

When the body craves calm and the stomach seeks softness, **Thambuli** delivers. This lesser-known gem of Karnataka cuisine is a gentle, cooling yogurt-based dish infused with raw herbs and spices. Unlike most Indian dishes that involve heat, Thambuli celebrates raw ingredients and mindful eating. It's **medicinal, minimalist, and deeply refreshing**—a bowlful of chill, in every sense.

What Is Thambuli?

Thambuli (from the Kannada word *thampu* meaning *cool*) is a **raw, spiced yogurt preparation** traditionally made using fresh herbs like doddapatre (ajwain leaves), Brahmi, spinach, or coriander. Ground with coconut, cumin, and green chili, and then mixed into fresh curd, Thambuli is **never cooked**, preserving its full pranic energy. It's typically served with hot rice and ghee, creating a soothing balance of warm and cool.

How to Make Thambuli: The Traditional Way

□ Ingredients:

Basic Thambuli (with doddapatre / coriander / Brahmi)

- ½ cup fresh herb leaves (e.g., coriander, doddapatre, Brahmi, or curry leaves)
- ½ cup grated coconut
- ½ tsp cumin seeds
- 1 small green chili (mild)
- 1 cup fresh curd (not too sour)
- Salt to taste

Optional Tempering

- 1 tsp ghee or coconut oil
- ½ tsp mustard seeds
- 1 pinch hing (asafoetida)
- Few curry leaves

□ Method:

1. **Wash and roughly chop** the chosen herb leaves. If using stronger leaves like doddapatre, lightly roast them for 30 seconds to reduce pungency.
2. Grind the leaves with **coconut, cumin, green chili, and a little water** into a smooth paste.
3. In a bowl, **whisk the curd** until smooth. Mix in the ground paste and add salt.
4. Optionally, **prepare a tempering** of ghee, mustard seeds, hing, and curry leaves. Add it to the Thambuli.
5. Serve immediately with hot rice and a touch of ghee.

□ Ayurvedic Benefits

1. Made from **raw herbs**, Thambuli retains its **pranic (life) energy**.
2. Curd offers **probiotics and coolant properties**, especially when fresh and unsour.
3. Herbs like **Brahmi** support mental clarity, **doddapatre** relieves cough and acidity, **coriander** calms [Pitta](#), and **curry leaves** aid digestion.
4. Coconut is **nourishing yet cooling**, balancing for [Vata](#) and [Pitta](#).
5. The dish is **tridoshic** when prepared mindfully—especially beneficial for [Pitta-prone days](#).

□ Pro Tips from the Indian Kitchen

- Use **mild herbs** like coriander or Brahmi for beginners.
- If the curd is too sour, **dilute with a little water** to mellow it out.
- For children or sensitive digestion, **skip the green chili** or use black pepper instead.
- Don't skip ghee—it acts as an **anupanam** (carrier) for herbal nutrients.
- Use a **stone grinder or sil batta** for the most traditional taste and texture.

♥ Why We Love Thambuli

- It's a **5-minute no-cook recipe** with therapeutic value.
- Pairs effortlessly with rice for a complete meal.
- **Zero oil needed**, unless you add the tadka.
- Feels like food, works like medicine.
- A **grandmother-approved** dish that doubles as a cooling remedy.

▢ Ideal For

- **Summer lunches** or when body heat rises
- **Post-illness recovery** when digestion is low
- **Ayurvedic cleansing diets or post-panchakarma** meals
- **[Vata-Pitta](#) balancing** in warm climates
- When you're too tired to cook, but still want to nourish mindfully

