

## CINNAMON

(*Cinnamomum zeylanica blume*)

### Sangeeta Pahuja

Cinnamon is very well known as Dalchini and is one out of the group of three spices known as Trijata (cinnamon, cardamom and cinnamomum tamala). It is also in the group of four spices known as Chaturjata (Trijata and Nagkeshara).

The Ras or taste of Cinnamon is katu, tikt, madhur (Pungent, Bitter and Sweet) Ras pradhan.

Guna	Qualities
Laghu	Easily digestible
Ruksh	Dry
Teekshan	Sharp & Strong
Veerya	Ushan (Hot potency)
Vipaka	Katu (Pungent)

### Effect on Tridoshas

It balances vata and kapha and increases pitta. Cinnamon is used in many Herbal formulations also. Parts used for are stem bark, Leaves,

Cinnamon oil. In Ayurveda texts it is also known to act as:

<b>Kanthashuddhikara</b> (clear throat and improve voice)	<b>Vishapaha</b> (Antitoxic)	<b>Vataja arsha</b> (relieves painful hemorrhoids)
<b>Kaphakasahara</b> (Relieves cough)	<b>Pittla</b> (slightly increase pitta dosha)	<b>Krimihara</b> (Deworming)
<b>Krimihara</b> (Deworming)	<b>Bastishodhan</b> (Diuretic)	<b>Peenasahara</b> (Relieves allergic rhinitis)
<b>Aamvatahara</b> (Relives toxics)	<b>Shirorukharavishpaha</b> (Relieves headache)	<b>Aamahara</b> (Relieves indigestion)
<b>Kandughan</b> (Relives itching)	<b>Kanthavaktra rujahara</b> (Relieves throat and oral pain)	<b>Kandughan</b> (Relieves Itching)
<b>Aruchi</b> (Treats Anorexia)	<b>Hrit bastigata jantujit</b> (Relieves microbe infestation related to bladder, lungs and heart)	

Cinnamon is a natural digestive with hot potency which improves digestion, relieves flatulence and is used in the treatment of IBS.

It is considered useful in case of diarrhea and dyspepsia and removes Aama(toxins) from the

body. It improves the absorption of nutrients from the food and improves digestion. Also, works as an expectorant due to tikshan guna and is very beneficial to treat cough, cold, asthma and tuberculosis.

Cinnamon is used widely in the treatment of type 2 Diabetes. It helps regulate the production of insulin and maintains the glycemic levels. Not only this, it is also very helpful in the treatment of skin disorders due to anti-inflammatory properties. It's aphrodisiac and also helpful in case of Dysmenorrhea.



Cinnamon has beneficial effects on Neurodegenerative diseases and has anti-fungal and anti-bacterial properties. Due its Pitta increasing property, it's not suitable for people suffering from bleeding disorders like nasal bleeding or Metrorrahagia etc.

Cinnamon has numerous benefits but always consult your doctor for better therapeutic results.

*Follow Ayurveda and stay healthy*