

# DIGESTIVE KAPHA-BALANCING HERBS



## Ginger

Stimulates digestion, ignites Agni (digestive fire), and reduces sluggishness.

## Black Pepper

Improves digestion, clears mucus, and supports metabolism.

## Turmeric

Reduces heaviness and supports the digestive system with warming properties.

## Cinnamon

Stimulates digestion, clears stagnation, and supports metabolic function.

## Clove

A warming herb that enhances digestion and helps clear Kapha accumulation.

## Mustard Seeds

Boosts metabolism, warms the digestive system, and clears congestion.

## Cayenne

A potent digestive stimulant that increases metabolism and reduces stagnation.

## Trikatu (Ginger, Black Pepper, and Long Pepper)

Enhances digestion, balances heat, and soothes the stomach.

## Fenugreek

Supports metabolism, balances digestion, and helps with bloating.

## Basil

Warming and clarifying, helps with digestion and clears Kapha-related dullness.

