

Exploring Knowledge about Medicinal Plant Coriander

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Abstract: *Coriandrum sativum* (*C. sativum*), belonging to the *Apiaceae* (*Umbelliferae*) family, is widely recognized for its uses in culinary and traditional medicine. *C. sativum* contains various phytochemicals such as polyphenols, vitamins, and many phyosterols, which account for its properties including anticancer, anti-inflammatory, antidiabetic, and analgesic effects. The cardiovascular benefits of *C. sativum* have not been summarized before, hence this review aims to further evaluate and discuss its effectiveness in cardiovascular diseases, according to the recent literature. Moreover, the traditional uses and phytochemistry of coriander were surveyed in the original resources and summarized. As a result, most of the studies that cover cardiovascular benefits and fulfilled the eligibility criteria were *in vivo*, while only a few were *in vitro* and clinical studies. In conclusion, *C. sativum* can be deemed a functional food due to its wide range of cardiovascular benefits such as antihypertensive, anti-atherogenic, antiarrhythmic, hypolipidemic as well as cardioprotective effects. Coriander (*Coriandrum sativum* L.), a herbal plant, belonging to the family *Apiaceae*, is valued for its culinary and medicinal uses. All parts of this herb are in use as flavoring agent and/or as traditional remedies for the treatment of different disorders in the folk medicine systems of different civilizations. The plant is a potential source of lipids (rich in petroselinic acid) and an essential oil (high in linalool) isolated from the seeds and the aerial parts. Due to the presence of a multitude of bioactives, a wide array of pharmacological activities have been ascribed to different parts of this herb, which include anti-microbial, anti-oxidant, anti-diabetic, anxiolytic, anti-epileptic, anti-depressant, anti-mutagenic, anti-inflammatory, anti-dyslipidemic, anti-hypertensive, neuroprotective and diuretic. Interestingly, coriander also possessed lead-detoxifying potential. This review focuses on the medicinal uses, detailed phytochemistry, and the biological activities of this valuable herb to explore its potential uses as a functional food for the nutraceutical purpose.

Keywords: *Coriandrum sativum*, cardiovascular, coriander, antihypertensive, hypolipidemic.

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