PERFECT HERBS

Herb Monograph Latin Name: Cuminum cyminum

Common Name: Cumin

Primary Action	Carminative
Secondary Actions	hepatic, stomachic, galactagogue
System Affinities	gastrointestinal, pulmonary, renal, female reproductive system
Conditions Treated	Bloating, colic, malabsorption
Constituents	Monoterpenes, sesquiterpenes, organic acids, phenolic compounds
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	seed
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.