

Sesame

- [Phytopedia](#)
- [FRUITS](#)



The tiny sesame seeds helps heart health and reduces inflammation

GEEK TALK

Sesamum indicum L.

BUT WE TALK

Sesame

GOEGRAPHICAL DISTRIBUTION

This species is probably native to Africa, widely naturalized and cultivated throughout the tropics.

Within India, it is cultivated throughout the plains upto an altitude of 1200 m. It has also naturalized and is found along roadsides and wastelands.

DID YOU KNOW?

Sesame seeds are one of the oldest condiment known to man, and it is a tiny oil-rich seed. It has a nutty taste and a delicate crunch to any sweet and spicy dishes it is put in.

When the seeds are mature the pod bursts open with a pop. Its paste is used as a peanut butter substitute. There are black and white varieties. Black seeds have a richer flavor and a stronger aroma.

CULINARY USES

Seeds of sesame are used in various forms like paste, oil, cakes, etc. it is also used to make sweets and chutneys.

KITCHEN PHARMACY

- sesame seeds a good source of fiber which supports the digestive system, and it may reduce the risk of heart diseases, certain cancers, and type-2 diabetes.
- The polyunsaturated and monounsaturated fat may reduce cholesterol
- The magnesium in the seeds may lower blood pressure. It also reduces inflammation

- Sesame is a good source of fiber, it lowers cholesterol, helps lower blood pressure.
- Sesame is used in osteoporosis, improves joint disorders, helps in menstruation.
- In Ayurveda, Sesame oil is used as the standard base to make all medicated oils for various purposes.

