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Health Benefits of Harmal Seeds | Uses of Harmal Seeds - Trustherb

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Want to know more about the incredible health benefits of harmal seeds? Find out everything you need to know in this article!

Harmal (Peganum harmala), also known as Wild rue or Esfand, is one of the most powerful herbs in Ayurveda. This Ayurvedic herb is native to Africa and is grown in the Middle East, India, and Pakistan. It is found in India in Ladakh and Kashmir valley.

The specialty of this plant is that it is not just a powerful medicinal plant, it is also used in spiritual customs and in the preparation of a red dye called 'Turkey Red'. The powerful health benefits of Harmal have made it one of the important medicinal herbs in Ayurveda. Here are a few health benefits of Harmal.

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Harmal in Ayurveda

Harmal is used in the preparation of various Ayurvedic medicines. The dried seeds, leaves, bark, and roots of this plant have medicinal properties. According to Ayurveda, Harmal balances both Kapha and

Vata dosha. It has a bitter and pungent taste and a hot potency. The seeds of this plant comprise various alkaloids such as Harmine, Harmane, Harmaline, Vasicine, and Vasicinone. It also has aphrodisiac, antispasmodic, blood-purifying, pain-relieving, cooling, and anti-fungal properties.

Uses of Harmal Seeds

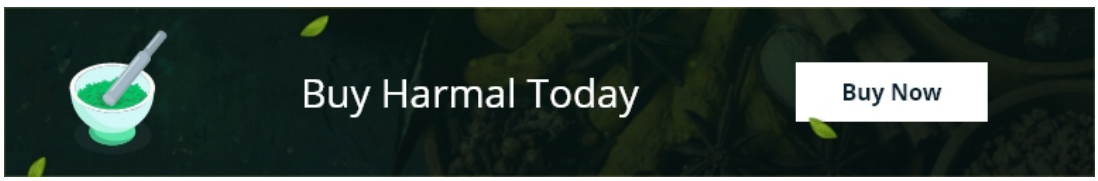
1) Harmal seeds benefits painful menstruation

One of the powerful health benefits of Harmal is its ability to provide relief from painful menstruation. The decoction prepared from the seeds of this herb is used for regulating periods and in treating difficult and painful menstruation.



2) Harmal seeds for stress and anxiety

The health benefits of Harmal also apply to mental health. Harmal has a narcotic property that helps in relieving symptoms of depression and social anxiety. It relaxes the body and stimulates sleep. The Harmine alkaloid in the herb also helps in the treatment of mental disorders.



3) Harmal for high blood pressure and asthma

The chemical compounds present in Harmal reduce vascular contraction and regulate high blood pressure by easing pressure on the blood vessels. The powder made from the seeds of this plant is also used in the treatment of Asthma.

4) Health benefits of harmal seeds for skin problems

Harmal acts as a blood purifier and removes toxins from the body. Thus, it is effective in the treatment of skin infections. It eliminates the toxins responsible for causing redness, itching, inflammation, and boils in the skin.

5) Health benefits of harmal for stomach illnesses

Harmal is one of the best Ayurvedic herbs for treating stomach problems. This herb is used to relieve all kinds of stomach illnesses such as gas, excessive bloating, and indigestion. It also increases appetite and provides relief from digestion.

Harmal possesses numerous medicinal properties that can benefit humans. But not many of us know about the powerful health benefits of Harmal. Thus, supplementing with Harmal is an easy and effective way to improve your health and quality of life. These are the top 6 health benefits of harmal seeds.





Conclusion:

Harmal seeds, a potent Ayurvedic herb, offer a wide array of health benefits. From easing painful menstruation and reducing stress and anxiety to regulating blood pressure, treating skin problems, and aiding digestion, Harmal proves its significance in traditional medicine. Embracing this herbal remedy could enhance overall well-being and vitality.

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