

CORIANDER

SEEDS

Coriander is known all over the world for its medicinal properties. It is a great source of potassium, iron, vitamins A, K, and C, folic acid, magnesium, and calcium that can heal many health issues.

The antibacterial properties of coriander seeds work as an effective home remedy for pimples and blackheads. Coriander seeds is proved to be of great help in reducing the instance of breakouts.

Coriander seeds exhibit antiseptic properties that help fight skin problems like eczema and rashes. They also contain linoleic acid that has analgesic properties to reduce inflammation like rheumatism and arthritis.

- Coriander seeds possess many plant-derived chemical compounds that known to have been anti-oxidant, disease preventing, and health promoting properties.
- The characteristic aromatic flavor of coriander seeds comes from their essential volatile oils and fatty acids. Some important fatty acids in the dried seeds include *Petroselinum acid*, *linoleic acid (omega 6)*, *oleic acid*, and *palmitic acid*. In addition, the seeds contain essential oils such as *linalool (68%)*, *a-pinene (10%)*, *geraniol*, *camphene*, *terpene* etc. Together; these active principles are responsible for digestive, carminative, and anti-flatulent properties of the seeds.
- As in other spices, coriander is also rich in **dietary fiber**. 100 g seeds provide 41.9 g of fiber. Much of this fiber is metabolically inert insoluble fiber, which helps increase bulk of the food by absorbing water throughout the digestive system and help easing constipation condition.
- In addition, dietary fibers bind to bile salts (produced from cholesterol) and decrease their re-absorption in colon, thus help lower serum LDL cholesterol levels. Together with flavonoid anti-oxidants, fiber composition of coriander helps protect colon mucosa from cancers.
- Its seeds are an excellent source of minerals like **iron, copper, calcium, potassium, manganese, zinc** and **magnesium**. *Copper* is required for the production of red blood cells. Iron is essential for cell metabolism and red blood cell formation. *Zinc* is a co-factor in many enzymes that regulate growth and development, sperm generation, digestion and nucleic acid

synthesis. *Potassium* is an important component of cell and body fluids that helps controlling heart rate and blood pressure. *Manganese* is utilized by the body as a co-factor for the powerful anti-oxidant enzyme, *superoxide dismutase*.

- Unlike other dry spice seeds that lack in **vitamin C**, coriander seeds contain an ample amount of this anti-oxidant vitamin. 100 g of dry seeds **provide 21 mg or 35% of RDI of vitamin-C**.
- Furthermore, the seeds are the storehouse of many vital B-complex vitamins like thiamin, riboflavin, and niacin.
- **Benefits of Coriander Seeds**

1. Beautiful Skin

According to a research done by the California University of Ayurveda, coriander seeds are quite effective in curing different skin ailments like eczema, itchy [skin](#), rashes and inflammation as they have antiseptic properties. They are known to cure mouth ulcers and sores as well. The seeds contain linoleic acid that also has [pain](#) relieving properties to diminish irritation.



2. Helps Tackle Diabetes

With India rapidly turning into the [diabetes](#) capital of the world, it's not a big surprise individuals are searching for remedies to battle the illness. Some ancient practices claim that regular usage of coriander seeds help in keeping a check on blood [sugar](#). In a study published in The British Journal of Nutrition, it was found that the extracts from coriander seeds have certain compounds that when discharged into the blood caused anti-hyperglycemic, insulin discharging and insulin like movement that held one's glucose levels within proper limits.



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3. Facilitates Hair Growth

Hair loss can come about because of debilitated hair follicles, hormonal imbalance and stress, in addition to an improper diet. Coriander seeds are known to prevent [hair fall](#) and invigorate the roots for the development of new hair. They fortify the hair follicles and initiate further development, in this way keeping under control your hair fall issues.



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4. Better digestion

According to Amol Ghosh, Clinical Tutor (Rtd) , N.R.S. Hospital, Kolkata, "Coriander seeds have anti-oxidant properties and dietary fiber that advance the healthy working of the liver and facilitate bowel movements. They help in the generation of [digestive](#) compounds and juices that facilitate the procedure of digestion. In the event that you experience some indigestion, try and add coriander seeds in your diet. You will definitely notice a difference."

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- Dr Rupali Datta, Chief Nutritionist of SmartCooky says, "Coriander seeds add an extremely pleasant flavour to the food, and they help in the process of digestion. They are also good sources of fiber, phosphorus and [calcium](#)."



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5. Keeps a Check on Cholesterol

[Cholesterol](#) levels or your lipid profiles are regularly a state of worry during check-ups. Furthermore, if you need to bring down your cholesterol levels and keep a check, coriander seeds could help you. According to Indrani Subramanian, Apollo Hospitals, Kolkata, “Coriander seeds contain a compound called coriandrin that controls the process of lipid digestion, as a result bringing down our cholesterol levels. As per [Ayurveda](#), the seeds have potent effect on the way the body digests food and absorbs fat, making it a common recommendation to keep cholesterol levels under control.



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6. Cure for Cold and Flu

Vitamin C is a powerful antioxidant that is crucial for a sound body and beautiful skin. Coriander seeds have numerous key vitamins like folic acid, [vitamin A](#) and beta-carotene, and most importantly, vitamin C. According to Madhavi Rathod of Vedic Healing, coriander leaves and seeds contain nearly 30% of the everyday suggested measure of vitamin C, which helps in curing [cold and flu](#).



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7. Prevents Menstrual Irregularities

Women who suffer from heavy menstrual flow should include coriander seeds in their regular diet. Dr. Indrani Jana from Apollo Hospital, Kolkata says, “Coriander seeds contain natural stimulants that stimulate your endocrine glands to secrete and maintain proper [hormonal balance](#), which ensures that the associated pain with the cycle is reduced, and excess flow is alleviated.” They also help prevent menstrual irregularities.

Now that you know the benefits, don't stop your mother or grandmother to put coriander seeds in your food!