

CORIANDER

Synonyms

Fructus coriandri, Coriander fruits, Cilantro, Chinese parsley.

Biological Source

Coriander consists of dried ripe fruits of *Coriandrum sativum* Linn., belonging to family Umbelliferae.

Chemical Constituents

Coriander consist of about 1% of volatile oil the chief volatile components are D-(+)-linalool (coriandrol), along with other constituents like, borneol, p-cymene, camphor, geraniol, limonene, and alpha-pinenes. The fruits also contain fatty oil and hydroxycoumarins. The fatty oils include acids of petroselic acid, oleic acid, linolenic acid, whereas the hydroxycoumarins include the umbelliferone and scopoletine.

Uses

Aromatic, carminative, stimulant, alterative, antispasmodic, diaphoretic and flavouring agent. It is also used as refrigerant, tonic, appetizer, diuretic, aphrodisiac, and stomachic. Coriander can be applied externally for rheumatism and painful joints. The infusion or decoction of dried fruit of cardamom is useful for the treatment of sore-throat, indigestion, vomiting, flatulence, and other intestinal disorders.

Marketed Products

It is one of the ingredients of the preparations known as Cystone (Himalaya Drug Company), Bilwadi churna (Baidyanath), and Sage massage oil (Sage Herbals).

FENNEL

Synonyms

Fructus foeniculli, Fennel fruit, Fenkel, Florence fennel, Sweet fennel, Wild fennel, Large fennel.

Biological Source

Fennel consists of the dried ripe fruits of *Foeniculum vulgare* Miller., belonging to family Umbelliferae.

Chemical Constituents

The best varieties of Fennel contain 4 to 5% of volatile oil. The primary constituents of volatile oil are 50 to 60% of anethole, a phenolic ester; and 18 to 22% of fenchone, a ketone. Fenchone is chemically a bicyclic monoterpene which is a colourless liquid and the odour and taste is pungent and camphoraceous. The oil of Fennel has β -pinene, anisic acid, phellandrine, and anisic aldehyde. Fennel also contains about 20% fixed oil and 20% proteins.

Uses

Fennel is used as stomachic, aromatic, diuretic, carminative, diaphoretic, as a digestive, pectoral, and flavouring agent. Anethole may have estrogen-like activity and inhibit spasms in smooth muscles. Fennel can increase production of bile, used in the treatment of infant colic, to promote menstruation in women, can increase lactation, act as antipyretic, antimicrobial and antiinflammatory.