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Study of ethenomedicinal importance of some spices

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Abstract
In the present investigation an attempt has been made to study the remedies for some important diseases and disorders by using natural, easily available and cheap sources in the home kitchen. The present investigation has highlighted the therapeutic value of 16 different plant (spices) to cure different diseases. These plant species needs special attention, an account of their ethno medicinal significance. Because these plants are commercially cultivated on large scales as a spices by using these spices as a medicinal plants which will definitely Reduces the pressure on the removal the wild, "so called" medicinal plants.

Keywords: ethenomedicinal, remedies, spices

Introduction

Medicinal plants have been a major source to cure human diseases. We are dependent on traditional medicine for the treatment of various Aliments. Recently considerable attention has been paid to utilize ecofriendly and biofriendly plant based products for prevention and cure of different human diseases considering the adverse effect of synthetic drugs, the western population is looking for natural remedies which are effective Indian flora offers a variety of plants having medicinal properties these plants can be exploited to find out effective alternative to synthetic drugs.

Keeping this view in mind in the present investigation an attempt has been made to study the remedies for some important diseases and disorders by using natural, easily available and cheap sources in the home kitchen.

From the ancient period we have use the home kitchen remedies. But in these days due to modern life style we use allopathic drugs but observing the side effects we again move towards our traditional medicine. The spices, which we have use in the kitchen for preparation of various recipes. A spice is a dried seed, fruit, root, bark, or vegetative substance primarily used for flavoring, coloring or preserving food. Sometimes a spice is used to hide other flavors. Spices are distinguished from herbs, which are parts of leafy green plants also used for flavoring or as garnish. Many spices have antimicrobial properties. This may explain why spices are more commonly used in warmer climates, which have more infectious disease, and why use of spices is especially prominent in meat, which is Particularly susceptible to spoiling. A spice may have other uses, including medicinal, religious ritual, cosmetics or perfume production, or as a vegetable. For example, turmeric roots are consumed as a vegetable.

Material and Method

The information regarding the ethenomedicinal important plants were noted.

Result and Disscussion

In the present work 16 plants have been recorded in the following table. The plant species presented in this study needs special attention, an account of their ethno medicinal significance. The present investigation has highlighted the therapeutic value of plant to cure different diseases.

Table 1

Sr. No.	Name of the Drug	Therapeutic use of the Drug
1	*B. Name: Curcuma Longa* *Family:Zingiberaceae* *C. Name: Curcuma* Part used: Underground Rhizome *Key Compound: Curcumin*	1. Curcuma Longa is widely used in Aryuvedic, Unani-tibb and Sidha herbal systems as an antioxidant, antispasmodic, anti-inflammatory and antimicrobial. 2. It is also recommended for treating diabetes, high cholesterol, abdominal pains, menstrual disorders, wounds, eczema, psoriasis, jaundice, inflammations, cancerous symptoms, and as a blood purifying activity. 3. It is recognized as an effective sunscreen and bio-pesticide. 4. Turmeric's antibacterial and anti-arthritic and is used as a cholagogue as it increases the secretion of bile, pancreatic, and gastric juices. Turmeric is scientifically observed as anticarcinogenic, antiplatelet, antimutagenic and a good digestive.
2	B. Name*: Zingiber officinale* Family*:* Zingiberaceae C. Name*:* Ale, Adrak Part used: Underground Rhizome Key Compound*:* Zingiberin, zingiberol, Gingirin	1. Ginger possesses antioxidant, antispasmodic and anti-cholesterolemic activities. 2. It is used in treating nausea, vomiting, stomach upsets, diarrhea, indigestion, colic, intestinal parasites, arthritis, colds, flu, bronchitis, flatulence, muscle spasms, food poisoning and certain heart conditions and to promote perspiration and digestive system. 3. Ginger essential oil stimulates circulation, relieves rheumatism and joint pain, motion sickness, and gastrointestinal tract. The fruits are chewed fresh for sore throat, tonsillitis, cold and flu.
3	B. Name: Cuminum cyminum Family:Apiaceae	1. It is used as a diuretic and to treat stomach upset and flatulence. It is also having anti-carcinogenic properties.

	C. Name: Jire Part used: Fruit Key Compound:(2-ethoxy-3-isopropyl pyrazine,	2. Cumin is also used in treating inflammation, indigestion, flatulence and as an appetite suppressant. Cumin purifies blood, promotes healthy reproductive organ, in both male and female, increases milk flow in nursing mothers, and acts an aphrodisiac.
4	B. Name: *Piper nigrum* Family:Piperaceae C. Name:Black pepper Part used: Seeds Key Compound: Piperin	1. Black pepper is stimulating to the digestive system, expectorates coughs, and helps to clear the lungs of congestion. Black pepper is added to turmeric and many other herbal formulations as an activator. 2. It is used in treating digestive disorders, particularly to eradicate parasitic worms and as an appetite stimulant, and to treat coughs, colds, breathing, heart problems, dyspepsia, flatulence, constipation, colic, cholera, syphilis, diabetes, anemia, sore throat, hoarseness and piles.
5	B. Name: *Ferula narhex* Family: Apiaceae C. Name:Hing, Asafoetida Part used: Latex Key Compound: 40–64% resin, 25% endogeneous gum, 10–17% volatile oil, and 1.5–10% ash	1. Asafoetida is useful as a digestive spice that has the additional benefit of lowering cholesterol and reducing gas. The pungent oil can be using to repel insects. Asafoetida commonly prescribed herbs in the treatment of hysteria and for many symptoms associated with mood swings and depression,or in ayurvedic terms "Asafetida is a grounding herb that can therefore balance an overactive, over emotional, turbulent system".
6	B. Name: *Allium sativum* Family:Liliaceae C. Name: Garlic Part used: Underground compound bulb Key Compound: allicin, sulfur compounds, peptides, steroids, terpenoids, flavonoids	1. Allium sativum has anti-cholesterol, antibacterial, antiviral, antibiotics, anti-HIV and antifungal activities. 2. It is used in treatment of Hypertension and coronary heart diseases, cough, parasites, colds, tuberculosis, dysentery, digestive ailments, fungus, diabetes and heart stroke. It helps to lower hypertension, serum triglyceride and cholesterol levels. Both garlic and onions help thin the blood by discouraging platelets from sticking together. 3. It increases the potency of preparations of the herb coleus (forskolin); helps nonsteroidal anti-inflammatory drugs (NSAIDs) such as indomethacin (Indocin) provide greater pain relief; and boosts the infection-fighting capacity of many antibiotics, especially amphotericin (Amphocin). 4. It has been found to reduce platelet aggregation and hyperlipidemia.
7	B. Name*: Coriandrum sativum* Family*:*Apiaceae C. Name*:*Coriander Part used: fruit Key Compound*:* an essential oil and the monoterpenoid-linalool.	1. The *Coriandrum sativum* have anti-inflammatory properties can help reduce joint swelling in rheumatoid arthritis. 2. In Ayurvedic medicine, coriander is considered tridoshic, good for all body types. Fresh leaves have similar, but weaker properties. 3. When the herb is added to the diet along with other natural immune system boosters like garlic, and omega-3 fatty acids, chronic infections can be eliminated.
8	B. Name*: Myristica fragrans* Family*:* Myristicaceae C. Name*:* Nutmug Part used: Fruit Key Compound*:* sabinene, (50%) or camphene(50)%,	1. Nutmeg has been used as a form of medicine to treat many illnesses ranging from those affecting the nervous system to the digestive system. 2. Nutmeg has been used as the active ingredient in commercial cough and congestion preparations such as Vicks cough syrup and in herbal pain relieving ointments.
9	B. Name*: Mentha pipereta* Family*:* Lamiaceae C. Name*:* Pudina Part used: Leaves Key Compound: L-menthol (32.43%)	1. Peppermint tea is used in treating heart-burns, indigestion, colic, flatulence, coughs and flu, nausea, irritable bowel syndrome, gall-bladder and bile ducts, herpes and certain skin infections including acne and pigmentation. 2. Peppermint possesses immunostimulant, decongestant, expectorant, antibacterial, antifungal, antispasmodic and antiviral agents. Regular intake of peppermint promotes immune and digestive systems, relieves symptoms of irritable bowel syndrome.
10	B. Name*: Elettaria cardamomum* Family*:* Zingiberaceae C. Name: Cordamon Part used: Seeds Key Compound: volatile oil (3-6%, containing terpene and terpineol), cineol, starch, gum	1. Cardamom is antispasmodic. 2. Cardamom can relieve nausea and morning sickness. 3. Cardamom strengthens digestion and kills the bacteria responsible for bad breath, making it an excellent after dinner tea. 4. Cardamom also can help clear congestion from colds, flu and allergies.
11	B. Name*: Syzygium aromaticum* Family*:* Myrtaceae C. Name: Clove Part used: Flowerbud Key Compound: eugenol,gallic-acid, oleanolic-acid,methyl-salicylate, magnesium, tannin,,vanillin	1. Clove is best known as an analgesic and antiseptic treatment for dental pain, and can treat gum disease and bad breath. 2. Clove oil can also be added to massage oils to ease muscle soreness and arthritis pain. 3. Clove is deodorizing and an antiperspirant and can be used in many personal care products. 4. Clove eases stomach upsets and nausea. 5. Clove oil is also one of the best essential oils for deterring ants in the home or garden.
12	B. Name*: Cinnamomum tamala:* Family*:* Lauraceae	1. It possesses anti-spasmodic, antifungal, antibacterial and carminative agents. It is useful in treating gastritis, chronic fatigue, poor circulation, rheumatism, diarrhea, menstrual problems, and leucorrhea.

	C. Name: Cinnamon Part used: Leaves Key Compound: *Eugenol*	2. A paste of Cinnamon powder is applied on the fore head to check the headache caused by the exposure to cold air, and if done with lime juice, it is able to deal with pimples. 3. A combination of Cinnamon can be used in treating spasmodic afflictions, asthma, excessive bleeding during menstruation, gonorrhea etc. 4. Cinnamon is also used as a spice and tea due to its aromatic smell.
13	B. Name*: Cinnamomum zeylanicum* Family*:* Lauraceae C. Name: Cinnamon Part used: Bark Key Compound: cinnamic aldehyde	1. *Cinnamomum* is effective in improving blood glucose control in patients with type 2 diabetes. 2. It improves the taste of less tasty herbs and adds powerful antibacterial power to cold and flu remedies. 3. Cinnamon essential oil is a reliable remedy for athletes foot 4. Used in cooking, cinnamon aids digestion and treating loss of appetite and stomach upset.
14	B. Name*: Brassica juncea* Family*:* Brassicaceae C. Name: *Mustard* Part used: Seeds Key Compound: a glycoside (sinigrin) and an enzyme (myrosin);	1. Mustard oil, the pungent, eye-watering volatile oil that is very stimulating to circulation throughout the body and to the lungs. This antibacterial oil opens breathing and helps to kill germs while it clears congestion in the airways. 2. Mustard can be applied in external plasters and poultices to clear chest congestion and ease achy joints. 3. Mustard seed foot baths are a wonderful way to treat stubborn colds, sudden chills, and poor circulation.
15	B. Name*: Crocus sativus* Family*:*Iridaceae C. Name: Saffron Part used: carpels inside the flower Key Compound:glucoside picrocrocin	1. Saffron has been used to reduce fever. 2. To regulate the menstrual cycle. 3. To combat epilepsy and convulsions and to treat digestive disorders. 4. Saffron is reported to decrease hunger cravings, especially for carbohydrates. Unlike many of the herbs and extracts touted for weight loss, saffron is exceptionally safe and healthy to use.
16	B. Name*: foeniculum vulgare* Family*: Apiaceae* C. Name: Fennel, Badishep Part used: Fruit Key Compound: a-pinene, myrcene, fenchone, trans-anethole, methyl chavicol, limonene, 1,8-cineole and anisic aldehyde.	1. Fennel is as an excellent digestive aid to relieve abdominal cramps, gas and bloating. 2. Drinking a cup of fennel seed tea 15 minutes before eating a heavy meal seems to take the edge off your appetite. Fennel also tunes up digestion, helping to turn food into energy instead of fat. 3. Extracts of fennel have estrogenic properties that may benefit women going through the hormonal imbalances caused by menopause

Conclusion

16 Plant species have been recorded in the present work. The plants listed above should be subjected to intensive photochemical screening and phamacognocy in search of new leads for the modern herbal drugs

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