

## **CINNAMON**

### **Synonyms**

Cortex cinnamoni, Ceylon cinnamon, Saigon cinnamon, Chinese cassia, *Cinnamomum aromaticum*, *Cinnamomum laurus*.

### **Biological Source**

Cinnamon is the dried inner bark of the coppiced shoots of *Cinnamomum zeylanicum* Nees., belonging to family Lauraceae.

### **Chemical Constituents**

Cinnamon contains about 10% of volatile oil, tannin, mucilage, calcium oxalate and sugar. Volatile oil contains 50 to 65% cinnamic aldehyde, along with 5 to 10% eugenol, terpene hydrocarbons and small quantities of ketones and alcohols.

### **Chemical Tests**

1. A drop of volatile oil is dissolved in 5 ml of alcohol and to it a drop of ferric chloride is added, A pale green colour is produced. Cinnamic aldehyde gives brown colour with ferric chloride, whereas eugenol gives blue colour.
2. The alcoholic extract is treated with phenylhydrazine hydrochloride, it produces red colour due to the formation of phenylhydrazone of cinnamic aldehyde.

### **Uses**

It is used as an alterative, aromatic, carminative, flavouring agent, analgesic, antiseptic, antirheumatic, antispasmodic, demulcent, digestive, expectorant, stomachic, diaphoretic, antibacterial, antifungal, etc. It stops vomiting, relieves flatulence and is given with chalk and as astringents for diarrhoea and haemorrhage of the womb. It is also used in the treatment of bronchitis, colds, palpitations, nausea, congestion, and liver problems.

**Marketed Products**

It is one of the ingredients of the preparations known as Rumalaya gel, Koflet lozenges, Chyavanprash (Himalaya Drug Company), Garbhupal ras, Sutsekhar ras (Dabur), and Sage Staminex capsules (Sage Herbals).