



Coriander, like many spices, contains [antioxidants](#), which can delay or prevent the spoilage of food seasoned with this spice. A study found both the leaves and seed to contain antioxidants, but the leaves were found to have a stronger effect.

Chemicals derived from coriander leaves were found to have [antibacterial](#) activity against [Salmonella choleraesuis](#), and this activity was found to be caused in part by these chemicals acting as nonionic [surfactants](#).

Coriander has been used as a [folk medicine](#) for the relief of anxiety and insomnia in Iran. Experiments in mice support its use as an [anxiolytic](#).

Coriander seeds are used in traditional Indian medicine as a [diuretic](#)

by boiling equal amounts of coriander seeds and cumin seeds, then cooling and consuming the resulting liquid. In holistic and traditional medicine, it is used as a [carminative](#) and as a digestive aid.

Health effects & medicinal uses of Coriander

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Coriander has been documented as a traditional treatment for [diabetes](#) . A study on mice found that coriander extract had both insulin-releasing and insulin-like activity.



Coriander seeds were found in a study on rats to have a significant [hypolipidemic](#) effect, resulting in lowering of levels of total [cholesterol](#) and [triglycerides](#) , and increasing levels of [high-density lipoprotein](#) . This effect appeared to be caused by increasing synthesis of [bile](#) by the liver and increasing the breakdown of cholesterol into other compounds.

Coriander juice (mixed with [turmeric](#) powder or mint juice) is used as a treatment for [acne](#) , applied to the face in the manner of toner.

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[citation needed](#)
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Coriander can produce an allergic reaction in some people.