



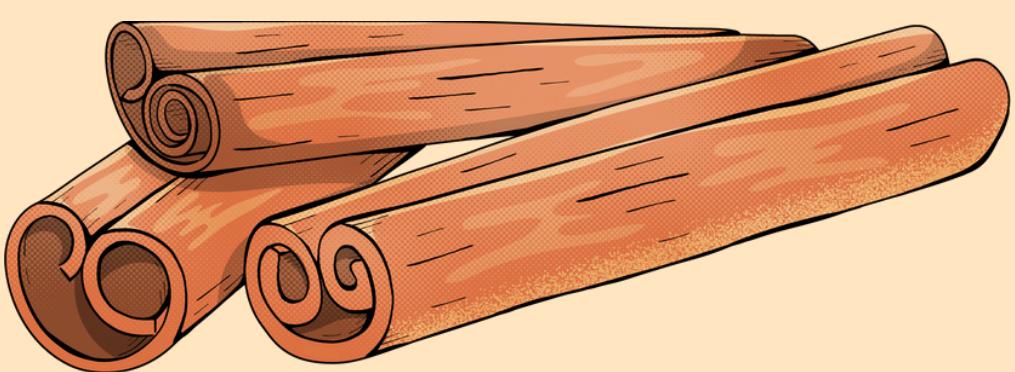
Indian Spices



We have every spice in the world

Indian Spices

India is often called the “Land of Spices” — a title earned due to its vast variety of aromatic and flavorful spices. From the fiery red chilies of Andhra Pradesh to the delicate saffron of Kashmir, spices form the heart of Indian cuisine. Beyond flavor, they have deep roots in medicine, culture, and trade, influencing global food traditions for centuries.



HISTORY

Ancient Origins

- The use of spices in India dates back over 5,000 years, to the Indus Valley Civilization. Archaeological findings show evidence of turmeric, ginger, and garlic used for food and medicine.
- Ancient Indian texts like the Atharva Veda and Charaka Samhita describe spices for healing and wellness.

Spice Trade & Global Influence

- India was the epicenter of the global spice trade.
- Around 2000 BCE, Indian spices like black pepper, cinnamon, and cardamom were traded with Mesopotamia, Egypt, and China.
- By the Roman era, Indian spices were so valuable that they were literally worth their weight in gold.
- Later, Arab traders controlled the spice routes, followed by European powers – the Portuguese, Dutch, and British – who colonized parts of India mainly to control the spice trade.
- This trade shaped the course of world history and exploration, leading even to the discovery of the New World.

USES OF INDIAN SPICES



1. Culinary Uses

- Flavoring & Aromatics: Each spice contributes distinct flavor and aroma – e.g., cumin adds earthiness, while cardamom gives sweetness.
- Color & Appearance: Turmeric and Kashmiri chili add vibrant color.
- Preservation: Spices like clove and mustard act as natural preservatives.
- Regional Diversity:
 - North India: Garam masala, cumin, coriander
 - South India: Curry leaves, mustard seeds, black pepper
 - East India: Panch phoron (five-spice blend)
 - West India: Asafoetida (hing), fenugreek

2. Medicinal & Ayurvedic Uses

- Many spices are core to Ayurveda, India's ancient medicinal system.
- They balance the body's doshas (Vata, Pitta, Kapha) and promote health naturally.

3. Cultural & Religious Uses

- Spices are used in rituals, offerings, and traditional ceremonies – e.g., turmeric for purification and auspiciousness.

HEALTH BENEFITS OF COMMON INDIAN SPICES

Spice	Health Benefits
Turmeric	Anti-inflammatory, antioxidant, boosts immunity
Cumin	Aids digestion, improves metabolism
Cardamom	Freshens breath, aids detoxification
Cinnamon	Regulates blood sugar, improves heart health
Clove	Relieves toothache, has antiseptic properties
Ginger	Relieves nausea, aids digestion, boosts immunity
Black Pepper	Enhances nutrient absorption, aids respiratory health
Fenugreek	Lowers cholesterol, controls blood sugar
Coriander	Improves digestion, detoxifies body
Mustard Seeds	Good for cardiovascular health, rich in selenium

PRODUCTS

BASIC SPICES

- Turmeric Powder
- Chilly Powder
- Kulambu Milagai Powder
- Coriander Powder
- Kashmiri Red Chilly Powder
- Ginger Garlic Paste

OUR SPECIAL POWDERS

- Idly Podi
- Garam Masala
- Sambar Powder
- Rasam Powder
- Jeera Powder
- Pepper Powder
- Andhra Style Paruppu Podi
- Murungai Keerai Podi
- Karuvepillai Podi
- Flax Seeds Chilly Powder
- Horse Gram Chilly Powder
- Peanuts Chilly Powder
- Kobbari Karam powder