

**Soul Food: On Relationship**

- "I say and you listen" is a good relationship; "you say and I listen" is a better relationship; but when "we don't say and still we understand" is the best relationship.
- To love others makes us happy; to love ourselves makes us lonely.
- Love all, as we are all waves of the same ocean.

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**Some Important Seeds and their Significance**

Name of the Seed	Seed contains	Healing properties of the seed	Other information
Carom seeds / Bishop's weed (Ajwain)  Seeds contains: • Moisture 7.4% • Protein 17.1% • Fat 21.8% • Minerals 7.9% • Fibre 21.2% • Carbohydrates 24.6%	<ul style="list-style-type: none"> <li>• Power house of nutrients</li> <li>• Contain protein</li> <li>• Fat</li> <li>• Minerals</li> <li>• Fibre</li> <li>• Carbohydrates</li> <li>• Calcium</li> <li>• Phosphorus</li> <li>• Iron</li> <li>• Carotene</li> <li>• Riboflavin</li> <li>• Niacin</li> <li>• Thiamine</li> </ul>	<ul style="list-style-type: none"> <li>• Powerful cleanser</li> <li>• Gastro-intestine disorder like diarrhea, dysentery, atonic dyspepsia, cholera, colic, indigestion, stimulates appetite, for relieving Flatulence,</li> <li>• Respiratory disorders and aphrodisiac with dry ginger in butter milk</li> <li>• Common cold</li> <li>• Migraine</li> <li>• Rheumatism</li> <li>• Mouth disorder (gargle with salt)</li> <li>• Earache</li> </ul>	Seeds may be taken with <ul style="list-style-type: none"> <li>• Betel leaves</li> <li>• Rock salt</li> <li>• 1-3 Oil drops</li> <li>• Tea</li> <li>• With dry ginger and black salt in the ratio of 1 : 1/2 : 1/4</li> </ul>
Fennel (Saunf)  Seeds contains: • Moisture 6.3% • Protein 9.5% • Fat 10% • Minerals 13.4% • Fibre 18.5% • Carbohydrates 42.3%	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Phosphorus</li> <li>• Iron</li> <li>• Sodium</li> <li>• Potassium</li> <li>• Thiamine</li> <li>• Riboflavin</li> <li>• Niacin</li> <li>• Vitamin C</li> </ul>	<ul style="list-style-type: none"> <li>• Digestive, appetizing and stimulating; therefore chewing after meals prevent foul breathing, indigestion, constipation and vomiting;</li> <li>• Increase the secretion and discharge of urine;</li> <li>• Promotes menstrual, beneficial in painful menstruation and regulates monthly periods;</li> <li>• Arrests bleeding;</li> <li>• Promotes the removal of catarrhal matter and phlegm from bronchial tubes;</li> </ul>	Juice of leaves of fennel is useful in respiratory disorder like Asthma and bronchitis.
Linseed/Flax seeds/ (Alsi)  Seeds contains: • Moisture 6.5% • Protein 20.3% • Fat 37.1% • Minerals 2.4% • Fibre 4.8% • Carbohydrates 28.9%	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Phosphorus</li> <li>• Carotene</li> <li>• Thiamine</li> <li>• Riboflavin</li> <li>• Niacin</li> <li>• Vitamin C</li> <li>• Its oil contains linoleic and linolenic acids</li> </ul>	<ul style="list-style-type: none"> <li>• Increase the volume of urine; useful in genitor-urinary disorders;</li> <li>• Beneficial in respiratory disorder;</li> <li>• Beneficial in chest disorder pneumonia, bronchitis, pleurisy;</li> <li>• 1-2 teaspoons with water can treat constipation;</li> <li>• Equal part of linseed oil and lime water effective remedy for burns, scalds and skin disorders like eczema and herpes when needed</li> </ul>	Linseed tea in one glass doses with honey in respiratory disorder; Soaking 30 grams of seeds overnight in a glass of water with lime juice in case of tuberculosis cases. Seeds are roasted over slow fire, powdered and stored for use
Sunflower seeds	<ul style="list-style-type: none"> <li>• Its oil lowers LDL and maintains HDL cholesterol</li> <li>• Protein</li> <li>• Vitamin A</li> <li>• Vitamin C</li> <li>• Vitamin E</li> <li>• Selenium</li> <li>• Copper</li> <li>• Folate</li> <li>• Pantothenic acid</li> <li>• Vitamin B6</li> <li>• Thiamin</li> <li>• Niacin</li> <li>• Zinc</li> <li>• Iron</li> <li>• Fibre</li> </ul>	<ul style="list-style-type: none"> <li>• Heart related problems;</li> <li>• Cholesterol balance;</li> <li>• Maintain and repair body tissues</li> <li>• Protects cells from damage</li> <li>• Helpful in forming hemoglobin</li> <li>• Keeps immune system strong</li> </ul>	Seeds may be sprouted and eaten in salads. Seeds may be processed, dried and roasted and/or dusted with salt for eating purposes.



Carom (Ajwain)



Fennel (Saunf)



Linseed (Alsi)



Sunflower Seeds

**Disclaimer:**

The above information have been taken from the reliable sources, still the author is not liable for any loss or damage that may be caused directly or indirectly by the above information. A physician is always recommended for any remedy.