

Coriandrum sativum Linn.

No Image

Family: Apiaceae

Common names: Coriander

Local name: Dhaniya
(Joshimath), Dhaniya (Hindi)

Ayurvedic name: Kustumbri,
Vittunak

Plant profile:

Coriandrum sativum is an annual well-branched herb, which grows up to a height of 1 m. The lower leaves are broader with crenately lobed margins, while the upper ones are narrow finely cut with linear lobes. The flowers are small, white, often pinkish- purple tinged and borne in terminal compound umbels. The plant is cultivated all over the country for its seeds which are used as a condiment in most Indian dishes. Flowering takes place in February and fruiting occurs in April.

Medicinal uses:

- **Part used:** Fruit
- **Active principles:** The fruits contain umbelliferone, scopoletin, aflatoxin and quercetin. The essential oil extracted from the seeds mainly contains coriandrol (45-70%) and geranyl.
- **Disease cured and dosage:**
 - **Ethnomedicinal:** It is used as an antehelminthic, aphrodisiac, aromatic, carminative, digestive, diuretic and tonic. The oil is very useful in flatulent colic, rheumatism and neuralgia. It is generally used as an infusion for sore throat, flatulence, indigestion, vomiting and intestinal disorders. It is also useful in chronic conjunctivitis. A cold infusion of the seeds or powder of fried seeds with a little sugar is very useful in colic and also relieves internal heat and thirst.
 - **Ethnoveterinary:** Data not sufficient
- **Ayurveda:** Dhanyakadi-him, dhanyapanchak-kwath, dhanyakadi churna. Prescribed dose: churna 3-6 g, kwath 20-24 ml and oil 1-3 drops.
- **Ayurvedic properties and actions:**
 - Guna (qualities): Laghu (light), snigdha (slimy)
 - Rasa (taste): Madhur (sweet), tikta (bitter), Katu (pungent), kashay (astringent)
 - Vipaka (post digestive taste): madhur (sweet)
 - Virya (potency): ushna (hot)

As per Charaka Samhita: It is considered as Trishnanigrahan (Reduces unusual thirst), Sheetprashmaniya (controls chills)

- **Therapeutic description:**
 - Effect on humours: Alleviates vata, pitta and kapha.
 - Systemic effects: it is used to treat headaches, inflammation and erysipelas (Saint Anthony's fire), lymphadenitis, lymphadenopathy (paste of leaves), epistaxis (nasal drop of the juice) and conjunctivitis (eye drop of the juice).

- Nervous system: Used to treat syncope, hallucination, psychosomatic disorders and dementia.
 - Respiratory system: Cures cough and dyspnoea.
 - Digestive system: It is used cure unusual thirst, dyspepsia, vomiting, impairment of digestion, dysentery, diarrhoea, abdominal colic, piles and worm's infestation.
 - Urino-genital system: Treats incontinence of urine.
- **Drug preparation:** To convert the plant into a drug, a compound powder is prepared by parching and pulverizing coriander, cardamom and caraway seeds in equal parts.
 - The powder must be stored in moisture free containers, which has a shelf life of one year.
 - The medicine can be taken as an oil or decoction with milk
 - It can be externally used as a poultice, oil or paste. For internal use it can be chewed, directly ingested or taken as nasal drops and eye drops.