



Green Cardamom – The Sweet Warmth of Flow

Botanical Profile

- Latin Name: *Elettaria cardamomum*
- Alternative Names: True Cardamom, Small Cardamom
- Plant Family: Zingiberaceae
- Parts Used: Seeds (from pods)
- Origin: Native to India and Sri Lanka; cultivated in tropical Asia

Green Cardamom is one of nature's most elegant digestive and aromatic allies, bringing warmth, clarity, and harmony to the internal terrain. At Peridotflow, Cardamom is revered as a heart-opening, belly-soothing spice that bridges the sacred with the everyday—restoring movement, releasing tension, and lifting heaviness from the mind and gut alike.

Enhances Digestion and Relieves Bloating

Cardamom gently stimulates digestive secretions and eases spasms in the gut. It is particularly useful for post-meal bloating, gas, and sluggish digestion. By encouraging peristalsis and reducing fermentation, it helps digest heavier foods with more ease, making it especially valuable in rich or dairy-heavy diets.

Reduces Nausea and Motion Sickness

Cardamom has a long history of calming nausea, especially when related to travel, pregnancy, or digestive upset. Its aromatic compounds soothe the stomach and relax the nervous system, often working quickly when inhaled or taken as a tea. It also works well with ginger or fennel in nausea-relief blends.

Supports Respiratory Health and Breath Flow

As a warming expectorant, Cardamom supports the lungs by clearing mucus and relieving tightness in the chest. It can ease coughs, open the breath, and bring warmth to cold, damp respiratory states. Its aromatic nature also uplifts the spirit, linking breath with mood.

Lifts Mental Fog and Supports Emotional Clarity

Cardamom's sweet, spicy scent is mentally invigorating and emotionally balancing. It clears stagnation from the mind and gently uplifts those stuck in patterns of heaviness or inertia. Its clarifying energy is often used in spiritual practices to enhance focus and open the heart centre.

Balances Blood Sugar and Supports Metabolic Fire

Emerging studies suggest that Cardamom may help support healthy blood sugar metabolism. Its warming action and liver-friendly qualities make it helpful in formulas for metabolic sluggishness, sugar cravings, or Kapha-type weight imbalance.

Folklore & History

Cardamom has been prized in Ayurveda for over 2,000 years as a tridoshic remedy—suitable for balancing all three doshas. It was once used as a love tonic, added to perfumes, and prized for its ability to uplift and soothe. Ancient Egyptians chewed the seeds as a breath freshener, while in India it was added to chai to aid digestion and warm the heart.

Traditional Usage

Used as a tea, powder, or spice in food and drink. Common in Ayurvedic and Unani medicine for gas, phlegm, and stagnation.

Herbal Actions

Carminative, Aromatic Digestive, Expectorant, Antispasmodic, Mild Antidepressant

Energetics & Tissue States

Temperature: Warming

Moisture: Drying

Tissue States: Cold, Damp, Stagnant, Tense

Active Compounds

- Volatile oils (cineole, terpinene) – aromatic and stimulating
- Flavonoids and terpenes – antioxidant and anti-inflammatory
- Fixed oils – nourishing and grounding

Dosage & Preparation

- Infusion: 1–2 crushed pods per cup, steeped 10–15 min
- Powder: ¼–½ tsp in food or mixed into honey
- Tincture: 1–3 ml up to 3x/day
- Can be combined with ginger, cinnamon, or fennel for synergistic digestive blends

Safety & Contraindications

- Very safe in culinary and therapeutic doses
- Use caution in acute acid reflux due to stimulating nature
- Avoid excessive heat-building in extreme Pitta cases

Herbal Pairings

- Ginger – for nausea and digestive warming
- Fennel – for gas and gentle digestion
- Cinnamon – to balance blood sugar and warm circulation
- Licorice Root – for harmonising digestive and respiratory blends
- Tulsi – for mental clarity and heart opening

Peridotflow Perspective

Cardamom is a bridge between joy and structure, breath and fire. It embodies sacred sweetness and movement—a plant for those whose digestive or emotional fire has dimmed. At Peridotflow, we reach for Cardamom when the belly is heavy, the heart is closed, or the breath feels stuck. It reminds us that lightness comes through flow, and that pleasure can be part of healing.