

## Ajowan, Organic: Egypt (*Trachyspermum ammi*)

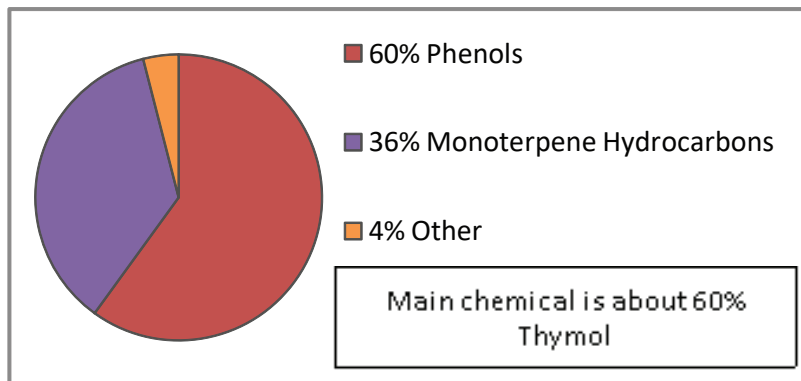
Ajowan originated from the Indian Subcontinent or around the Middle Eastern area. The fruit, often mistaken as seeds, have been used as a very common spice and medicine for thousands of years. The plant is also known as Indian Thyme because the smell and chemical properties are so similar to Thyme.

The plant is in the same family as other popular spices like Dill, Caraway, and Cumin. The essential oil is brownish in color with a very strong characteristic “Thyme” odor and a sharp burning taste. The oil has a very long shelf life and mixes well with most all essential oils.

**Primary Usages:** Very antiseptic and great for killing bacteria, fungus, and viruses. Ajowan is the best oil to use long term when fighting chronic viral or bacterial diseases that do not leave the host body easily. Adding a drop or two in water will assist with a cold and sore throat. Beneficial when used to fight infections of all types.

**Secondary Usages:** Use to treat lung issues like whooping cough and bronchitis. Also assists digestive weakness due to its stimulating action of gastro-intestinal secretions. Beneficial for treating gas, diarrhea, cholera, nausea, and parasites.

**Has Been Reported:** Good to use as a circulatory stimulant and general health tonic. Placing a drop on a toothache is known to be beneficial for its anesthetic, anti-bacterial and antifungal properties. Many have used this for treating different types of skin conditions and insect bites. When using on the skin, a carrier oil for dilution is highly recommended.



**Descriptor:** Antiseptic, Antibiotic, Stimulating, Tonic

**Application:** Apply diluted to the bottom of the feet, chest, or back. Add a drop or two in water and drink a few times a day. Diffuse to kill airborne pathogens.

**Caution:** This is a hot oil, may kill good flora, and aggravate ulcer and digestive conditions.

**Influences:** Mildly Uplifting and Cleansing.

**Medicine Wheel:** Primary North and Secondary East and Center. Increases the Guardian Qi.

**Blends Well With:** Basil, Bergamot, Clary Sage, Cypress, Eucalyptus, Geranium, Grapefruit, Lavender, Lemon, Lime, Marjoram, Oregano, Pine, Rosemary, Tea Tree, Thyme

**Testimonials:** “I started using Ajowan oil in place of Thyme or Oregano because of the lower price and find the oil quite satisfactory. There are two main ways I use it. One, I mix a couple drops in carrier oil and rub on the bottom of the feet. Two, I will drink a drop or two when I feel a sore throat or flu like symptoms. I find it kills any virus rather quickly.” – Jean D. Stockton, MO

**Recipes:** As a mouth wash, add one drop of essential oil to two ounces of water.