

Health Benefits of Coriander Seeds

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Coriander (*Coriandrum sativum*) belongs to the family *Apiaceae*, is a herb native to the Middle East, the Indian subcontinent and the Africa. Coriander seeds, also known as “dhania” have been used for centuries in various forms, including cooking, medicine, and even rituals in India.



Coriander seeds are rich source of nutrients/phytochemicals, including:

1. Vitamins: Vitamin C, Vitamin K, and Vitamin B complexes.
2. Minerals: Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, and Zinc.
3. Phytochemicals
 1. Alkaloids: Coriandrin, coriamyrtin, and coriacridin.
 2. Flavonoids: Quercetin, kaempferol, and rhamnetin.
 3. Phenolic acids: Ferulic acid, caffeic acid, and chlorogenic acid.
 4. Terpenes: Linalool, alpha-pinene, and beta-pinene.
4. Essential oils: Coriander oil, which contains linalool, alpha-pinene and beta-pinene.
5. Other compounds
 - Dietary fiber: Both soluble and insoluble fiber.
 - Protein: Coriander seeds contain about 12% protein.
 - Healthy fats: Coriander seeds contain unsaturated fats like linoleic acid and oleic acid.

What is Coriander Seed Water?

Coriander seed water is made by soaking coriander seeds in water, which releases their nutrients and essential oils. This water can be consumed on its own or used as a base for various remedies.

Health Benefits of Coriander Seed Water

1. Digestive Aid: Coriander seed water helps alleviate digestive issues like bloating, gas, and indigestion.
2. Antioxidant Properties: Rich in antioxidants, coriander seed water protects against free radicals and oxidative stress.
3. Anti-Inflammatory: Coriander seed water reduces inflammation, making it an effective remedy for arthritis and other inflammatory conditions.
4. Antibacterial Properties: Coriander seed water exhibits antibacterial properties, making it effective against infections.
5. Skin and Hair Benefits: Coriander seed water improves skin texture, reduces acne, and promotes healthy hair growth.
6. Lowers Blood Sugar: Coriander seed water helps regulate blood sugar levels.

7. Reduces Stress and Anxiety: Coriander seed water has a calming effect on the mind and body.

Procedure of Making Coriander Seed Water

Simply way to make Coriander Seed Water is to soak 1/2 tablespoon of coriander seeds in 150ml of water overnight. Strain and drink the water at morning on an empty stomach.

