

## *Ayurvedic Cleansing Herbal Teas.*

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### **Tridoshic Agni Promoting Tea.**

2 -3 cups of water  
1 teaspoon of coriander seeds  
1 teaspoon of fennel seeds  
1 teaspoon of cumin seeds

Put seeds in a teapot, pour in boiling water. Let sit for 3 – 5 minutes and drink after a meal. It is an excellent digestive aid.

### **Ajwan Tea**

½ teaspoon of Ajwan seeds (Wild Indian Celery seeds). Available from Indian groceries  
1 cup of boiling water

Pour boiling water over the seeds in a cup. Let it sit for 5 minutes. Sweeten with ½ teaspoon of raw honey if required. It is excellent for lung and gut congestion.

### **Ginger, Cinnamon and Clove Tea**

2 cups of boiling water  
¼ tsp of ginger powder  
1 cinnamon quill  
¼ tsp of cloves

Place ingredients in a warmed teapot, pour in boiling water and steep for 5 minutes. Strain and allow to cool before serving. Add fresh honey to taste. It is an excellent winter tea that reduces mucus from the lungs and sinuses and stimulates the digestion. It is great for Kapha dominant body-types.

### **Fenugreek Tea.**

1 tsp of fenugreek seeds  
2 cups of water

Mix fenugreek seeds and water in a small container and soak overnight. In the morning boil the seeds and water. Strain the seeds and drink warm to hot. Add a little fresh honey if desired. It is excellent for the lungs, sinuses and nervous system. Not to be used in pregnancy, though is recommended for the six weeks after birth. Increases milk production and is good for weight loss due to excess fluid retention.