

Health Benefits of Caraway

Caraway (*Carum carvi*) is a plant that is grown in Asia, Africa, and Europe. The oil, fruit, and seeds are used as medicine.

Caraway oil might improve digestion and relieve spasms in the stomach and intestines.

People use caraway for:

- Indigestion
- irritable bowel syndrome (IBS)
- obesity, constipation

but there is no good scientific evidence to support these uses.

Uses & Effectiveness

Possibly Effective for

Indigestion (dyspepsia). Taking caraway together with peppermint by mouth seems to improve symptoms of indigestion. It's not clear if taking caraway alone helps.

There is interest in using caraway for a number of other purposes, but there isn't enough reliable information to say whether it might be helpful.

Side Effects

When taken by mouth: Caraway is commonly consumed in foods. Caraway is possibly safe when used as medicine, short-term. Caraway oil is usually well-tolerated. Side effects might include burping, heartburn, and nausea when used with peppermint oil.

Source: WebMD

