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### What is Asafoetida:

Asafoetida (*Ferula asafoetida*) is the dried sap — or gum resin — obtained from the roots of *Ferula* plants. It's commonly dried, ground into a coarse, yellow powder, and used for either culinary or medicinal purposes

While it's native to Afghanistan and Iran, asafoetida is commonly used in Indian cuisine, where it's referred to as hing

As a seasoning, asafoetida is known for its strong, pungent odor, which is due to its high concentration of sulfur compounds. In fact, due to its unpleasant smell, it's sometimes referred to as stinking gum

However, when cooked, its flavor and smell become much more palatable and are often described as being similar to those of leeks, garlic, and even meat

In Ayurvedic medicine, Asafoetida (hing) is used to aid digestion and gas, as well as treat bronchitis and kidney stones. During the Middle Ages, some people wore the dried gum around their necks to help ward off infection and disease.





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## Asafoetida medicinal benefits:

Asafoetida is traditionally used for the treatment of different diseases, such as whooping cough, asthma, ulcer, epilepsy, stomachache, flatulence, bronchitis, intestinal parasites, antispasmodic, weak digestion and influenza. Asafoetida is an effective remedy for several diseases of the stomach.



Not only in traditional but in western medicine as well, the health benefits of hing have often been spoken about. The volatile oil is the main active constituent of hing, responsible for its therapeutic significance. Its main phytochemical is Ferulic Acid which has anti-cancer, anti-inflammatory, anti-viral, anti-bacterial, antispasmodic, hepatoprotective and antioxidant properties. Hing is also loaded with an array of nutrients like carbs, fibre, potassium, calcium and iron which further add up to their medicinal properties.

## How to use hing:

The health benefits of hing might be astounding, but keep in mind that in lower amounts (5 mg/day), hing is safe to be used, however, on large quantities, it not just makes the food taste bitter but may also cause acidity, headache, burping or in rare cases- even diarrhoea. Additionally, due to its hot-potency, hing should be avoided during pregnancy, breastfeeding and when suffering from bleeding disorders, gastrointestinal infections or ulcers.



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## Many health benefits of hing:

### It helps with Loss of appetite and indigestion issues:

Being loaded with dietary fibre makes hing a digestive stimulant and helps regulate bowel movements. It increases the acid production in the stomach and improves liver functions to secrete more bile salts. This helps in better digestion of carbs, proteins and fats which in turn helps in improving appetite and indigestion. Further, due to its carminative, anti-flatulent and antispasmodic properties, hing helps in reducing indigestion issues like gas, flatulence, bloating and abdominal distension.

### It can come to the rescue of people with Respiratory disorders:

Hing is a natural expectorant that helps in the removal of excess mucus, helping in relieving chest congestion and cough. The phytochemical compounds in hing reduce the inflammation of the inner lining of the bronchial tubes, which facilitates the treatment of respiratory conditions like bronchitis and asthma.

### It's good antidote for Headaches:

The strong antioxidant and anti-inflammatory properties of hing help in relaxing the throbbing blood vessels in the head. Moreover, hing acts as an antidepressant and provides relief from stress related headaches and chronic migraine.

### It can lower Cholesterol and atherosclerosis levels:

Hing helps reduce cholesterol levels by improving the metabolism of the body. It helps in reducing the inflammation of the blood vessels, which is the primary cause of developing atherosclerosis and deposition of cholesterol plaque in the blood vessels.



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### Hing can help regulate High blood pressure:

Hing is a good source of potassium, which balances the effects of sodium, hence proving to be effective in maintaining blood pressure. Also, hing helps the arteries and blood vessels to relax, making the blood flow effectively throughout the body. Effective blood flow reduces the pressure of the blood against the inner walls of the arteries and prevents injury to the arteries and blood vessels. The compound Coumarin in hing prevents blood from clotting within the arteries thereby reducing the high blood pressure. Hence, this spice promotes overall cardiac health.



If you need more information, please, don't hesitate to contact us.

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