



The Review on Indian Spices and Their Medicinal Uses

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Abstract:

Spices are distinguished from herbs. Herbs are the leaves, flowers, or stems of plants used as flavorings or garnishes. Spices improve flavor and are also a good source of B and C vitamins, iron, calcium, and other antioxidants. Instead of cooking spices, they are part of many industries such as pharmaceuticals, cosmetics, pharmacy and perfumery. Spices also help treat many ailments such as diabetes, cardiovascular disease, arthritis, cancer, AIDS, etc. Indian spices are widely known in the national and international markets for their taste and aroma. Spices provide nutrients. Many spices contain antioxidant, anti-inflammatory, antibacterial, and antiviral properties that provide health benefits and benefits to the body. enhances and complements the taste of food without India is the largest spice producer of her in the world market. We produce more than 70 kinds of spices. Besides herbal spices, 27 spices are commercially grown in India. India is known worldwide for his spices and medicinal plants. Both exhibit a wide range of physiological and pharmacological properties. Spices are grown in India. Major spices exported by India are turmeric, cumin, coriander, fenugreek and paprika.

Keywords: Indian Spices, Turmeric, Clove

Introduction:

India is the land of spices. Different agroclimatic conditions produce different spices. India is the largest producer, consumer and exporter of her spices in the world. India has a monopoly on exports of spice oils and oleoresins. Spices contribute 6% to agricultural GDP [1] Spices play an important role in the lives of ordinary people, from cooking to medicinal use at home. India is blessed with a varied climate, so each state produces one or two of her spices. India is also known as "Land of Spices". The major spices exported by India are turmeric (10%), cumin (10%), coriander (9.5%), fenugreek 4.2%), paprika (4%) and others (19%) [2]. Alternatively, powdered obtained from natural plants or plant products and used to impart flavor, aroma, and pungency to foods, and also used to flavor foods. It also has non-food applications in dyeing, flavoring products, and the nutraceutical industry. [3] Herbs and spices continued to be used for flavoring, food preserving, and/or medicinal purposes throughout the Middle Ages. There is also Spices such as cloves and *Eugenia caryophyllus*, hiscinnamon in the form of *Cinnamomum zeylancium*, black pepper and *Piper nigrum*, *Curcuma longa* and turmeric such as ajwain and *trachyspermumammi* are very effective as antibacterial agents. Spices are rich in bioactive antibacterial compounds and are recognized for their food preservative and medicinal value.

Common Indian Spices:

1. Turmeric
2. Cumin
3. Fenugreek
4. Cinnamon
5. Cardmom
6. Cloves

Turmeric (Halad):

Turmeric is extracted from the rhizome of the turmeric plant and has been used as a traditional medicine in China and India since ancient times. Zingiberaceae commonly grown in India and Southeast Asia. It is known by various names such as Kunyit (Indonesian and Malay), Besar (Nepalese), Haldi or Pasupu in some Asian countries. There are about 70 species of turmeric, of which 30, are found in India. Turmeric extracted from the rhizome of the turmeric plant accounts for 96% of all turmeric extracted from this variety in India [8]



Turmeric has a yellow spice that comes from the rhizome of the turmeric plant. Turmeric has also been used as a traditional medicine in China and India since ancient times [31]. In Assam he is called Halodhi. In medieval Europe, turmeric was also known as Indian saffron, so the much more expensive saffron spice was widely used instead of this he. The yellow powder extracted from the rhizome of Turmeric has been used in Asian cuisine, various pharmaceuticals, cosmetics, and in his he has been used to dye textiles and fabrics for over 2000 years.

Cumin (Jeera):

Cumin is a flowering plant in the Apiaceae family that is native to areas spanning the Middle East and East to India. It's also good for your health, so it's popular overseas. Cumin seeds and their purified, sweet-smelling water are used as stimulants, antispasmodics, digestives, antimicrobials, anti-inflammatory agents, and wound-healing agents. It is commonly used for rectal, loose stools and gastric problems. It is used especially in veterinary medicine as a carminative and is also used as a guide for indigestion and jaundice. In a recent study on the actual properties of cumin, cumin oil showed antibacterial and antifungal activity in research center tests. The antibacterial activity of was tested on Gram-positive and Gram-negative microscopic microbial species [10].



The largest cumin producer is India (70% of the world's cumin production) and the second largest producer is Syria. The major importers of cumin for India are the United Arab Emirates, Central America, China, Vietnam. It contains 2-4% essential oil and the active ingredient is aldehyde cumino. The seeds are mainly used in curries and hisspices. Also used in curry powder, sambar powder, and rasampowder [11]. It is a good source of iron and keeps the immune system healthy. Water boiled with Cumin seeds is good to copy in dysentery.

Fenugreek (Methi):

Fenugreek is one of the most commonly grown vegetables in the country. seeds can be lightly roasted and mashed, especially as a flavoring in curry dishes. [12-16] Due to the bitter taste of this spice, it is used in small amounts in spices such as sambar and khadi. Improves flavor and shelf life of pickles. Fenugreek is a type of seed that is mainly used as a kitchen spice in India, commonly known as Maithray (Bangla, Gujarat), Methi or Mithi (Hindi, Nepali, Marathi, Urdu, Sanskrit). It is In Latin "fenugreek" or foenum-graecum, is known as "Greek hay". In medicine, it is used as an aphrodisiac, astringent, demulcent, digestive, stomach tonic, diuretic, emetic, emollient, expectorant, lactating agent, tonic and tonic [17].



Fenugreek contains three key ingredients in a highly nutritious formulation. For example, (1) teroidal sapogenin, (2) galactomannan, and (3) isoleucine. These ingredients appear to work synergistically to produce health benefits, making fenugreek one of the most widely recognized "dietary supplements" or health-enhancing foods. A viable operator for the treatment of hypocholesterolemia regularly associated with diabetes. This high level of galactose-substitution stimulates galactomannan to absorb water and form moderately low-focus, highly cohesive aggregates, reducing glucose uptake in the gastric tube. [18].

Cinnamon (Dalchini):

The name "cinnamon" is derived from the Greek *kinnámōmon* and ultimately from the Phoenician. It comes from Also known as Kurundu in Sinhala (Sri Lanka), Darkini, in Hindi and Taj in Gujarati. In Malayalam, cinnamon is called karuva or elavarngam. Dried Kalva skin (karuvappatta/elavarngappatta) plays an important role in spicy curries. This spice is known as an antipyretic, hypothermic, antiseptic, astringent, anti-inflammatory, digestive, diaphoretic, antiseptic, stimulant, and gastrointestinal [19] Cinnamon is extracted from cinnamon bark. The active ingredients in the essential oil 1% bark and oil are eugenol, cineol and cinnamaldehyde. Used to make garam masala powder. also functions as an antioxidant due to the presence of methylhydroxychalcone polymers. Cinnamon contains many important chemical constituents such as cinnamic aldehyde, cinnamic acid, and cinnamic acid, and has many promising health benefits, including: It can be purchased as a whole stick and used to flavor rice, meat dishes and hot apple juice. However, may also require ground cinnamon. Therefore, has potential as a unique food additive. has a wide range of chronic uses in a variety of societies, including treating intestinal disorders, joint inflammation, and other menstrual disorders. It is used as an adjuvant in Gastric and Digestive Recipes and also treats his cases of anorexia, inflammation, salivation and tuberculous ulcers.



Cardamom (Velchi):

The common name for cardamom is *Ellettaria cardamomum*, which belongs to the Zingiberaceae family and is widely known as the Queen of Spices in. Cardamom contains 2-10% of the essential oils that give its unique pleasant scent. The active ingredients found in the oil are cineole, terpinyl acetate, pinene, sabinene, and porneol. It is used as flavoring in coffee, confectionery, biscuits, bread, cakes and jams. Cardamom is sometimes marketed after extracting its essential oil. All types of cardamom are used as kitchen spices. In addition to the uses above, may also help stimulate bloating and appetite in people with anorexia [21-22] Cardamom infusions used as mouthwashes to soothe sore throats per redox [23] act as bioenhancers by activating lipids. as an antidote for snake and scorpion venom and is also used for food poisoning. In of China, it is also traditionally used to treat stomach pain, constipation, dysentery in children, and other digestive problems. Cardamom pods used fried or mixed with mastic or milk are effective against bladder problems. Black or Greater Cardamom, also known as "Bali Iraichi", is used in the Unani Medicine System for gastrointestinal disorders. In a variety of flavors, especially ginger and turmeric, has amazing gastroprotective properties. Giant Cardamom (a product of *Amomum subulatum*), commonly known as 'Heal Karan' or 'Bali Irachi', is used as a flavoring agent throughout the world [25].



Cloves (Lavang):

In India, cloves are grown in Nilgiris, Tembasi Hills and Kanyakumari districts of Tamil Nadu and Kottayam and Kuirong districts of Kerala. The main component of essential oils is eugenol, and the content of Oil is about 15%. Clove oil is widely used in Ayurveda and Chinese medicine as a pain reliever for dental problems, as a spice in his cuisines around the world. The name comes from the French word for "clou," meaning "claw," because the shape of the bud vaguely resembles his small, 4,444 irregular claws. Spices are used in Ayurveda, Chinese medicine, and Western herbalism. Clove has cell strengthening, anti-infectious, antiviral, antibacterial, antidiabetic, sedative, antithrombotic, analgesic, reminiscent of

suffering, eerie It has properties such as being safe to crawl around. Dentists used it to easily fill cavities such as toothaches. Because of its high flavonoid content, cloves are used as a sedative specialist. Clove oil is used in joints, muscles, muscle tissue, etc. Clove Glue is used to treat cuts, cuts and rashes. Clove oil is used in inhalers for runny noses, colds, irritation of the bronchial mucosa, etc. Cloves fight malignant tumors and diabetic diseases because the oil supports blood circulation and blood sugar control. [28].



Conclusion:

Spices are used in various ways in Indian cuisine and internationally as flavorings, colorings and preservatives in nature. Spices are used as staples 1 turmeric, cumin, fenugreek, cinnamon, cardamom and cloves for culinary and medicinal purposes. Although foods are low in calories, some spices derived from seeds contain fat, protein, and carbohydrates, due to the use of small amounts of spices with strong flavors and aromas. All spices have a variety of biological functions and additive and synergistic effects that protect the human body.

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