



## **CUMIN**

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Cumin is a flowering plant that is native from the Mediterranean Region to Pakistan and India. The seeds are used in the cookeries of many different cultures around the globe. Cumin is most famous as a condiment or spice in the Indian Subcontinent and some other Asian, African, and Latin American countries. It is scientifically known as *Cuminum Cyminum* and it belongs to the family of *Apiace*.

Cumin is also known for its rich health benefits such as the following:

- Assists in digestion
- Improve immunity
- To treat various illnesses such as insomnia, respiratory disorders, asthma, bronchitis, common cold, lactation, anemia, skin disorders, boils.
- Treating cancer
- Has the powerful effect in preventing diabetes, reducing blood glucose, and delays cataract

Cumin is also used to increase urine flow to relieve bloating (as a diuretic); to start menstruation; and acts as an aphrodisiac. In spices, foods, and beverages, cumin is used as a flavoring component. In other manufacturing processes, cumin oil is used as a fragrance in cosmetics.

One study found that cumin extract reduced total cholesterol, triglycerides, and pancreatic inflammatory. It also prevented excessive weight loss.

An extract of cumin had anti-osteoporotic effects but without the associated weight gain. Cumin intake had increased bone density and improved bone health.