Neem Rasam isn’t your typical kitchen rasam. This unique preparation draws from **Ayurvedic cleansing principles**, using the bitterness of neem to **detoxify, purify the blood, and calm internal inflammation**. Combined with traditional rasam spices and a satvic approach, this is a healing broth for seasonal resets and pitta imbalances.

What Is Neem rasam?

Neem Rasam is a light, broth-like preparation made using **tender neem leaves**, warm digestive spices like **pepper, cumin, ginger**, and sometimes a dash of lemon or buttermilk to soften the bitterness. Unlike the regular rasams, this one is **more medicinal**, meant for **short-term internal cleansing**, and is best consumed **in moderation**.

How to Make Neem rasam: The Traditional Way

Ingredients:

main

- 6–8 tender neem leaves (washed and de-stemmed)
- 2½ cups water
- ½ tsp cumin seeds
- ½ tsp black peppercorns
- A pinch of turmeric
- Small piece of ginger (optional)
- Rock salt – to taste
- Optional: Juice of ½ lemon or 2 tsp thin buttermilk (for post-boil tempering)

Tempering

- 1 tsp ghee
- ½ tsp mustard seeds
- A pinch of hing (asafoetida)
- Few curry leaves
- Optional: 1 dried red chilli (skip if pitta is high)

Method:

1. **Prepare the Spice Base:**
   Coarsely crush cumin, pepper, and ginger in a mortar-pestle.
2. **Simmer the Rasam:**
   In a saucepan, add water, crushed spices, turmeric, neem leaves, and salt. Bring to a gentle boil and simmer for 8–10 minutes until the neem flavor is infused but not overpowering.
3. **Tempering:**
   Heat ghee in a small pan. Add mustard seeds, hing, curry leaves, and optional red chilli. Once it splutters, pour the tadka into the simmered rasam.
4. **Balance the Bitterness (Optional):**
   After turning off the flame, stir in lemon juice or a little buttermilk for a softer finish.
5. **Serve Warm:**
   Serve plain or with a small portion of rice.

Ayurvedic Benefits

1. **Neem** is deeply detoxifying (*rakta shodhana*), anti-inflammatory, and antiparasitic.
2. Helps reduce **pitta** and **ama** (toxins), especially in the liver and blood.
3. Supports digestion, skin clarity, and metabolism.
4. Pepper, cumin, ginger enhance **agni** and reduce gas or bloating.
5. Excellent in **spring (vasanta)** and post-fever convalescence.

Pro Tips from the Indian Kitchen

- Always use **tender neem leaves**, never matured ones — they're too bitter and strong.
- **Do not over boil** neem leaves — 10 minutes max is ideal.
- For children or sensitive individuals, start with 2–3 leaves only.
- Add a few **fresh coriander leaves** to balance flavor.

❤ Why We love Neem rasam

- Feels like a reset for body and mind
- Incredibly balancing during seasonal transitions
- Can be customized with lemon or buttermilk for flavor

- Makes a bitter herb deliciously palatable

Ideal For

- Detox or post-illness recovery
- Spring cleansing
- High pitta conditions (acne, rashes, liver overload)
- Occasional inclusion in satvic or Ayurvedic healing diets
- Taken under guidance for panchakarma diets

