



Coriander for health: what scientists say about the benefits and harms of seasoning

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Abstract. The article discusses the main properties of coriander and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the product are indicated, the use of coriander in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of coriander on the human body under certain medical conditions and diseases are analyzed separately.

Key words: coriander , useful properties, contraindications, composition, calorie content

The seeds of the Chinese parsley *Coriandrum sativum* are called coriander, and the leaves are called cilantro. Cilantro seed powder is added to food because of the wonderful flavor it gives to curries, vegetables, pilaf, soups. But did you know that the seasoning is also good for immunity and digestion? You will be surprised to learn about its health benefits, which have been confirmed by scientists.

The calorie content of coriander is low - 298 kcal per 100 g. It is a rich source of dietary fiber, potassium, calcium, magnesium, phosphorus and vitamins K , [C](#). In addition , it contains a small amount of carotene and nicotinic acid. Substances provide its antioxidant and antibiotic properties. ^[one]

Top 5 Amazing Health Benefits of Coriander

1. Fights Infectious Diseases

The seasoning contains antimicrobial compounds that are effective in combating acute intestinal infections. For example, dodecenal helps the body fight salmonella. Other ingredients may help fight urinary tract infections (UTIs). ^[2, 3, 4, 5]

2. Lowers Blood Sugar and Prevents Diabetes

Animal studies have shown that cilantro seeds stimulate enzyme activity and lower blood sugar levels. People who take diabetes medication should be careful with the spice, as it can cause hypoglycemia in large doses. [6, 7]

3. Rich in immune-boosting antioxidants and anti-cancer effect

Coriander contains several antioxidants that prevent free radical damage to cells and fight inflammation in the body. Tocopherols, terpinene and quercetin have beneficial effects, which have anti-cancer, immunostimulatory and neuroprotective effects. One study also showed that antioxidants slow down the growth of lung, colon, and breast cancer cells. [8, 9, 10, 11]

4. Protects the skin

Antioxidants in coriander help with mild rashes such as dermatitis. They prevent damage to cells by UV radiation and early aging. The plant extract is used in combination with other beneficial natural ingredients for the treatment of diaper rash in infants, pigmentation, acne, increased dryness and oily skin. [12, 13, 14, 15]

5. Supports Heart Health

The plant extract has a diuretic effect - removes excess sodium, water and thereby reduces pressure. Some studies show that compounds in the seeds fight high levels of bad cholesterol. This is also confirmed by statistics - among the population that consumes large amounts of coriander, the rate of heart disease is lower. [16, 17, 18]

6. Promotes Digestion and Gut Health

The oil extracted from the seeds promotes healthy digestion, according to a study in people with irritable bowel syndrome (IBS). Patients reported a reduction in bloating, abdominal pain, and discomfort. Coriander is also used in alternative medicine as an appetite stimulant. [19, 20]

7. Protects the brain from damage

Multiple sclerosis, Parkinson's disease and many other brain diseases are associated with inflammation. Coriander extract has strong antioxidant properties and improves memory, protects nerve cells from damage after seizures caused by drugs. It also helps to cope with anxiety - almost as effective as medical drugs for anxiety. [21, 22, 23]

Coriander Contraindications - Precautions and Warnings

The spice is safe when taken in small amounts for most people, but in some cases, side effects may occur:

- insufficient reliable information about the safety of taking coriander by pregnant or breastfeeding;
- people allergic to dill, cumin, fennel, wormwood may suffer from allergic reactions;
- diabetics should carefully control their blood sugar when taking coriander;
- should be used with caution if you have low blood pressure or are taking medication to lower blood pressure.

The main symptoms of adverse reactions are asthma, swelling of the nose, urticaria or swelling in the mouth. These reactions are most common in people who work with the spice in the food industry.

How much coriander can you eat - daily allowance

Scientists have not identified the maximum allowable dose of coriander consumption per day. They recommend not overdoing the spice and adding it like salt in moderation.

Coriander ground and in grains: what is combined with and where to add

All parts of the *Coriandrum sativum* plant are edible but have different flavors. The seeds have an earthy flavor and the leaves are similar to citrus fruits, although to some people their taste is similar to soap. Whole grains are added to pastries, cereals, lentil soups, pickled and stewed vegetables. They release their flavor when heated, after which they can be ground, used in pastes and doughs.

Expert comment

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Flavorful and rich in antioxidants, the seasoning is widely used in cooking and has many health benefits - improves heart health, brain health, gastrointestinal tract, skin and fights bacteria. Keep in mind that many scientists use concentrated extracts of the plant during research, making it difficult to know how many seeds you need to eat to get the same benefits.

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