

# Informations



Coriander, also known as cineseparsley, is a plant often used for cooking, mainly as a spice for traditional indian and oriental dishes. Not everyone knows, however, that its properties make of it one of the most used remedies in herboristery. For curing what it is most useful and which are its possible collateral effects?

Coriandrum sativum, this is its scientific name, is a plant of the Apiaceae family, which is the same family to which fennel, parsley, dill and so on belong to. Its leaves are very similar to the parsley one, the plant is characterized by its white flowers with umbrella like disposition, while its fruits are strongly aromatic lichens. Usually, in the kitchen you can use both the leaves, which have a very intense flavor, and the fruits, which, improperly called coriander seeds, are the only component used for healing purposes.

Mature fruits of the coriander can be used as a natural remedy: they are little yellow grains, similar in shape and dimension to pepper or lemon seeds, with a bittersweet flavor. The fruits are rich in essential oil of linalool, alcohols, aldehydes and terpenes, but also of flavonoids and sterols. These components have excellent antispasmodic power, useful for controlling intestinal involuntary movements, and it also has great benefits for digestion and good properties to prevent and cure stomach issues. For this very reason, since ancient times, coriander is used as aid to restore balance in the digestive system, from intestinal bloating to bad digestion.

Just as every other natural remedy, before using it you should consult your doctor, to prevent interactions with other pharmaceuticals.