

# Review on (Green Cardamom) and Its Pharmacological Effect

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**Abstract:** *The cardamom is veritably common spices in India its substantially two type Amomum subulatum and Elettaria Cardamomum belongs to the family zingiberaceae Amomum subulatum is also known as " Badi Elaichi". It's traditionally uses as mouth freshener or digestive agent. It is veritably common spices in Indian food. Its main chemical element is  $\alpha$ - terpinyl acetate, 1,8- cineole,  $\alpha$ - terpineol, limonene,  $\alpha$ - pinene,  $\beta$ - pinene main chemical is nascence terpinyl acetate in cardamom. It has numerous pharmacological exertion like antiseptic( pulmonary), antispasmodic( neuromuscular), aphrodisiac, expectorant, anthelmintic, antibacterial( variable), cephalic, cardiogenic, diuretic, emmenagogue, sialagogue and stomachic. It's also act as a goad of nervous system some exploration said that it's also work as a cure in some venom. According to recent exploration, needed a farther study on large scale because some unidentified chemicals are present in their alcoholic excerpt*

**Keywords:** Hari Elaichi, Iiaichi, Elaychi

## I. INTRODUCTION

The Elaichi is very common spice in India. It's famous with the name of queen of spices. The cardamom also divided into two main categories small and large cardamom, cardamom is a type of dried fruit found on perennial herbaceous plant, (Elettaria cardamomum Maton) belong to family zingiberaceae. The potential health benefits of cardamom have found in many diseases and in some health problems. Health benefit of Cardamom is also found in NAFLD (nonalcoholic fatty liver disease). The cardamom also uses as windiness and stomachic carminative, aromatic stimulant to prevent unpleasant smell in mouth, in nausea and also in vomiting, to prevent pyrosis (excessive watering in mouth) in study it has found cardamom has also effect on nervous system major production of cardamom is occurs in North Sikkim. Cardamom has different-2 according to locality for example Alainchi in Neplai, Elaichi in Hindi, Bhadraila in Sanskrit, Bara Ilachi in Bengal, kattelam and perelam in Tamil Nadu. The large cardamom has significance role in to boost up our immunity and health. Large cardamom is also well known as Black cardamom (Badi Elaichi). It has also affected on lungs and in the treatment of tuberculosis. Cardamom is a crucial drug in Unani and Ayurveda from ancient time.

In traditional medicine, the antioxidant and pharmaceutical properties of some plants belonging to the Zingiberaceae family, such as Elettaria cardamomum and Curcuma longa, have been well studied, and have found applications in industries such as food, cosmetics, and pharmaceuticals



**Botanical Classification**

Comman Name : Cardamom
Scientific Name : Elettariacardamomum
Family :Zingiberaceae
Genus :AmomumCompactum
Kingdom :Plantae
Subkingdom :Viridiplantae
Division :Tracheophyta
Subdivision :Spermatophytina
Class :Magnoliopsida
Order :Zingiberales
Genera :ElettariaAmomum

**Vernacular Names :**

Sanskrit	
English	Cayenne, Jasmine, old maid
Marathi	Sadaphul, sadaphool
Hindi	Sada-bahar
Tamil	Cuttukattumali
Telugu	Billaganneru
Gujarati	Barmasi
Bengali	Noyontara
Malayalam	Banappuva, Nityakalyani

**Types of Cardamom**

Types of cardamom Cardamom is mainly two types (green) small cardamom and (black) large cardamom. Small green cardamom biological Source is Elettariacardamomum and dit is the most common type of cardamom cohile? black mainly grown in producing country is cardamom India. The largest Goutemala in India

Chemical composition	Green Cardamom	Black cardamom
<b><math>\alpha</math> terinyl acetate</b>	72.37	-
1,8 cineole	10.16	65.50
<b>aterpineol</b>	0.79	3.30
<b>Limonene</b>	0.30	3.60
<b><math>\alpha</math> pinene</b>	1.58	2.78
<b>B pinene</b>	0.19	3.34

**Pharmacological Activity**

Anti Inflammatory -

The small cardamom is used to treat guins infection and throat infection and also relive in inflammation of the lungs and pulmonary tuberculosis and also helpful digestive disorder. The extract of cardamom in ethanolic aqueous medium produce anti-inflammatory effect against carrageenan induced paw oedema in rat [

Antidote –

Some research reported that it is also effective against snake and scorpion venom

Antiulcerogenic –

The large cardamom has also use treat gastrointestinal disorder. Because it produces cooling effect. The methanolic extract seed of cardamom produce the analgesic effect

**Anti oxidant –**

The cardamom seed are the rich source of antioxidant agent its neutralizing the free radicle oxidative stress is the main reason of many degenerative disease such as diabetes cancer cardamom is natural source of the antioxidant agent in current days natural agent are very popular in use. Some in vitro studies found that carcinogenic activity

**Anti microbial –**

Cardamom is the most investigational compound which gives antimicrobial effect gernally it carry extract of essential oil and extract of fruit and seeds. According to this study.the cardamom showed capable to cure many microorganisms which are pathogenic such as E.coli, S.aureus and bacillus cereus. And other study was carried out cardamom showed antibacterial activity against many bacteria. species such as Aggregatibacteractinomycetemcomitans, Fusobacteriumnucleatum, Porphyromonasgingivalis, in most of the studies was conducted and it show cardamom. extract can be cure as a source of agent which are capable to treat dental problem like tooth ache and bad smell in mouth

**Analgesic, laxative and antidepressant –**

The Methanolic extract at dose 140 to 280 mg/kg and ethyl extract at dose of 180 and 390 mg/kg of seeds showed analgesic effect.

According to researcher, the methanolic extract of cardamom seed shows a analgesic activity. Depression is very common in current days mostly every people suffering from depression it is a type of mental disorder its affect or low energy low of interest and appetite it's also impact on our life activities. Cardamom oil is also helpful in the digestive system it also act as a laxative and soothes colic.

**Cultivation and Processing**

Cardamom fruit may be collected from wild plants, native to the moist forest of southern India , but most cardamom is cultivated in India, Srilanka and Gautemala. The fruit are clipped or picked from the stems just before maturity, cleansed and dried in the sun or in the heated curing chamber. Cardamom may be bleached to a creamy white colour in the fumes of burning sulfur. After curing and drying , the stems of the capsules are removed by winnowing.

**Morphological Characteristics :**

**General :**Cardamom grows in mid elevation (600-1300m) in wet ever green forest. It is seen as a large perennial rhizomatic monocot in which the rhizomes bear leafy shoots around 4-5m tall.

**Leafy morphology :** Its leaves are alternate, sensile, very slender and 30-90 cm long. Shoots contain flower that are around 5cm in diameter white greenish petals and a purple veined white lip.

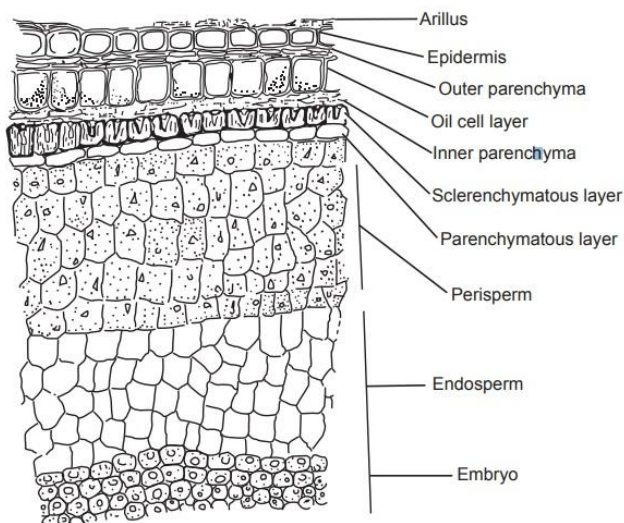
**Fruits and floral morphology :** the fruit itself is ovular shaped and contain 15-20 dark reddish brown to black hard seeds.

**Seed :** the seeds are harvested from the ovule capsule and then dried green off a highly aromatic sweet, spicy, subtle woody yet slightly minty aroma.

**Macroscopical Characteristic :**

Family	Zingiberaceae
Condition	Dry
Type	Trilocular capsule
Size	Varies from 1-2 cm
Shape	Ovoid or oblong, apex slightly pointed and beak like base rounded and shows the remain of the stalk.
Surface	Smooth or with long longitudinal striation.
color	Pale buff to pale greenish buff

**Microscopical characteristic :**



**II. CONCLUSION**

In this review literature we're bandied about the cardamom. Green Cardamom was delved from the ancient time for their phytochemical factor and their remedial effect and one of the most available shops and it has the life saving property. The Green cardamom is widely used as Anticancer activity, Antidiabetic activity, Antimicrobial activity.

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