International Journal of Advanced Research in Biological Sciences
ISSN: 2348-8069
www.ijarbs.com
(A Peer Reviewed, Referred, Indexed and Open Access Journal)
DOI: 10.22192/ijarbs Coden: IJARQG (USA) Volume 11, Issue 1-2024

Review Article

DOI: http://dx.doi.org/10.22192/ijarbs.2024.11.01.001

Uses of *Murraya koenigii* and *Coriandrum sativum* - A Review

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Introduction

Humans have relied mostly on plants for nutritional and medicinal needs. The medicinal use of plant is as a result of phyto-constituents present in them. Curry leaves (*Murraya koenigii*) and Coriander leaves (*Coriandrum sativum*) are widely consumed leaves in various diets of India . Both leaves are rich in many bioactive compounds like polyphenols, flavonoids and alkaloids which showed bioactive functions like anti-oxidant ,anti-microbial, anti-diabetic, anti-cancer and hepato-protective. They are also rich in essential oil compound namely coumarine, bicyclomahanimbicine in curry leaves and monoterpenoid – linalool found in coriander leaves. Based on the richness of bioactive nutrients both leaves acts as a good store house for the functional compounds. In addition to bioactive functions, they are used in the household medicines.

Murraya koenigii (Curry Leaves)

Botanical Name : *Murraya koenigii* or *Bergeria koenigii*
Tamil Name : Karvepillai
Sanskrit : Krishnannimba or kata saka or Gandheta
Hindi : Katnim
Telugu : Karivepaku
Family : Rutaceae

Murraya koenigii has been used for flavouring and spicing of food since ancient time.The phytochemicals present in Murraya koenigii are flavonoids, phenols, saponins, alkaloids, tannins, glycosides. Carbohydrates, moisture content, Fats, Protein, vitamins and minerals.

Food value per 100g.approximately

Carbohydrate	15 g
Protein	6 g
Fat	1 g
Calcium	705 mg
Phosphorus	60 mg
Iron	4 mg
Vitamin A	13,580 I.U.
Vitamin B_1	59 mcg
Vitamin B_2	198 mg
Niacin	3 mg
Vitamin C	4 mg
Calories	99

Suvai (Taste): Siru kaarppu (Mild Pungent)

Thanmai (Character): Veppam (Hot)

Pirivu (Division): Kaarppu (Pungent)

Actions:

Tonic
Stomachic

Character

It cures anorexia, abdominal pain, dysentry, chronic fever and insanity.

The flavonoids present in the *Murraya koenigii* possess anti-fungal, anti-bacterial activity , anti-oxidant and anti-inflammatory activities. They have the ability to scavenge the free radicals which implicated in causing age related disease like diabetes, cardiovascular and etc. Saponins present in the *Murraya koenigii* acts as immune booster. Plants rich in saponins having anti-inflammatory, cholesterol lowering and anti-cancer activities. Alkaloids have anti-microbial properties. Phenolic compounds have anti-tumour and anti-oxidant effects. The low amount of fat indicates that it controls the accumulation of fat which cause atherosclerosis and aging. The proteins in the leaves are involved in the formation of hormones, enzymes and structural membranes. *Murraya koenigii* contains good amount of dietary fibre. Fibre lowers cholesterol level ,risk of coronary heart disease, diabetes and cancer. Niacin helps to lower and regulate cholesterol level and helps in maintaining good blood circulation. Vit-A helps to provide good vision and healthy immune system. Vit – C & E are strong anti-oxidants. Riboflavin helps in production of red blood cells and important in growth of healthy body. Mineral and trace elements play important role in immune function and health.

***Coriandrum sativum* (Coriander, Kothumalli)**

Botanical Name : *Coriandrum sativum*
Tamil Name : Kothumalli
Sanskrit : Kustumbari
Hindi : Kothimir
Telugu : Kothimiri
Family : Umbelliferae

Coriander is valued for its culinary and medicinal uses. All parts of this herb are in use as flavoring agent and as traditional remedies for the treatment of different disorders. Chemical composition of Coriander are Essential oil, fatty acids, flavonoids, carotenoids as well as coumarin compounds. It also revealed that the linalool, alpha – pinene, gamma-terpinene, camphor and limonene.

Food value per 100 g approximately

Carbohydrates	5g
Protein	3g
Fat	0.7 g
Calcium	140mg
Phosphorus	60 mg
Iron	8 mg
Vitamin A	8,645 -13,580 I.U.
Vitamin B_1	49 mcg
Vitamin B_2	60 mcg
Niacin	0.7 mg
Vitamin C	131 mg
Sodium	4 mg
Pottasium	453 mg
Oxalic acid	5 mg
Calories	55

Suvai (Taste) : Kaarppu (Pungent)

Thanmai (Character): Seedha veppam

Pirivu (Division) : Kaarppu (Pungent)

Action

Stomachic
Carminative
Stimulant
Diuretic

Character

It cures indigestion, ageusia, diseases of pitha humour and fever due to pitham, besides increasing the strength and spermatogenesis. The pharmacological activities include anti-microbial, anti-oxidant, anti-diabetic, anxiolytic, anti-epileptic, anti-depressant, anti-mutagenic, anti-inflammatory, anti-dyslipidemic, anti-hypertensive, neuroprotective and diuretic. Coriander has been of wide medicinal use in different gut disorders, such as dyspepsia, indigestion, diarrhea, flatulence, dysentery, appetizer and carminative.

Conclusion

This review shows that *Murraya koenigii* (curry) leaves used as spice and flavouring agent in food contains substantial amount of phytochemicals and phytonutrients. And Coriander has been traditionally used across various civilizations both as culinary ingredient and for a wide range of medicinal uses.

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	Website: www.ijarbs.com
Quick Response Code	Subject: Siddha Medicine
DOI:10.22192/ijarbs.2024.11.01.001	

How to cite this article:
Suguna. M, Kavitha. S, Manjula. V, Priyadharshini. S, Subaraj. S, Dineshraman. G, Aravinda Senbagaraman. R. (2024). Uses of *Murraya koenigii* and *Coriandrum sativum* - A Review. Int. J. Adv. Res. Biol. Sci. 11(1): 1-3.
DOI: http://dx.doi.org/10.22192/ijarbs.2024.11.01.001