

Refreshing World

Coriander Seed in India is Another name of (Dhania)



Our Coriander seeds are used as Dhana Daal which is very famous in India usually consumed after meals known.

Coriander seeds when crushed have a lemony citrus flavor and are nutty, spicy and orange-flavored.

Coriander is used for general digestive aid.

Coriander seeds in India (Dhania) are mainly used in curries and garam masala.

Coriander seeds are used as Dhana Daal which is very famous in India usually consumed after meals and it is also eaten as snack. It is also a key ingredient in the South Indian cuisines for dishes like sambhar and rasam.

Importance of Coriander Seeds

Apart from the leaves and the stem, the seed of this plant is also used as an important ingredient in making curries and other dishes. The seed is used as it is or it is ground into a powder and used. Coriander seeds also have important medicinal properties. Coriander has many important vitamins and minerals. It provides calcium, phosphorus, iron and some other vitamins such as vitamin B and vitamin C.

It is used in many of the folk medicines. Coriander helps to prevent digestive disorders such as indigestion, flatulence and gas. Coriander leaves helps to increase appetite and helps to stimulate hunger in anorexic patients. Coriander leaves along with hing, rock salt and cumin seed are mixed with buttermilk and taken after meals, helps to improve digestion and prevents abdominal distention









Uses of coriander seeds

The juice of coriander is also used as an ayurvedic medicine for treating nausea, and morning sickness. It is also used in the treatment of colitis and some of the liver disorders. Coriander seeds also help to reduce acid peptic disease and it is also used as ayurvedic medicine in the treatment of Dysentery. Coriander seeds also help to reduce body fever by inducing urination. Coriander is used along with other herbs such as dry ginger, helps to relieve respiratory tract infections and cough.

Some of the ayurvedic medicines also use coriander in the treatment of Typhoid fevers and in the treatment of menorrhagia, which is profuse bleeding during menses. The decoction of coriander seeds is used for this treatment. A mild decoction of coriander seed is also used as eyewash to reduce irritation and burning sensation.

Family name: Apiaceae, Botanical name: Coriandrum Sativam L

Arabic name: Kuzhbare, Commercial part: Leaf & Seed.

"Coriander" a word derived from a Greek word is one of the important spices in our day-to-day life. Coriander Leaves are popular for garnishing of variety of Indian Dishes. The leaves have a strong odour while its fruit has a warm & spicy aroma. Coriander Seeds are an essential part of the Curry powder & various Spice blends in India. Coriander has many medicinal values & it promotes natural healing. It also used in several kinds of foods, beverages, liquors & perfumes

Make it some coriander Indian Recopies Dhania Chutney

Chutney or Chatni is a term for a condiment that originated in India which is spicy or sweet. It could be thought of being similar to the salsa or relish as it usually involves a fresh, chopped primary vegetable/fruit with seasonings added and used to accompany another food to add that extra flavor.

Traditionally, chutney was made in a stone maker and is often regarded as vital to create the ideal chutney and perhaps tasted more delicious. Back home, in my Nani's (Grandma) home, they still use the stone maker to make chutney and to be honest it really is delectable when compared to using any electric grinder.

Recipe:

Dhania bunch

small piece of ginger 1 -2 tsp Jeera (cumin) seeds

lime/lemon juice as per taste salt per taste

1 -2 green chilies as per taste

Coriander Seeds Products Prices Rates Rs . 2000/2300 (per Quintal)



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