

NEWSLETTER

Knowledge of herbs – *Cinnamomum verum*

Dried drug consists of inner stem bark of coppiced trees of *Cinnamomum verum* (Syn. *C. Zeylanicum* Blume); Fam/ Lauraceae. It is a moderate- sized evergreen tree indigenous to Sri Lanka and has spread to south India. In India, it is obtained from cultivated sources; it's occurrence has been reported in the forests of western Ghats of Kerala, Tamil Nadu and Maharashtra.



Others name: -

Beng- Tvaksara

Eng- Cinnamon

Guj.- Dalchini

Hind- Dalchini

Kan. Dalchini, Lavanga patte.

Mal.- Karuva patta,

Mar. – Karruva, Karuvap- pattai

Punj.- Darchini

Tam.- Lowangapattai

Tel.- Lavanga-patta

Scientific classification:-

Kingdom: Plantae

Division: Magnoliophyta

Class: Magnoliopsida

Family: Lauraceae

Genus: Cinnamomum

Species: C. verum

Description:-

Inner stem bark- individual pieces form single quills or channeled quills measuring 0.5 to 2 mm in thickness; the external surface is pale brown in colour; the inner surface rather darker than the outer and finely striated longitudinally; taste warm and slightly sweet; odour, fragrant and aromatic; texture brittle; fracture short and rather splintery; fractured surface rough.

Medicinal uses:-

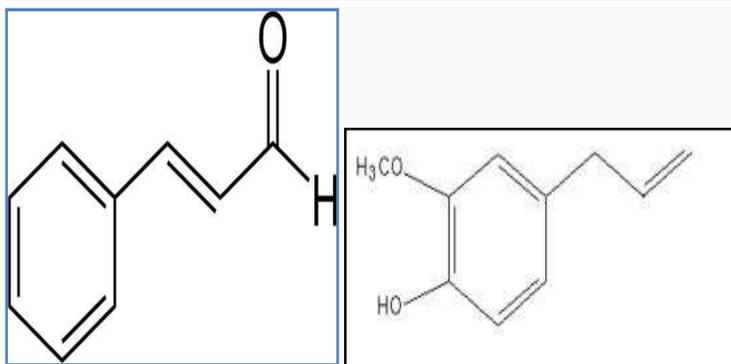
Bark—Carminative, astringent, antispasmodic, expectorant, and haemostatic, antiseptic.

Leaf— antidiabetic. Ground cinnamon is used in diarrhoea and dysentery; for cramps of the stomach, gastric irritation; for checking nausea and vomiting; used externally in toothache, neuralgia and rheumatism. The bark is included in medicinal preparations for indigestion, flatulence, flu, mouthwashes, gargles, herbal teas.

Chemical constituents:

The volatile oil of the stem bark is a good source of cinnamaldehyde, eugenol, cinnamyl alcohol and cinnamyl acetate.

Monoterpenes like linalool, 1,8-cineole, p-cymene and α -terpineol and sesquiterpenes such as β -caryophyllene and α -humilene have also reported from the essential oil of the stem bark.



Cinnamaldehyde

Eugenol

Adulterants/Substitutes

Commercial samples of Cinnamon bark sold in the Indian market to be stem of *C. iners*, *C. obtusifolium* Nees., *C. pauciflorum* Nees., *C. tamala* (Ham.) Nees & Eberm and *C. zeylanicum* Blume.

Safety: - The drug is traditionally considered to be safe in the dosage mentioned.

Reference:-

- 1) Paul SC, Dutta PK, Introduction of cinnamon in Bhubaneswar. *Indian Perfume* 1978; 22:187-188.
- 2) Evans WC. *Trease and Evans Pharmacognosy* 14th ed. London, UK:WB Saunders Company Ltd; 1996 p. 277.
- 3) *The Ayurvedic Pharmacopiea of India, Part-I, vol.1.1st ed.* New Delhi: Government of India, Ministry of Health and Family Welfare. Department of Health; 1898; p.116.
- 4) C.P. Khare, "Indian medicinal plants An Illustrated dictionary" Springer Reference.
- 5) Rao YR, Paul SC, Dutta PK. Major constituents of essential oils of *Cinnamomum zeylanicum*. *Indian perfume* 1988; 32: 86-89.

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