

# Jeera



## Common Name

**English** :Cumin

**Hindi** :Jira

**Manipuri** :Jeera

## Scientific Name

**Group** :Angiosperm (Dicotyledon)

**Family** :Apiaceae

**Genus** :Cuminum

**Species** :cyminum Linn.

**Habit** :Slender delicate herb

**Parts Used** :Fruit

**Mode of Preparation** :Fruits soaked for infusion. Fruits crushed for decoction. Fruits ground to powder for powder use.

**Mode of use** :Decoction, Fresh

**Ingredients** :Fruit contains sminaldehyde, 1,3 - p menthadien-7-al, and 1,4-P menthadien-7-al. Essential oil is also found.

**Ailment Treated**:Fruits are stomachic, carminative and astringent, useful in dyspepsia and diarrhoea. Fruit infusion is useful for digestion. Powdered seeds, used as good spice.

**Source**:Cultivated.