A Review on beneficial potential of Elettaria cardamomum (Cardamom): “Queen of Spices”

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ABSTRACT

Cardamom, exponentially having a checkered history dating back to the Vedic times, is the most affable spice in the Indian cuisine. It has been used for both the commercial purpose and also in the dietary habits of people around the world. Its green texture is admired by a lot of people. It’s a potent antioxidant in the botany is called as “QUEEN OF SPICES”. Its volatile effect shows actively high pharmacological effect which includes hypertension, stimulant, cardio tonic, digestive and exclusive mouth freshener.

Keywords: Cardamom; Family; botany; hypertension; mouth freshener.

INTRODUCTION

Elettaria cardamom is the herb which is most common to pharmaceutical industry. It’s cultivated endogenously in tropical area of Asia specifically in India, Bhutan, China, Vietnam, Korea, Japan, and Malaysia. It’s produced in two forms green or knows as true cardamom and black cardamom. The areas of Mysore, Malabar and Vazhukka are the most cardamom producing areas in India. Its seeds are exceedingly rich in taste and oil contain. The seeds and pods both give property of antioxidant. The seeds are more aromatic than the fruit and possess pungent and warm taste. In the two phases the machine firstly removes the moisture from mesocarp and later removes the moisture from the seeds.

TAXONOMICAL CLASSIFICATION OF ELETTARIA CARDAMOMUM

Kingdom: Plantae

Clade: Angiosperms

Family: Zingiberaceae

Genus: Elettaria,
CHEMICAL COMPOSITION OF *ELETARIA CARDAMOMUM*

The constituent composition of cardamom is based on aromatic volatile oil which is usually associated with the smell of musk with bitter and little spicy in taste. The cardamom oil has tiny amount of hydrocarbons of oxygenated compounds. In this progression loads of spice oils have common compounds (esters, aldehyde and alcohols) with ester as one of the leading compound. Cardamom with ester include; alpha-terpinyl acetate cineole, linalyl acetate limonene and linalool limonene terpinolene and myrcene.

CHEMICAL STRUCTURES

![Chemical structures of cardamom oils](image)

NUTRITIONAL PROFILE OF CARDAMOM

Cardamom contains rich amount of dietary fibers and Vitamin C. It is a bulk source of potassium, magnesium, manganese and carbohydrate. It is cofactor of Phosphorus. Cardamom contains very low level of protein and zero grade of protein. It has zero level of Vitamin A, 38 % calcium contain made action in various pharmacological action in body too. 1% sodium and up to 24% potassium is found in true cardamom.
PHARMACOLOGICAL USE

Dentist: Recent study reveals the cardamom may prevent teeth cavities and give breath freshness.

Respiratory: Cardamom is used in nausea and vomiting. Gargling with the cardamom and cinnamon is helpful in cure of pharyngitis, sour throat in stage of flu and infection. Consuming cardamom with the tablespoon of honey improve eye site and improve nervous system.

Neurological disorders: Elettaria cardamom is the one of the formulation in treatment of Alzheimer disease and various neurological disorders like anxiety sleeplessness and irritation. The formulation of Elettaria cardamom as poly herbal combination is very famous among all. Gastroprotective Activity:

Gastro protective Activity: In a study by Krishnamurthy (1991) it was highlighted that when powdered cardamom seeds are mixed with clove, ginger powder and caraway it proved to highly effective in the digestive problems.

Cigarette deaddiction: In a study conducted by Balaji S (2008), it was found out that Elettaria cardamom is useful in smoke addiction. Eating little cardamom can reduce the craving of smoking.

CONCLUSION

Keeping in view the prospective traditional therapeutic and beneficial uses, green cardamom (E. cardamomum) can be seen as an interesting source of novel pharmaceutically important compounds and antioxidants. Hence, the present study was aimed to highlight the beneficial potential of Elettaria cardamom seeds and pods of cardamom.
REFERENCE


8. https://plants.usda.gov/java/ClassificationServlet?source=profile&symbol=ELCA19&display=31