

Anti-microbial Properties of Coriander Seeds

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Coriander (*Coriandrum sativum* L.) seeds are a popular spice because of its characteristic flavor. The yellowish-brown seeds are the end product of the coriander fruit. Coriander seed has been used as a medicine for thousands of years in ancient Greece, Rome, China and India, and the same digestive indications are recorded in each tradition.

There are many scientific citations that document the powerful antimicrobial properties of Coriander seeds against many pathogens. Some of those papers are cited below:

References:

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El-Ballal, A. S. I.; Abou El-Nasr, T. H.; *Acta Horticulturae* ;**208**; 1987; PP 179-196
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9. The effect of fungal metabolites and of coriander seeds on the growth of pathogenic bacteria.

Dwivedi, R; *Annales de l'Institut Pasteur*, **123(2)**; August 1972; PP 311-314

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