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# cardamom

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Cruising Review

Cardamom: Publications and Research from SwissMixIt



This webpage QR code

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Cardamom and rosemary extract are a good source of several bioactive compounds, which possess ant oxidative and antimicrobial properties. In addition, cardamom and rosemary has been used for flavouring and culinary proposes respectively and sometime as a medicine. Cardamom seeds whole or in powdered form are regarded as one of the most valuable spices, often employed in the preparation of curry powder, pickles, sausages, cakes and confectionery.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/cardamom.html>

## Cardamom Botanical Information

Cardamom and rosemary extract are a good source of several bioactive compounds, which possess ant oxidative and antimicrobial properties. In addition, cardamom and rosemary has been used for flavouring and culinary proposes respectively and sometime as a medicine. Cardamom seeds whole or in powdered form are regarded as one of the most valuable spices, often employed in the preparation of curry powder, pickles, sausages, cakes and confectionery. Cardamom, Glucose intolerance, Dyslipidemia, Obesity, Inflammation, Fibrosis, Elettaria cardamomum, Nonalcoholic fatty liver disease, Green cardamom, Overweight, Antimicrobial potential, Quorum sensing inhibition

Keywords: Cardamom, Glucose intolerance, Dyslipidemia, Obesity, Inflammation, Fibrosis, Elettaria cardamomum, Nonalcoholic fatty liver disease, Green cardamom, Overweight, Antimicrobial potential, Quorum sensing inhibition

Description and Research Abstract: Cardamom and rosemary extract are a good source of several bioactive compounds, which possess ant oxidative and antimicrobial properties. In addition, cardamom and rosemary has been used for flavouring and culinary proposes respectively and sometime as a medicine.

Cardamom seeds whole or in powdered form are regarded as one of the most valuable spices, often employed in the preparation of curry powder, pickles, sausages, cakes and confectionery.

Cardamom is well known as a spice used in Indian cooking, and is one of the primary constituents of Garam Masala. What many people don't realize is that cardamom is also medicinal, and helps relieve digestive problems induced by garlic and onion, making it more than merely an aromatic addition to the stomach-challenging cuisine it accompanies. Cardamom is considered one of the most valuable spices in the world due to its rich aroma and therapeutic properties.

Apart from its use as a flavoring agent in food preparations, confectioneries and cosmetics, cardamom is used both in ancient and modern medicines.

Cardamom is a well-known spice in Indian subcontinent, used in culinary and traditional medicine practices since ancient times.

It has been suggested that the antioxidant, anti-inflammatory and hypolipidemic activities of cardamom may improve diabetes.

Cardamom is a strong antioxidant plant, so it is called the queen of spices.

study aims to determine the effects of green cardamom (Elettaria cardamomum) supplementation on blood glucose indices, lipids, inflammatory profiles, and liver function, especially by examining

irisin, paraxonase-1 (PON1) and sirtuin-1 (Sirt1) in obese patients with NAFLD.

Spices are well known for their taste and flavor imparting properties. Green cardamom (Elettaria cardamomum), a herb spice belongs to family Zingiberaceae. In current study, GC-MS analysis of green cardamom essential oil (CEO) resulted in identification of twenty-six compounds with  $\alpha$ -terpinyl acetate, 1,8-cineole, linalool acetate, sabinene, and linalool as major bioactive components.

Present study also described the antimicrobial properties like zone of inhibition, minimum inhibitory concentration against microbial strains with special emphasis on quorum sensing inhibition. Hence, cardamom bioactive constituents can effectively be used to develop novel antimicrobial drugs against conventional antibiotics.

Dietary supplementation of Greater cardamom favorably modifies lipid profile and significantly enhances fibrinolytic activity and total antioxidant status in patients with ischemic heart disease.

These results showed that green cardamom can be used as a significant source of natural antioxidants.

The experimental study confirmed the formation of highly crystalline nanoparticles with uniform shape. Further, the antibacterial activity against the *Bacillus subtilis* was also evaluated for Elettaria

cardamom seeds extract assisted silver nanoparticles and the later found to exhibit significant activity.

Herbs and spices represent alternative solutions to modern medicine and provide effective cancer prevention and treatment. They have also been used for generations in treating various ailments.

Traditional Ayurvedic herbs and spices provide promising new therapeutic agents for breast cancer treatment due to their anti-inflammatory, antifungal, antiviral, and antioxidant properties.



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