

ORANGE

Orange Fruit

Energetics

Taste – Sweet/ Sour, Potency - Hot, Post digestive taste – Sweet / pungent.

Decreases Vata and increases Kapha and Pitta V- KP+

Action

Stimulant, expectorant, appetizer, relieves thirst. Orange peel is a stimulant and carminative.

Indications

Clears the channels of the body and blood vessels. Cleanses the gastro-intestinal tract. Increases the taste of food. Good for heart. Improves strength and boosts immunity. Balances Vata. Relieves tiredness, abdominal pain, worm infection and colic pain. Helps in the cases of indigestion. High in vitamin C and A.