Analysis of the importance and consumption of cumin medicinal plant

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Cumin is a plant, a shrub and a herb that has many properties and has medicinal, food, cosmetic and health uses. The main and most important compound in cumin essential oil is aldehyde called cuminal or cumin aldehyde. This substance is about sixty percent of cumin essential oil. constitutes Countries such as India, Syria, Turkey and the UAE are the largest exporters of cumin in the world; despite this, Iran is one of the largest producers of cumin in the world, but the majority of Iranian cumin is sold under the brand of other countries such as the UAE. The main centers of cumin cultivation In the country of Khorasan, Razavi, Isfahan and Kerman.

In the present research, different aspects of the uses of cumin have been analyzed. In terms of its medicinal properties, cumin is anti-flatulent, anti-stomach, anti-spasmodic, analgesic and stimulant. It is also very effective in the treatment of severe colic in children. For that reason, it is also used to prepare grapefruit syrup for heartache in babies. The use of cumin is also effective in increasing breast milk. Cumin, having immunomodulatory properties, can be effective in many inflammatory and immunological diseases; it can also be used as an agent in the treatment of tumors or as an auxiliary drug.

The most important effect of cumin in traditional medicine is its anticonvulsant and antiepileptic effects, in addition, it is used as a painkiller and anti-inflammatory in traditional medicine. Cumin extract has antibacterial, antidiabetic and insecticidal properties. Cumin is also used in the combination of laxatives, medicines related to eye diseases, and as an expectorant. Among the other effects of cumin, we can mention the property of removing bile, its antioxidant and anti-disinfectant properties.In some countries, cumin essential oil is used to disinfect sutures. The combination of cumin essential oil with cumin makes it spread better. Cumin oil is an excellent oil to support digestive health and can relieve digestive discomfort. help. Cumin is very effective as a warming oil and helps to relieve muscle pain and arthritis. It is tonic for the nervous system and has an effect on headaches, migraines and nervous fatigue. Cumin seeds are an excellent source of zinc and are useful for strengthening bones. Bone health is recommended.

Cumin has been used as a spice in all kinds of foods since the past. In addition, cumin essential oil is also used in the canning and soft drink industries. Cumin flour contains fiber and protein and is useful for feeding livestock.

Cumin essential oil can be used as a fragrance in cosmetics such as creams, perfumes and lotions. It is also used to prepare perfumes and colognes, shampoos and soaps. It also protects the skin against fungal and microbial infections. In addition, it may be effective in reducing signs of premature aging, such as wrinkles and maintaining bone health. , aging spots and sagging skin are useful. These effects could be due to the presence of vitamin E in cumin, which acts as a strong antioxidant and fights free radicals.

In general, considering the properties and high effectiveness of cumin in the treatment of many diseases, its numerous uses, as well as the high capacity of the country in the production of cumin, it is possible to provide job opportunities for the people of Iran by processing it under the process of extracting and extracting oil. The manufacture of medicine and cosmetic products is one of the main uses of cumin, which Iran's climatic capabilities require researchers and industrialists to enter.