Choti Ilaichi

- **Botanical Name**: *Elettaria cardamomum*

- **Family**: Zingiberaceae

- **Synonyms**: True Cardamom, Small Cardamom, Queen of Spices

- **Vernacular Name**: Commonly known as "Choti Ilaichi" in Hindi, "Green Cardamom" in English, and "Elakkai" in Tamil.

- **Classification**: A perennial herbaceous plant belonging to the Zingiberaceae family.

- **Habitat**: Native to the Western Ghats of India, it thrives in tropical rainforests with high humidity and well-drained soils. It is also cultivated in other tropical regions like Sri Lanka and Guatemala.

- **Morphology**: A clump-forming plant that grows up to 2–4 meters in height. It has long, lance-shaped leaves and small, pale green flowers with purple veins. The fruits are small, green, triangular pods containing aromatic seeds.

- **Useful Parts**: Seeds, pods, and essential oil extracted from seeds.

- **Chemical Composition**: Contains essential oils (cineole, terpinene, limonene), flavonoids, and phenolic compounds. The seeds are rich in volatile oils that give cardamom its characteristic aroma and flavor.

- **Pharmacological Action**: Known for its carminative, digestive, antimicrobial, and antioxidant properties. It is used in treating indigestion, bad breath, and respiratory disorders. It also has potential anti-inflammatory and diuretic effects.

- **Formulation**: Used in Ayurvedic preparations like Eladi Churna and herbal teas. It is also widely used as a spice in culinary dishes and as a flavoring agent in beverages and desserts.

Rasa: Katu , Madhura
Guna: Laghu , Ruksha
Virya: Sheeta
Vipaka: Madhura