen of spices**. It is a perennial herb with thick, fleshy rhizomes or underground stems, shooting leaf roots and white or pale green tree-celled flowers. The flowers produce green husklike pod capsules that contain seeds. The seeds are small black and sticky. Cardamom is commercially used as the dried fruit of Elettaria Cardamom.

### Cardamom Plant

Cardamom is a perennial herb that can reach a height of between 2 to almost 6 m. The sword shaped leaves of the plant are dark green in colour which are about 2 inches long. The small, yellowish flowers grow in loose racemes on prostrate flower stems. The fruit has 3 chambers filled with small aromatic seeds, each about 3 mm long. It is better to store the fruit in pod form, because once the seeds are exposed or ground, they quickly lose their flavour.

Cardamom grows in the tropics, wild and in plantations. It is traditionally grown in partially cleared tropical rain forests, leaving some shade. The plant requires humid and moderately cool climate, filtered sunlight obtained from tree canopy, humus rich soil, well-distributed rainfall and protection from heavy winds.

### Cardamom in Other Languages

Indian	Chhoti elachi, e(e)lachie, ela(i)chi, illaichi
English	Cardamon or Cardamom
French	Cardamome
German	Kardamom
Italian	Cardamomo, cardamone
Tamil	Elam
Indonesian	Kapulaga



Note : - Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

## Cardamom Uses

Cardamom is stimulant, carminative, digestive. Cardamom is used mainly to treat colds, bronchitis, fevers, inflammatory conditions and liver complaints, however, there is no evidence to support any of these uses.

Cardamom is an expensive spice, second only to saffron. This spice has a floral flavor. It is used in curries, sweets, desserts, rice puddings and other rice dishes, milk, kheer, etc. The seeds can be chewed for good flavor in mouth and to get rid of bad breath. The pods can be used whole or split when cooked.

Buy whole dried cardamom pods, look for light green color. Keep the pods whole until use. Do not buy in powder form as it loses its flavor (discard the pod skin before grinding the seeds. You can add pod skin in making tea for a good flavored tea.).

## Benefits of Cardamom

Cardamom has been used for medicinal purposes, since time immemorial. The use of this spice is mentioned in the Vedic texts and the ancient ayurveda inscriptions of India. Even the ancient Greeks, Romans and Arab people used this spice for its aphrodisiac qualities and other cardamom health benefits. Apart from these cardamom health benefits, it has been very popular in these countries for culinary and religious purposes too. Green cardamom is more popular than the brown variety, but, both are used in various cuisines across the world. Both are different in fragrance and taste. Green cardamom is used as flavorings in various culinary preparations, especially, tea, coffee, sweet dishes, meat, curries, etc. Brown cardamom is mainly used in curries. Green cardamom is also used as a mastication enhancer, in order to increase saliva and to prevent bad breath. In short, cardamom is mainly used for three purposes as food and drink flavorings, as cooking spices and medicine. The next paragraphs deal with the medicinal properties and health benefits of cardamom. Read more on cardamom tea.

## Health Benefits Of Cardamom

\* Cardamom oils are used for massages in Ayurveda massage parlor. It eases muscle tension and gradually gives a whole physical relief. The volatile oils extracts from cardamom is used for improving metabolism. It is used in the cure of halitosis.

\* Cardamom is used for digestive disorders frequently. It helps to relieve gas and heart-burn. Cardamom reduces the air and water elements, increases appetite and soothes the mucous membrane. Ground cardamom seed mixed with ginger, coriander and cloves is an effective medicinal solution for indigestion.

\* The aromatic cardamom acts as breath freshener too. A few seeds chewed for a brief time can outfight bad breath. It has the power to kill the germs which causes the bad breath.

\* It also cures some genitor-urinary infections. The powdered cardamom seeds mixed with a tablespoon of banana leaf and amla juice acts as an excellent diuretic treatment for cystitis, nephritis [inflammation of kidney], burning micturation and scanty urination.

\* It's a fighter against oral infections. Daily gargle of an infusion of cardamom and cinnamon protects one from the Flu and bacterial infections like throat infections. The same medicinal mixture can cure pharyngitis too.

\* Cardamom powder mixed tea is a delicious drink which cures physical depression. It may help relieve nausea and vomiting. It can help detoxify against excessive caffeine. It is effective in fighting pulmonary disease with copious phlegm. Cardamom tea helps to cure headache caused by indigestion

\* The herb is using for treating in sexual dysfunctions like impotency. A pinch of cardamom seeds powder boiled in milk and sweetened with honey is useful in case of premature ejaculation. However, excessive use of cardamom at times may lead to impotency.

\* Cardamom also helps in cleansing the body as it has detoxifying properties. It can be helpful in prevention of spasms or convulsions. People use cardamom in foods as a flavoring agent. It helps to remove toxins too.

## Medicinal use

The therapeutic properties of cardamom oil have found application in many traditional medicines as antiseptic and local anesthetic, antioxidant and; health promoting and disease preventing roles.

## Cardamom oil

Cardamom oil is popularly used in massages and is known to relieve mental strength is and ease muscle tension. Cardamom extract contains a number of volatile oils that provide numerous health benefits such as aiding digestion and improving metabolism.

## Quality Assurance

As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.

## Packaging

We also provide reliable packaging of the cardamom seed oil and other cardamom products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of cardamom and cardamom products which includes green cardamom powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.

## STORAGE

Cardamom is best stored whole in the pods where it will keep indefinitely in airtight containers away from heat and light.

## List of Varieties

### Black cardamom

Black cardamom is the seed pods of closely related species that also are aromatic and have an appearance similar to that of true cardamom. But, black cardamom is not a suitable substitute in recipes that call for cardamom. It's flavor is much earthier with sweetness and a flowery accent that is different than that of true cardamom's. It is an ingredient used in some African cooking and abroad to add a bacon like flavor to some vegetarian dishes.

Benefits: Black Cardamom species, in a different genus Amomum, are used to make traditional Indian medicines.



### White cardamom

White cardamom can be found in the United States and Europe that has been bleached to achieve its color, or lack of it. It is often used in baking and some desserts because its color helps keeps light colored batters, sauces, and confections speck free.

Benefits: Tasty, Always sold at premium prices in Gujrat, Kerala



### Ground cardamom

Ground cardamom is convenient to have for baking and other applications where the spice needs to be ground. Freshness and thus flavor is of course compromised when cardamom is pre-ground because it loses flavor soon after grinding. To appreciate cardamom's true flavor we suggest grinding it just prior to use in a spice mill, electric coffee grinder, or mortar and pestle.

Benefits: Suitable for bacterial wilt sick plot



### Green cardamom pods

Green cardamom pods are the preferred form of this spice in its native country, India. This fancier kind of cardamom has been picked while still immature and sun dried to preserve its bright green color. Green cardamom pods are harder to find and more expensive in part because of their superior ability to retain aroma and flavor longer. This premium form of cardamom is all connoisseurs will use in any recipe which calls for cardamom.

Benefits: Good Keeping Quality, Can be grown as summer crop in



We are recognized as one of the most eminent cardamom and cardamom products manufacturers and exporters in India. The cardamom and cardamom products have no other alternative available in the market in terms of quality, taste and effectiveness. Moreover, various renowned clients located in the national as well as international market are widely demanding the cardamom and cardamom products as these have no other alternative available in the market. Moreover, customers can also avail high quality cardamom and cardamom products at the most affordable prices.



Contact Us

Contact information for Taj Group companies in India.

TAJ AGRO INTERNATIONAL  
(A Division of Taj Pharmaceuticals Limited )  
<http://www.tajagroproducts.com>  
E-mail :  
[tajagroproducts@gmail.com](mailto:tajagroproducts@gmail.com)  
[tajagrointernational@gmail.com](mailto:tajagrointernational@gmail.com)