

# Amomum cardamomum (Zingiberaceae)

Use	Country/Region	Reference
Carminative	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Cold	Elsewhere	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Nausea	China	Keys, J.D. 1976. Chinese Herbs. Charles E. Tuttle Co., Tokyo.
Stimulant	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Stomachic	China	Keys, J.D. 1976. Chinese Herbs. Charles E. Tuttle Co., Tokyo.
Urogenital	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.