

# THE DIGESTIVE HERBS IN SILT MORNINGS

*Saunf, jeera, ajwain and amla. 550 mg in every stick.*

All four have sat in Indian kitchens for generations. Each section below says what the research found and names the source, so you can read it yourself. One honest note: for saunf, jeera and ajwain, most of the digestion evidence comes from lab and animal studies and long traditional use, not from trials in people.

## SAUNF (FENNEL)

Across India, people chew saunf after meals to settle the stomach and freshen the mouth. A 2023 review of fennel says it helps normalise digestion and keep bowel movements regular. It also turns up in many Ayurvedic preparations.

**Source:** Zafar S, Khan MK, et al. Fennel. In: *Essentials of Medicinal and Aromatic Crops*. Springer, 2023. [doi.org/10.1007/978-3-031-35403-8\\_19](https://doi.org/10.1007/978-3-031-35403-8_19)

## JEERA (CUMIN)

Its smell comes from cuminaldehyde, which gets saliva flowing before the first bite. In lab studies, cumin extracts raised the activity of the enzymes that break down starch, protein and fat. People have used it for gas and indigestion for a very long time.

**Sources:** Pawar BJ, Wagh AS. Benefits and pharmacological properties of cumin: an updated review. *Advances in Plant Science*, Vol II. Bhumi Publishing (ISBN 978-93-91768-50-8), pp 60-67.

Johri RK. Cuminum cyminum and Carum carvi: an update. *Pharmacognosy Reviews* 2011;5(9):63-72. [pubmed.ncbi.nlm.nih.gov/22096320](https://pubmed.ncbi.nlm.nih.gov/22096320)

## AJWAIN (CAROM SEEDS)

That sharp, thyme-like bite is thymol, its main active compound. A 2026 review points to studies on digestive complaints. The seeds also carry fibre, which your gut needs anyway.

**Source:** Bireche K, Abid A. Medicinal and nutritional importance of Trachyspermum ammi in human health. In: *Medicinal Plants and their Bioactive Compounds in Human Health*, Vol 2. Springer, 2026. [doi.org/10.1007/978-981-95-3620-7\\_22](https://doi.org/10.1007/978-981-95-3620-7_22)

## AMLA

Amla is here for a different reason. Its evidence is about metabolism, not digestion. A 2023 meta-analysis pooled five randomised trials in adults, lasting 3 to 12 weeks. Amla lowered fasting blood sugar, LDL and total cholesterol, triglycerides and CRP (a marker of inflammation), and raised HDL.

**Source:** Setayesh L, et al. The impact of Emblica officinalis (amla) on lipid profile, glucose, and C-reactive protein: a systematic review and meta-analysis of randomized controlled trials. *Diabetes & Metabolic Syndrome* 2023;17(3):102729. [pubmed.ncbi.nlm.nih.gov/36934568](https://pubmed.ncbi.nlm.nih.gov/36934568)