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Abstract

Cinnamon is considered as a superfood because of its numerous number of health benefits. Cinnamon has many properties such as antifungal, antibacterial, antimutagenic etc. Nowadays it is seen that people are taking supplements (tablet form of common vitamins) in order to get enough nutrients but it is observed that individuals taking supplements are most likely to have side effects if taken at high doses or instead of any medical prescription. However one can get enough nutrients from the food by adding some spices which will strengthen the immune system and preventing oneself from various kinds of diseases. Cinnamon can also used in aromatherapy as essential oil. Cinnamon essential oil is known to reduce the moods of depressions, faintness, and fatigue, to activate the libido, and to enhance the immune system. The major constituents of cinnamon bark oil are Cinnamaldehyde (65.80%), Cinnamyl acetate, Eugenol (5.10%) and Eugenol acetate. Cinnamon is packed with valuable nutrients including Vitamins A, B6, C, E and K as compared to other spices and also it protects the body from free radicals. The addition of cinnamon to one's diet can help to prevent heart diseases, neurodegenerative diseases such as Alzheimer and Parkinson disease. It can also help to fight respiratory tract bacterial infection because of its antibacterial property. Therefore, adding cinnamon to the diet can be used as an effective alternative to supplements. This review illustrates the immune boosting ability of Cinnamon.

Key words: Antioxidants, antiinflammatory, cognitive booster, immune system, antiviral, antibacterial, antifungal and gut health