

# Role of Cinnamon (*Cinnamomum sp.*) in Treating Common Cold

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**Abstract:** Cinnamon is a bark of the Cinnamon plant belonging to the family Lauraceae that is used as a spice and can be found universally in any kitchen. Cinnamon contains high amount of bioactive components as well as necessary oils derivatives such as cinnamate, cinnamic acid, cinnamaldehyde, decisive components such as polyphenols and including a high amount of antioxidants, phytochemicals and enzymes. Cinnamon has much amount of bioactive compounds, which acts as a health beneficial components as well as helps in enhancing the micro biota and all the physiological activities with different mechanisms of the body. Though being as spice, it has anti-diabetic, anti-inflammatory, anti-microbial, anti-cancer, lipid lowering as well as useful in cardiovascular disease lowering compound. Benefits of cinnamon can be certified to its anti-bacterial, anti-fungal, anti-microbial, astringent, and anti-clotting properties. The oil of *Cinnamomum zeylanicum* bark was obtained using the supercritical CO<sub>2</sub> fluid extraction method at various temperatures as well as pressures. GC-MS analysis revealed the kind of structure it had. Nineteen combinations, which in the supercritical concentrate tended to more than 95% of the oil, were perceived. (E) Cinnamaldehyde (77.1%), (E)- $\beta$ -caryophyllene (6.0%), R-terpineol (4.4%), and eugenol (3.0%) were found to be of huge constituents. Then in-silico analysis of the extract is done with different concentrations and it was conferred that cinnamon contains three significant oils that contain useful components such as Cinnamaldehyde, Cinnamyl alcohol, and Cinnamyl acetate, which has many therapeutic actions as well as which would be helpful in treating Common cold.

**Keywords:** Cinnamon, Supercritical CO<sub>2</sub> extract, In-Silico analysis, (E) Cinnamaldehyde, Eugenol, Common cold.

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## Introduction

Cinnamon is the dried bark of a tree and is one of the most established known flavours on the planet. On a historical basis, it was grown in Asian countries, Sri Lanka and southern India mostly but it can be presently found in the Caribbean, Madagascar, Egypt and Brazil. Stripped away from the trunks of evergreen trees, this dull brown coloured bark twists up into tubes when it dries. Cinnamon out of China is called '*Cassia*' and is even more generally used in North America due to its lower cost. The cinnamon emerging out of Sri Lanka is called 'Ceylon', is better and more

subtle in fragrance and flavour than the sharp '*Cassia*'. For the most part, there are more than 200 combinations of cinnamon, anyway Ceylon is considered by some to be the certified cinnamon.

*C. zeylanicum* trees are primarily cultivated for their leaves, bark, and roots in Sri Lanka and India. The fundamental oil obtained by steam refining from various sections of this plant vary, and the oil obtained from the bark, known as oil of true ground cinnamon, is regarded as unparalleled in terms of aroma.

Cinnamon is recommended to be consumed in doses of 1–4 gm a day or 1–6 gm per day.