



Herbs and spices: Ajwain, Guggul, Cinnamon, Vata, Pitta, Kapha Prakriti

[Herbs and spices](#) list of teams Ajwain, Guggul, Cinnamon, Vata Prakriti, Pitta Prakriti, Kapha Prakriti power of balance your body well-being



OneHealth™
By Dr. Shikha Sharma

HERBS AND SPICES FOR FLATTER BELLY



Ajwain



Triphala



Guggul
(Commiphora mukul)



Cinnamon

