



Poppy seed

In India, Iran and Turkey poppy seeds are known as khaskhas or haṣḥaṣ and are considered highly nutritious, mostly added in dough while baking bread. In Indian cuisine, white poppy seeds are added for thickness, texture and also give added flavor to the recipe. Commonly used in the preparation of korma, ground poppy seed, along with coconut and other spices, are combined as the masala to be added at the end of the cooking step. It is quite hard to grind them when raw, so they are normally dry fried, and then mixed with a little water to get the right paste consistency.



Homemade remedies:

- Poppy seed, it's not only used for tasting the food. It's a cold remedies . And also be careful; if you take lot of this, you will get unconscious stage.
- For non stop crying child, take some poppy seed, grind it well. Then apply it around the belly.
- Take 10 grams of poppy seed, 1 cup of neem leaves and 1 pieces of turmeric. Grind it well. Then apply on your chicken pox marks. If you do this, chicken pox marks will be reducing.
- If you have loose motion, take some poppy seed, chew and eat it. Then drink the water. Your loose motion is cure.
- Poppy seeds are highly nutritious, and less allergenic than many other seeds and nuts. poppy seeds are a potential source of anti-cancer drugs.
- In Indian traditional medicine (Ayurveda), soaked poppy seeds are ground into a fine paste with milk and applied on the skin as a moisturizer. Poppy seeds are pressed to form poppy seed oil, a valuable commercial oil that has multiple culinary, industrial, and medicinal uses.

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