

NEWSLETTER

Knowledge of herbs – *Elettaria cardamomum* Linn.

Drug consists of dried seed of *Elettaria cardamomum* (Linn) Fam: Zingiberaceae. In India, it is cultivated in Kerala, Karnataka and Tamil Nadu in the moist forests of Western Ghats at heights of 700-1000m



Other Names:-

Beng.- Ilayechi

Eng. – Cardamom

Guj.- Elchi

Hindi.- Choti elaichi

Kan.- Yelakki

Mal.- Elam

Mar.- Velloda

Punj.- Illachi

Tam.- Yelakkai

Tel.- Yelakkayalu

Scientific classification:-

Kingdom: Plantae

Order: Zingiberales

Family: Zingiberaceae

Genus: Elettaria

Species: cardamomum

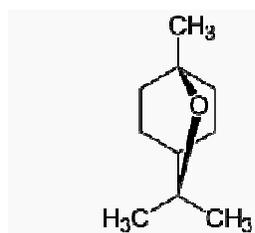
Description:-

Obovoid, 2 or 3mm X 1-2mm, irregularly angular, rugose, dark brown with a colourless membranous aril, odour aromatic and has a pleasant sweet taste.

Medicinal Uses:- It can be used with a laxative to prevent stomach pain, griping, as well as flatulence.

Chemical Constituents:-

Essential oil (4.20 to 5.17 percent v/w). The major constituents are 1,8-cineole and α -terpinyl acetate.



Adulterants/Substitutes

No adulterants or substitutes reported except for exhausted fruits sold sometimes in the market.

Safety aspects:-

The drug traditionally considered to be safe in the dosage mentioned.

References: -

- 1) The Ayurvedic Pharmacopoeia of India, part-I vol III. 1st ed. New Delhi: Government of India, Ministry of health and Family Welfare, Department of Indian Systems of Medicine & Homeopathy; 1990; p. 129-130.
- 2) C.P. Khare, "Indian medicinal plants An Illustrated dictionary" Springer Reference
- 3) Sharma PV. Dravyagunavigyana, vol II. (Vegetable Drugs). Varanasi; Chaukhambha Bharti Academy, 2001; p. 372.

Your Thoughts?

Do you have a suggestion or comment on our newsletters?

We at THS are always interested in hearing from you.

Send us your thoughts at newsletters@thscenter.com

Upcoming Newsletters

***Knowledge of Herbs-Gymnema sylvestre.
For Jan, 2014.***

Disclaimer: The above content is only for information. There is no infringement of copyright intended. The information is collected from various resources for your knowledge.