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**Botanical Name :** Cinnamomum zeylanicum.

**Family :** Lauraceae

**Identification No.:** SDACH/HG/222

**Introduction :**

It used for the food more taste. Cinnamon, common name for several related trees of the laurel family, and for a spice n the dried bark of the trees. The best-known species is native to Sri Lanka; it is cultivated in many other tropical countri Southeast Asia and elsewhere, but that grown in Sri Lanka is superior in taste. The tree, which usually grows up to 12 m high, is cultivated to grow four to five stems. When the bark begins to turn brown, the stems, which may be about 2.5 n ft) tall and 5 cm (2 in) in diameter at the base, are harvested and new ones are trained to grow in their place. After the t stripped of leaves and twigs, the inner and outer bark is removed. As the bark dries, it forms rolls (quills), the smaller o are inserted into the larger, and when fully dry, these are tied in bundles for shipment.

**Names in different Indian languages :**

**English :** Cinnamon, Ceylon Cinnamon

**Hindi :** Dalcini

**Kannada :** Dalcini

**Malayalam :** Ilavangam, karuva, vayana, elamangalam

**Sanskrit :** Tvak

**Tamil :** Ilavagam, karuva

**Telugu :** Dalcini, dasini cekka

**Unani :** Daarchini (bark).

**Synonyms :**

त्वक्स्वाद्धी तु तनुत्वक्यस्यात्तथा दारुसिता मता ॥६६॥

उक्ता दारुसेता स्वाद्वी तेक्ताचानेलापेत्तहत् ।

Hindi »

सुरभिः शुक्रलाबल्या मुखशोषतृषापहा ॥६७॥

Cocam, darusita, daaruchini, Chochaa, Choncha, Varaanga, Utkata, Daarusitaa (bark).

Cinnamomum verum Persl.

**Classification according to Charaka, Susruta & Vagbhata :**

Charaka

Susrutha

Elādi

Vagbhata

Elādi, Trijataka

**Varieties & adulterants – (CV – controversy, AD – adulterants) :**

1. C. tamala – [AD]

2. C. cassia – [AD]

3. Dārusitā (sweet variety)

4. C. cassia

5. C. jamala

6. C. verum

**Morphology :**

A small evergreen tree, 6-7.5 m high.

Bark— brown and rough (in aged trees); inner surface of commercial bark is somewhat darker than the outer and finely longitudinally.

Leaves—coriaceous, glaucous green above, with spicy odour when bruised, 3-5 veined, 10-20 cm. long.

Flowers— small, with disagreeable smell.

Fruits— ellipsoidal, 1-seeded, dark purple berry, 1.5-2.5 cm long. Flowers and fruits during the spring.

**Habitat & Distribution :**

Found wild in the southern costal region of western India. The main source of cinnamon is Srilanka. Also grows in Brah China, Southern India and Himalayas.

**Chemical Constituents :**

Cinnamaldehyde, eugenol, benzaldehyde, methyl amyl ketone, phellandrene, pinene, cymene, linalool, cumic aldehyde, caryophyllene, safrole, methyl eugenol, borneol, cinnamyl alcohol, cinnzeylanin, cinnzeylanol, epicatechin, cinnacassiol

**Properties :**

Rasa Katu, Tikta, Madhura

Guna Laghu, Ruksha, Tiksna.

Virya Usna

Vipāka Katu

**Karma :** Vāta-pittahara, Sukrala, Balya, Varnya, Grāhi, depana, pachana

carminative, digestive, astringent, antispasmodic, expectorant, haemostatic, antiseptic

**Indications :**

Kandū, Amājirna, Aruci, Hrdroga, Bastiroga, Vātārsas, Krmi, Pinasa, sukradosa

diarrhoea and dysentery; gastric irritation, nausea and vomiting, toothache, neuralgia, rheumatism, cough

Hindi »

### Part Used :

Stem bark, oil and leaves

### Dosage :

Powder 2-4 g, oil 2-5 drops

### Chemical composition :

It contains 2% volatile oil which is called as oil of cinnamon, It also contains cinnamic acid, resin, tannin, sugar, starch, and ash. Like bark, oil is also derived from leaves and root. Leaf oil is dark in colour and has clove-like aroma. Root oil is coloured and water insoluble.

### Amayika Prayoga / Therapeutic Uses

#### External use :

It is stimulant and analgesic. It is used for mouth wash in bad breath and keeps teeth healthy, This is done by chewing cinnamon. Chewing of cinnamon helps in nausea. The paste is applied in skin diseases like moles and skin tags etc. It locally in headache and also in inflammation. In dental cavity cotton wool soaked in 2-3 drops of cinnamon oil relieves chancre, oil or paste is locally applied on penis. Cinnamon oil relieves pain and inflammation caused due to scorpion b also used for cleaning and healing of tuberculosis ulcer.

#### Internal uses :

**Nervous system :** Cinnamon is used in neural debility and paralysis.

**Digestive system :** It is an appetizer, digestive, carminative, liver stimulant and astringent by bitter, pungent and ushr properties. Hence it is useful in anorexia amadosha, abdominal pain and haemorrhoids.

**Circulatory system :** It is a cardiostimulant, blood purifier and promotes white blood count. Therefore, it is used in cardiac debility and blood disorders caused due to bacterial infection.

**Respiratory system :** It is an expectorant and antitubercular drug. Cinnamic acid seems to have an antitubercular property acts as a hemostat, ulcer healer and foul smell scavenger in lungs. Urinary system : Its ushna and tikshna properties stimulate the bladder and act as a diuretic. Effective in disorders induced by kapha and meda.

**Reproductive system:** it shows aphrodisiac properties. Hence it is useful in amenorrhea and infertility. Ashoka + cinnamon in uterine laxity. Fever : It reduces intestinal foul smell in enteric fever. Oil is also used.

### Important Yogas or Formations :

Elādi rasayana, Sitopalādi cūrna, Samasarkara curna.

### Therapeutic Uses :

**(1) Kāsa—** Powders of Tvak, Elā, Pippali, Tavaksiri and sugar (each double than the other in quantity) are mixed together taken with honey (A.H.).

**(2) Sirasula—** Nasya with Tvak Kalkā, Patra and sarkarā along with ice-water is useful in Pittaja sirasula (C.S.Ci. 26! 178)

**(3) Prayāhikā—** Tvak powder is given in 1 g dose (T.N. ghosh).

### IUCN Status

Least Concern (LC)

### Research Updates

- **Blood sugar regulation:** *Cinnamomum zeylanicum* has shown promising effects in improving insulin sensitivity and blood glucose levels in type 2 diabetes.
- **Antimicrobial efficacy:** Cinnamaldehyde and essential oils display strong antibacterial and antifungal properties, especially against oral and respiratory pathogens.
- **Cardioprotective effect:** Animal studies suggest cinnamon helps reduce LDL cholesterol and triglycerides, supporting traditional use as a hridya (cardiac tonic).

## About Us

The College is recognized by National Commission for Indian System of Medicine, New Delhi and affiliated to the Shri Krishna Ayush University, Haryana for B.A.M.S. (Ayurvedacharya) Course. The College has produced over 1000 well-trained Graduates so far who are serving the ailing humanity in urban as well as rural areas and are well placed in Govt. Services or in their private enterprises. The College has gained distinction as various important and well-known pharmaceutical companies of the country have shown keen interest in the activities and development of Ayurveda in the College.



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JOB VACANCIES NOTIFICATION  
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ALUMNI REGISTRATION

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