Indian bay leaf plant

Cinnamomum tamala

Order:	Family:	Genus:	Species:
Laurales	Lauraceae	Cinnamomum	*tamala*

MORPHOLOGY

- Leaves: Glossy, dark green, elliptical to lanceolate, aromatic when crushed.
- Flowers: Small, yellowish-white, in clusters.
- Fruit: Small, berry-like, dark purple when ripe.

USES

- Culinary: Used as a spice in Indian cooking, especially in rice dishes, curries, and stews.
- Medicinal: Employed in traditional medicine for its therapeutic properties.
- Fragrance: Leaves are sometimes used in perfumes and potpourri.

CHEMICAL COMPOSITION

- Essential Oils: Contains eugenol, cinnamaldehyde, linalool, and other aromatic compounds.

- Phenolic Compounds: Act as antioxidants and contribute to its medicinal properties.
- Tannins: Provide astringent properties..

MEDICINAL PROPERTIES

- Digestive Aid: Helps with digestion and alleviates digestive discomfort.
- Anti-inflammatory: Reduces inflammation and associated pain.
- Antibacterial: Exhibits antibacterial activity against certain pathogens.
- Antioxidant: Protects cells from oxidative damage..

ACTIVE PHYTOCHEMICALS

- Eugenol: Principal compound responsible for its aromatic and medicinal properties, also known for its analgesic and anti-inflammatory effects.
- Cinnamaldehyde: Contributes to its flavor and provides antimicrobial properties.
- Linalool: Offers a pleasant aroma and may have calming effects.