

## Medicinal Uses of Spices

SPICES	Abdominal Pain	Aches	Acne	Adrenals, Strengthens	AIDS	Allergies, Inhibits	Analgesic	Anemia	Anesthetic	Anti-bacterial	Antibiotic	Anti-clotting	Anti-coagulant	Anti-diabetic	Anti-fungal	Anti-inflammatory	Anti-oxidant	Anti-perspirant	Antiseptic	Antispasmodic	Antiviral	Aphrodisiac	Appetite	Artery Narrowing	Arthritis	Asthma	Astringent	
	Allspice																											
Anise																												
Arrowroot																												
Basil			x																									
Bay Leaves		x																							x			
Caraway Seeds																												
Cardamon																					x	x						
Cayenne Pepper		x																							x			
Celery Seed																												
Chervil																												
Chicory		x																							x			
Cilantro																												
Cinnamon		x					x						x	x							x							x
Cloves			x						x													x			x			
Coriander Seeds								x		x					x					x					x			
Cumin																	x											
Dill																												
Fennel Seed	x																											
Fenugreek																x					x		x					
Galangal																												
Garlic										x	x																	
Ginger												x	x				x					x			x			
Horseradish																												
Lemongrass																												
Licorice						x												x										
Lovage																												
Mace																												
Marjoram																												
Mint	x								x																			
Mustard Seeds											x																	
Neem Leaves																												
Nutmeg																												
Onion																											x	
Oregano																												
Paprika																												
Parsley							x											x										
Pepper, Black													x								x							
Rosemary																												
Saffron																												
Sage												x	x															
Savory																												
Sesame Seeds																												
Tamarind																												
Tarragon																											x	
Tea, Black																												
Thyme										x											x							
Tumeric										x	x			x		x	x									x		
Vanilla																												