

# Dhaniya

- **Botanical Name:** *Coriandrum sativum* Linn.
- **Family:** Apiaceae (Umbelliferae)
- **Synonyms:** Dhanyaka, Kustumbari, Dhania, Cilantro, Chinese Parsley
- **Vernacular Name:** Commonly known as "Dhaniya" in Hindi, "Coriander" in English, and "Kothamalli" in Tamil.
- **Classification:** An annual herb belonging to the Apiaceae family.
- **Habitat:** Native to the Mediterranean region but widely cultivated in tropical and subtropical regions, including India. It thrives in well-drained soils and moderate climates.
- **Morphology:** A small herb, growing up to 50 cm in height. It has slender, hollow stems, pinnate leaves with varying shapes (broad at the base and feathery higher up), and small, white or pinkish flowers arranged in umbels. The fruits are globular, aromatic, and yellowish-brown when ripe.
- **Useful Parts:** Leaves, seeds, and roots.
- **Chemical Composition:** Contains essential oils (linalool, geraniol), flavonoids, coumarins, and phenolic acids. The seeds are rich in fatty acids and volatile compounds.
- **Pharmacological Action:** Known for its carminative, digestive, antimicrobial, anti-inflammatory, and antioxidant properties. It is used in treating indigestion, flatulence, and skin disorders.
- **Formulation:** Used in Ayurvedic preparations like Dhanyaka Hima, herbal teas, and as a spice in culinary dishes for flavor and medicinal benefits.

**Rasa:** Madhura , Tikta , Kasaya, Katu

**Guna:** Snigdha , Laghu

**Virya:** Ushna

**Vipaka:** Madhura