

Turmeric

Turmeric is a golden-yellow spice derived from the root of the *Curcuma longa* plant. It has been used in India for over 4000 years for both culinary and medicinal purposes.

Turmeric contains curcumin, a compound known for its anti-inflammatory and antioxidant properties. In Ayurvedic medicine, turmeric is used to treat skin conditions, joint pain, and digestive issues.

Fact: Modern studies began investigating turmeric's health benefits in the early 20th century.

Cumin

Cumin seeds are harvested from the *Cuminum cyminum* plant and have a strong, earthy flavor. They are often dry-roasted and added to dals, curries, and spice blends like garam masala.

Cumin is known to aid digestion and improve appetite. In Indian kitchens, it is often one of the first spices added to hot oil to build the base flavor of a dish.

Cinnamon

Cinnamon comes from the inner bark of trees in the genus *Cinnamomum*. It has a sweet and warm aroma and is used in both sweet and savory dishes.

Cinnamon is traditionally used to regulate blood sugar and promote heart health. It is commonly found in chai blends and festive desserts.

Summary

This document provided an overview of three commonly used Indian spices — turmeric, cumin, and cinnamon — along with their uses and medicinal properties.