



Coriander

Pain and inflammation

There is a growing body of evidence that coriander may one day be useful as an analgesic and anti-inflammatory drug.

Coriander seeds may be used in anti-inflammatory medications.

A study that investigated the potential anti-inflammatory activities of extracts of coriander seeds on inflammation and pain in mice concluded:

"The aqueous and ethanolic extracts of *C.sativum* seeds demonstrated significant analgesic and anti-inflammatory activities."