

Karkidakakanji

Indications :

Increase digestive power and gives immunity against diseases, especially in rainy season. Can be suggested as a food in various diseases such as rheumatic complaints, diabetes, indigestion etc.

Usage:

Cook 50 g. Navarra rice (2 Heap Table Spoon) and 20g. Powder (2 Table Spoon) in required quantity of water. Then add 25ml coconut milk, stir well and remove from the after boiling. Have this as a meal at morning or night. If require onion fried in ghee can be with this for taste.

Ingredients:

Each packet is prepared out of:

• Oryza sativa	Sd.	---	350g.
• Zingiber officinale	Rz.	Pdr.	3g.
• Curcuma longa	Rz.	Pdr.	3g.
• Cuminum cyminum	Sd.	Pdr.	3g.
• Coriandrum sativum	Sd.	Pdr.	3g.
• Brassica juncea	Sd.	Pdr.	3g.
• Piper nigrum	Sd.	Pdr.	3g.
• Allium sativum	Rz.	Pdr.	7g.
• Trigonella foenum	Sd.	Pdr.	140g.
• Lepidium sativum	Sd.	Pdr.	21g.

