

Cardamom Tea: Health Benefits & What It Can Do for You

Published on 12 Dec 2025 | By IFI Correspondent



Cardamom tea isn't just a soothing warm beverage — it also offers a range of health benefits rooted in traditional practices and supported by emerging scientific evidence. Made by steeping crushed cardamom pods in hot water or adding them to your daily chai, this aromatic drink can contribute to overall well-being in several ways.

Anti-Inflammatory and Antioxidant Support

Cardamom is rich in compounds that act as **antioxidants and natural anti-inflammatories**, helping to reduce inflammation in the body and neutralise harmful free radicals. These properties may support long-term health by lowering chronic inflammation, which is linked to conditions like heart disease and metabolic disorders.

Aids Digestion and Metabolism

One of the most celebrated benefits of cardamom tea is its ability to **improve digestion**. The spice helps stimulate digestive enzymes, easing bloating, gas and indigestion. In addition, it may help **boost metabolism**, assisting the body in burning calories more efficiently — a factor often tied to weight management.

Heart and Circulatory Health

Cardamom contains antioxidants and minerals such as potassium, which can help support **heart health** by promoting healthy blood pressure and circulation. Enhanced blood flow and reduced oxidative stress contribute to cardiovascular well-being over time.

Immune and Respiratory Support

The warm, fragrant nature of cardamom tea makes it a comforting choice during cold seasons. Its compounds may help **clear congestion, ease respiratory discomfort** and provide relief from cold or cough symptoms. As a traditional remedy, cardamom tea is often used to soothe the respiratory tract.

Stress Relief and Mental Calm

Sipping cardamom tea can have a **calming effect** on the mind, helping reduce stress and promote relaxation. The natural oils in cardamom may support mental well-being and help improve mood, making it a pleasant part of daily wellness routines.

Oral Health and Fresh Breath

Cardamom's natural antimicrobial properties help **freshen breath** and may contribute to better oral hygiene. Chewing cardamom seeds is a traditional practice that not only masks bad breath but also combats bacteria in the mouth.

Adding Cardamom Tea to Your Routine

To make cardamom tea at home:

1. Crush 2–3 green cardamom pods.
2. Boil with water or add to your regular chai brewing process.
3. Strain and enjoy warm — with or without sweetener.

Making cardamom tea part of a balanced diet may add flavour and wellness benefits, especially when combined with overall healthy eating and lifestyle habits

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