

– Doshically-Appropriate Digestive Spices –

| Vata  | Pitta  | Kapha  |
|--|---|---|
| anise | cardamom | anise |
| asafoetida (hing) | chamomile | basil |
| basil | cilantro | bay leaf |
| bay leaf | coconut | black pepper |
| caraway | coriander | chamomile |
| cardamom | cumin | caraway |
| cinnamon | dill | cardamom |
| clove | fennel | cayenne |
| coriander | ginger, fresh | cinnamon |
| cumin | lemon verbena | cloves |
| dill | mints (all) | coriander |
| fenugreek | saffron | cumin |
| fennel | spearmint | dill |
| ginger, fresh | turmeric | fennel |
| garlic | | fenugreek |
| marjoram | | garlic |
| mustard | | ginger, dry |
| nutmeg | | horseradish |
| oregano | | marjoram |
| pepper | | mustard |
| poppy seeds | | nutmeg |
| rosemary | | oregano |
| saffron | | peppermint |
| sage | | poppy seeds |
| spearmint | | rosemary |
| thyme | | saffron |
| turmeric | | sage |
| | | spearmint |
| | | star anise |
| | | thyme |
| | | turmeric |

