

ACTIVE PHYTOCHEMICALS

- Glycosides
- Saponins
- Phenolic compounds
- Volatile oil (thymol, γ -terpinene, para-cymene, and α and β -pinene)

REFERENCES

- Saxena, S. N., Agarwal, D., Saxena, R., & Rathore, S. S. (2012). Analysis of anti-oxidant properties of ajwain (*Trachyspermum ammi* L) seed extract. Int J Seed Spices, 2(1), 50-55.
- Rajeshwari, C. U., Kumar, A. V., & Andallu, B. (2011). Therapeutic Potential of Ajwain (*Tracyspermum ammi* L.) Seeds. In Nuts and seeds in health and disease prevention (pp. 153-159). Academic Press.