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ABSTRACT

In uptodate times, for health it is interrogation in motive of read of the various micronutrients like carotenoids, anthocyanins, flavonoids, minerals, and vitamins at molecular level along with the findings of epidemiologic studies has opened a trendy horizon within the discipline of vitamins. during this regard, varied plant assets collectively with herbs and spices show off excessive inhibitor hobby due to wealthy phytochemistry. among herbs, coriander (locally called dhanya) is thought for its healing residences inside the IndoPak subcontinent. it's one among the extensively cultivated herbs and local to North Africa, Southern Europe, and southwestern Asia. Scientifically, coriander (Coriandrum sativum L.) belongs to the Umbelliferae (Apiaceae) family. The herb element consists of leaves and stems. The herbs and seeds of coriander are being overly applied inside the traditional culinary due to its fine shade and taste. Coriander seeds are usually utilized in spices, and its usage is commonplace within the Mediterranean region. moreover, coriander seeds are supplementary in the training of curry and traditional cuisines in south Asian vicinity. Coriander leaves additionally own oneofakind aroma and commonly accustomed garnish the dish earlier than serving. Leaves also are immensely utilized as a fullsize constituent in Vietnamese and Thai cuisine. apart from attractive aroma, seeds and leaves are also mythical for their therapeutic potential in the

Key Words: Coriander, Phytochemicals, Obesity

INTRODUCTION

Ayurvedic tablets due to the fact a while. Coriander has vital antiinflammatory, hypoglycemic, and hypocholesterolemic ability. alongside, it's conjointly powerful in mitigating channel complications. except, important oils extracted from coriander leaves and seeds are applied in meals