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Coriandrum Sativum - A Review

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Abstract

Coriandrum sativum L., commonly known as coriander, is an annual herb widely used in culinary and traditional medicinal practices across various cultures. Recent pharmacological studies have validated many of its ethnobotanical claims, revealing a diverse array of bioactive constituents including essential oils (notably linalool), flavonoids, phenolic acids, and coumarins. These compounds confer a broad spectrum of pharmacological activities such as antioxidant, antimicrobial, anti-inflammatory, hypoglycemic, anxiolytic, and lipid-lowering effects. The seeds, leaves, and extracts of coriander have demonstrated potential in preclinical models for managing conditions like diabetes, hyperlipidemia, anxiety, and microbial infections. Despite promising in vitro and in vivo data, clinical evidence remains limited, warranting further investigation into its mechanisms of action, pharmacokinetics, and therapeutic efficacy in humans. This review highlights the pharmacological potential of *C. sativum*, emphasizing its role as a candidate for integrative and functional medicine.

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