



## CORRIENDER SEEDS

Coriander is an ayurvedic medicinal herb, which is widely used as a flavoring agent for its unique smell and flavour. It is used as an essential ingredient in the curries and other delicacies. It is commonly called as Dhania or Kothmir. The name coriander actually originated from the Greek word Koris meaning bedbug. This plant is considered to be indigenously from Greece but it has become widely used spice in most of the Asian countries. It is also used in many of the Greek dishes and Mexican dishes as a condiment. It also forms an important ingredient in many of the Thai recipes. The leaves of this plant are smooth and the whole plant including the stem as well as the leaves is used in cookery. Only the roots are not used. Dhania adds a mouthwatering flavour to the dishes.

### Importance of Coriander Seeds

Apart from the leaves and the stem, the seed of this plant is also used as an important ingredient in making curries and other dishes. The seed is used as it is or it is ground into a powder and used. Coriander seeds also have important medicinal properties. Coriander has many important vitamins and minerals. It provides calcium, phosphorus, iron and some other vitamins such as vitamin B and vitamin C.

Regular use of coriander helps to improve the overall health and prevents many of the vitamin deficiency diseases. Coriander is also used as a carminative.

It is used in many of the folk medicines. Coriander helps to prevent digestive disorders such as indigestion, flatulence and gas. Coriander leaves helps to increase appetite and helps to stimulate hunger in anorexic patients. Coriander leaves along with hing, rock salt and cumin seed are mixed with buttermilk and taken after meals, helps to improve digestion and prevents abdominal distention.



### Uses of coriander seeds

Coriander tea is recommended for patients suffering from kidney problems. For preparing coriander tea, coriander seeds are allowed to boil in water for a few minutes and the decoction is taken as a medicine. Coriander tea also helps to cure mouth ulcers and swellings. Regular intake of coriander tea also helps to lower the blood cholesterol levels. In case of Diarrhea, coriander seeds is soaked in water overnight and then taken along with buttermilk early in the morning.

The juice of coriander is also used as an ayurvedic medicine for treating nausea, and morning sickness. It is also used in the treatment of colitis and some of the liver disorders. Coriander seeds also help to reduce acid peptic disease and it is also used as ayurvedic medicine in the treatment of Dysentery. Coriander seeds also help to reduce body fever by inducing urination. Coriander is used along with other herbs such as dry ginger, helps to relieve respiratory tract infections and cough.

Some of the ayurvedic medicines also use coriander in the treatment of Typhoid fevers and in the treatment of menorrhagia, which is profuse bleeding during menses. The decoction of coriander seeds is used for this treatment. A mild decoction of coriander seed is also used as eyewash to reduce irritation and burning sensation.

### Preparation and Storage

Coriander seed is generally used coarsely ground or more finely powdered, depending on the texture desired. It is best bought whole as, being brittle, it is easy to mill or pound in a mortar. Ground coriander is apt to lose its flavour and aroma quickly and should be stored in an opaque airtight container. Whole seeds keep indefinitely. Their flavour may be enhanced by a light roasting before use. As coriander is mild, it is a spice to be used by the handful, rather than the pinch. The leaves can be chopped or minced before use. They lose flavour when dried, but may be frozen either blanched or chopped and frozen into ice cubes.

Note : - Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order



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