



Trikatu Digestive Powder

Trikatu is a classic Ayurvedic digestive spice blend made from ginger, black pepper, and long pepper.

Preparation Time: 5 minutes



Ingredients

- Combine equal parts of:
- **Ginger powder**
- **Black pepper powder**
- **Pippali powder**

Instructions

- Mix the three powdered herbs and store them in an airtight glass jar or metal container.
- Take 1/4 teaspoon before meals to stimulate hunger or take 1/2 teaspoon after meals as a digestive.
- Take with warm water for kapha dosha.
- Mix in ghee for vata and pitta dosha, then follow with warm water. A "pill" can be made by rolling the trikatu in solid ghee in your palm just before consuming. The ghee will buffer the intensity of these herbs for vata and pitta.
- If these ingredients are in a whole, dried form, grind them before measuring to get equal quantities.

Trikatu Digestive Powder (Cont.)



This digestion powder works for all three doshas during cold, damp spring months, but Pitta dosha should use caution with this heating blend.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

