

HERBS SPICES

CRAB SHELLS (Crustacean)

Glucosamine / Crustacean (Tibetan: dung-tse-karpo)

Glucosamine is the basic molecule of all glycosaminoglycans (GAGs). Glucosamine is an important building block in the metabolism of cartilage. Glucosamine is a constituent of connective tissue, of the ligaments and the joint cartilage and is also present in synovial fluid.



Pepper (Tibetan: pho-wa-ri)

The dried fruits of the tropical climbing plant *Piper nigrum* have been intensively used for centuries as a spice that contains piperine, chavicine, camphor oil, rhamnetin and quercetine. These are important secondary vegetal substances that are part of the group of the flavonoids.



Cardamom (Tibetan: sug-mel)

Cardamom generally designates the seeds or the dried seed capsules of the reed-like shrub *Elettaria cardamomum*. Because of their fragrant aroma and sharp hot taste, they are widely used as a spice not only in Asian and Arabic cuisine, but also in the western world.



Marigold (Tibetan: gur-kum)

A well-known food-related use of marigold blossoms (*Calendula officinalis*) is as a brightening agent for tea mixtures, based on the intensive yellow-orange color of the petals. Marigold blossoms contain 2-10% triterpene saponins of oleanolic acid, triterpene alcohols, flavonoids, carotenoids (esp. lutein and zeaxanthin), allantoin and small quantities of essential oils.



Licorice (Tibetan: shin-ngar)

Licorice is an age-old and the rhizome is used in far eastern healthcare to expurgate body toxins. The well-known shrub *Glycyrrhiza glabra* has a strong ligneous root and has been used for centuries in confectionary because of its characteristic sweet taste.



Rose hips (Tibetan: se-wa metok)

Rose hips are the fruits of the briar rose (*Rosa canina*). It is really an accessory fruit, harboring several stone-hard tiny nuts, each corresponding to an actual fruit. The shrub originates in Asia, can reach up to 3 meters in height and carries the fleshy fruits. Rose hips are widely used as foodstuffs but also for healthcare, because of their high vitamin C content.



Cloves (Tibetan: Li-shi)

Cloves designate the dried flower buds of the clove tree (*Syzygium aromaticum*), which have been used for centuries as a popular spice. Cloves contain 16-21% essential oils, of which 70-90% are constituted of the unmatched eugenol and 10-15% of acetegenol.



Nutmeg (Tibetan: Za-ti)

The nutmeg tree grows to a height of up to 20 meters in Far East Asia. Female trees carry fleshy yellowish fruits, which burst into two parts at maturity. In traditional healthcare, nutmeg is used for digestive complaints.

Myristica fragrans is used as a spice in the whole world and contains ca. 30% fatty oils, ca. 30% starch and 7-16 % essential oils.

