



सर्वयोग्यं ज्ञानं  
Ministry of Ayush



**WHO Traditional Medicine Global Summit 2023, Gandhinagar**  
**Central Council for Research in Siddha**  
Ministry of Ayush, Govt. of India

*ElluUrundai/ Sesame seed Laddu*

**Introduction:**

*Ellu Urundai* is a healthy traditional special sweet made with sesame as its main ingredient. Sesame seed is rich in nutrition with healthy unsaturated fats which lowers the cholesterol and reduces the risk of heart disease. It reduces oxidative stress and thereby it prevents diabetes, cancer and heart diseases.

**Ingredients:**

- Sesame seeds - 2 cups
- Jaggery - 1 cup
- Cardamom powder - 2 gm

**Method of preparation:**

1. Dry roasting sesame seeds till they pop around. Once they popped take them in a blender.
2. Add Jaggery and cardamom powder into this and pulse them so it is combined.
3. Transfer this to a bowl. Take small portions and shape them into laddus.

**Benefits:**

- ✓ Helps in stronger bones
- ✓ Improve Body Immunity
- ✓ Improves mental well being
- ✓ Extremely nutritious as sesame contains several B vitamins, Iron, Magnesium, Copper, Calcium, Phosphorus and Zinc.
- ✓ Maintains systolic and diastolic blood pressure.

