

Role of Cardamom Common Cold

Aparna Rani Behera

Department of Zoology, School of Applied Science, R&A Centre for Phytopharma,

Centurion University of Technology and Management, Odisha

Email: 190705180075@cutm.ac.in

Abstract: The aim of this article is to explain the effects of cardamom that how it cure from viral infection (common cold) and its chemical composition, essential oil, and oleoresin present in it. Today there are a lot of reasons why we sort of fear the touch noticeable all around and the most significant is Covid-19 dread. Infection is playing destruction to the degree that practically every one of the exercises are put to end. The dread is to this degree that even basic cold and hack compromised us to be survivor of Covid-19. there are many viruses as rhino virus, coron a virus, influenza virus. Most commonly human rhino viruses (HRV) belongs to the family *picornaviridae* is respon sible for common cold. There are many kinds of spices that we can use to support our resistance. Indian medicinal plant *Elettaria cardamomum* also known as *Elaichi*, which could be a great discovery as an alternative treatment of viral disease. Which is found in natively in western ghats of south India. Green cardamom is rich in antioxidant properties and it reliefs from sore throat, cough and cold. cardamom is used in food industries as well in pharmaceutical fields since in ancient times. The article gives a brief idea about different health benefits and medicinal activities like antioxidant, antimicrobial, antiviral, antibacterial activities. phytochemicals are non-nutritive bioactive constituents act as a protective agent against the disease. Past work shows that basic bioactive compounds are found in Cardamom essential oil are 1, 8-cineole, alpha-pinene, alpha terpinylacetate, limonene, eucalyptol, Among this cinnamaldehyde, limonene and gallic acid exhibit antiviral properties. The major vitamins are found in cardamom are niacin, pyridoxine. Other important chemical constituents are carbohydrates, proteins, lipids and phenolic compounds as flavon oids, terpenoids, carotenoids. The main aim of this article is to provide knowledge about phytochemicals would be helpful in future research and drug design for certain disease.

Keywords: Cold fever, *Elettaria cardamomum*, bioactive compounds, Medicinal plant extract, Antiviral properties, Health benefits, Covid-19

Introduction

Elettaria cardamom (L) Maton also known as *Elaichi* is a evergreen herb also referred as queen of species mainly used in adding flavour to the foods and sweets. Cardamom is perennial plant has a long erect stem which is formed by leaf sheaths layered one over the other. A fully matured plant attained 2-5 meter height. Rhizome is the real stem present below the soil. After flowering fruits mature in 3-4 months. Mature seeds colour vary from dark brown to black colour. A perennial reed like herb with long, silky and blade shaped leaves.

It's stem bears small, yellow flowers with purple tips. the fruit is about half inch long and turn into grey when ripe. The leaves are dark green, and sword shaped. The optimum temperature required for the growth is about 10-35 degree Celsius. The soil pH range from 4.5 to 5.8 is best for the plant growth. Cardamom is shade loving wind sensitive plant. Cardamom is very costly spice obtained from the seeds. In India three states are famous for cultivation of cardamom are kerala, Karnataka, tamilnadu Now its cultivation in other countries like srilanka, thiland, Vietnam, Guatemala and Tanzania. Total production of