







Dinabandhu Andrews College
B.Sc. SEM IV (H), CC-9







IMPORTANT SPICE YIELDING PLANTS AND THEIR USES

A spice is a dried seed, fruit, root, bark or flower of a plant or a herb used in small quantities for flavor, colour or as a preservative. Many of these substances are also used in traditional medicines. Many spices have antimicrobial properties, which explain that, why spices are more prominent in cuisines originating in warmer climates, where food spoilage is more likely, and why the use of spices is more common with meat. The spice trade developed throughout the Indian subcontinent and Middle East by at earliest 2000 BCE with cinnamon and black pepper, and in East Asia with herbs and pepper.






Indian spices include a variety of spices grown across the Indian subcontinent (a sub-region of South Asia). With different climates in different parts of the country, India produces a variety of spices, many of which are native to the subcontinent, while others were imported from similar climates and have since been cultivated locally for centuries.





Sl. No.	Common Name	Scientific Name	Family	Parts Used	Uses
1	Green Cardamom(elachi) 	<i>Elettaria cardamomum</i> Maton	Zingiberaceae	Fruit,Seed	Primarily used as flavouring agen in cooking. Cardamom has been used in traditional medicine against kidney and urinary disorders
2	Green Chili (kaccha mircha) 	<i>Capsicum annuum</i> L.	Solanaceae	Fruit	Fruits are eaten as raw and also used in curry






3	Fennel Seed(<i>saunph</i>) 	<i>Foeniculum vulgare</i> Mill.	Apiaceae	Fruit	Used in cookery. It is used by mouth for various digestive problems including heartburn, intestinal gas, bloating, loss of appetite, and colic in infants among othes.
4	Black cardamom (bara ilayachi) 	<i>Amomum subulatum</i> Roxb.	Zingiberaceae	Fruit,Seed	Very earthy and darkly aromatic. Often used in North Indian curries.
5	Dried Mango Powder	<i>Mangifera indica</i> L.	Anacardiaceae	Fruit, fleshy mesocarp	It adds flavour to soups, chutneys, curries, dal, pickles, stir fried vegetables and fruit salad.
6	Black Pepper (<i>gol mirch</i>) 	<i>Piper nigrum</i> L.	Piperaceae	Fruit	Medicines prescribes pepper (or perhaps long pepper) as digestive, illnesses as constipation, diarrhea, earache, gangrene, heart disease, hernia, hoarseness, indigestion, insect bites, insomnia, joint pain, liver problems, lung disease.
7	Brown mustard Seed (rai) 	<i>Brassica juncea</i> L.Czern	Brassicaceae	Seed	Used in cooking. Black mustard oil is used for the common cold, painful joints and muscles (rheumatism), and arthritis.
8	Black mustard	<i>Brassica nigra</i> L.	Brassicaceae	Seed	Used in cooking. It is used as a food flavoring, for forage, as an emetic, and diuretic, as well as a topical treatment for inflammatory conditions.






					
9	White/yellow mustard 	<i>Brassica alba</i> (L.) Rabenh	Brassicaceae	Seed	Used in cooking. Yellow mustard has become popular because of the unique, strong and spicy flavor and is used as a condiment.
8	Turmeric (haldi) 	<i>Curcuma longa</i> L.	Zingiberaceae	Rhizome	It has been used in Asian cookery, medicine, cosmetics, and fabric coloring. Treat various disorders such as rheumatism, body ache, skin problems
9	Carom/thymol seed (ajwain) 	<i>Trachyspermum ammi</i> L.	Apiaceae	Fruit	Carom seeds have powerful antibacterial and antifungal properties. Combats peptic ulcers and relieves indigestion.
10	Cinnamon (<i>dalchini</i>) 	<i>Cinnamomum zeylanicum</i> Breyn	Lauraceae	Bark	Flavouring agent. This spice is regarded as antipyretic, antiseptic, astringent, balsamic, carminative, diaphoretic, fungicidal, stimulant, and stomachic
11	Cloves (<i>lavang</i>) 	<i>Syzygium aromaticum</i> (L) Merr. & Perry	Myrtaceae	Unopened Flower bud	Essential oil is used as an anodyne (painkiller) for dental emergencies. It has been reported as antibacterial, antioxidant, antiperspirant, carminative, deodorant, digestive, stimulant, stomachic,
12	Coriander	<i>Coriandrum sativum</i> L.	Apiaceae	Leaf & Fruit	Used as a spice in cooking. Coriander is used in the disorders of digestive, respiratory and


					urinary systems as it has diaphoretic, diuretic, carminative and stimulant activities
13	Cubeb (<i>kabāb chīnī</i>) 	<i>Piper cubeba</i> L.f.	Piperaceae	Fruit	Used as spice in some middle east dishes. It has been used in traditional medicines for various disorders like urogenital diseases, gonorrhoea, dysentery, syphilis, abdominal pain.
14	Cumin/Caraway 	<i>Cuminum cyminum</i> L.	Umbelliferae (Apiaceae)	Creomocarpic fruit	Used as an indispensable spice in almost all curry preparations. Also used as poultice.
15	Curry Tree or Sweet Neem Leaf (<i>karīpattā</i>) 	<i>Murraya koenigii</i> (L) Sprengel	Rutaceae	Leaf	It is especially flavouring agent in sambhar and dal preparation. It cannot retain flavour when dried. Only use fresh.
16	Fenugreek (<i>methi</i>) 	<i>Trigonella foenum-graecum</i> L.	Fabaceae	Leaves and Seed	It add specific flavor. Fenugreek is used for a variety of health conditions, including digestive problems, bronchitis, tuberculosis,
17	Garlic (<i>lahsun</i>) 	<i>Allium sativum</i> L.	Liliaceae/Alliaceae	Bulb	Flavouring spice. It has been used to treat all manner of illnesses including fevers, diabetes, rheumatism, intestinal worms, colic, flatulence, dysentery, liver disorders,



18	Asafoetida(<i>hing</i>) 	<i>Ferula asafoetida</i> L	Apiaceae	Oleogum resin from rhizome and thickened root	Used as flavouring agent. It is an age-old medicine for stomach problems including gas, bloating, irritable bowel syndrome
19	Mace (<i>jayatri</i>) 	<i>Myristica fragrans</i> Houtt.	Myristicaceae	Aril	It is a flavouring agent. Used in diarrhea, nausea, vomiting, stomach spasms and pain, and intestinal gas. It is also taken by mouth for treating cancer, kidney disease, increasing menstrual flow.
20	Ginger 	<i>Zingiber officinale</i> Rosc.	Zingiberaceae	Rhizome (stem)	Ginger is used as a spice in cookery and medicine. use as a carminative, diaphoretic, antispasmodic, expectorant,
21	Long Pepper 	<i>Piper longum</i> L.	Piperaceae	Fruit	Used as rich spice in meat preparation. Indian long pepper is used to improve appetite and digestion, as well as treat stomachache, heartburn, indigestion, intestinal gas, diarrhea, and cholera.
22	Mint 	<i>Mentha piperita</i> L	. Lamiaceae	Leaf	The plant is commonly used as a herbal agent in the treatment of loss of appetite, common cold, bronchitis, sinusitis, fever, nausea and vomiting, and indigestion.
23	White Pepper (<i>saphed mirch</i>)	<i>Piper nigrum</i> L.	Piperaceae	Seed after removal of fruit wall	People take white pepper by mouth to treat upset stomach, diarrhea, a specific bacterial infection that causes diarrhea (cholera), malaria, and cancer.

					
24	Nutmeg (jaiphal) 	<i>Myristica fragrans</i> Houtt.	Myristicaceae	Seed	Used in 'Biryani' preparation. It is used for diarrhea, nausea, stomach spasms and pain, and intestinal gas. They are also used for treating cancer, kidney disease, and trouble sleeping (insomnia)
25	Poppy Seed (posto/khas khas) 	<i>Papaver somniferum</i> L.	Papaveraceae	Seed	In foods, poppy seed is used to make cakes, pastries, filling, glaze, or porridge.
26	Capsicum (<i>simalā mirch</i>)	<i>Capsicum annuum</i> L.	Solanaceae	Fruit	Most heavily consumed spices throughout the world. Alternative medicine for the treatment of inflammation, diabetes, low back pain
27	Red Chilli(<i>lal mirch</i>)	<i>Capsicum annuum</i> L.	Solanaceae	Fruit	Most heavily consumed spices throughout the world. Alternative medicine for the treatment of inflammation, diabetes, low back pain
28	Saffron (kesar) 	<i>Crocus sativus</i> L.	Iridaceae	Stigma	World's most expensive spice. Flavouring for rice.
29	Nigella Seed (kala jira)	<i>Nigella sativa</i> L.	Ranunculaceae	Seeds	It is regarded as an aromatic, carminative, diaphoretic, digestive, diuretic,

					
30	Indian Bay Leaf, Bay Leaf (<i>tej patta</i>) 	<i>Cinnamomum tamala</i> (Buch Ham) Nees & Eberum	Lauraceae	Bark&Leaf	Both Indian bay leaf and bay leaf are similar and called as Tej Patta in Hindi.
31	Sesame Seed (<i>til</i>) 	<i>Sesamum indicum</i> L.	Pedaliaceae	Seeds	Sesame seeds are a good source of healthy fats, protein, B vitamins, minerals, fiber, antioxidants, and other beneficial plant compounds.
32	Sha Jira 	<i>Elwendia persica</i> (Boiss.) Pimenov & Kljuykov	Apiaceae		Sweet, floral and smokey cumin and anise-like flavour. Smaller in size than regular cumin. Often mistaken as Caraway seed.
33	Star Anise (<i>chakra phul</i>) 	<i>Illicium verum</i> Hook.	Illiciaceae	Fruit	Exotic, Chinese-influenced flavours
34	Tamarind (<i>imli</i>)	<i>Tamarindus indica</i> L.	Caesalpiniaceae	Fruit	It is commonly used to impart sour taste in cooking. It has important role in traditional medicine. In beverage form, it was commonly used to treat diarrhea, constipation, fever and peptic ulcers.

					
35	Celery / Radhuni Seed 	<i>Apium graveolens</i> L.	Apiaceae	Leaf, Fruit & Stem	It is a great source of important antioxidants. It supports digestion. It is rich in vitamins and minerals with a low glycemic index.
36	Dill 	<i>Anethum graveolens</i> L.	Apiaceae	Fruit	Dill seeds can be used whole or crushed, and are often used in bread, soups, vegetable dishes, and pickles.
37	Cassia	<i>Cinnamomum cassia</i> .Blume	Lauraceae	Bark	It is used as a flavoring agent.
38	Kokam 	<i>Garcinia indica</i> Choisy	Clusiaceae	Rind	The extract and rind as curry condiment. It prescribed for edema, rheumatism, delayed menstruation, constipation and other bowel complaints, and intestinal parasites
39	Parsley 	<i>Petroselinum crispum</i> Mill.	Apiaceae	Leaf	Parsley leaves used as salad and has been used as a source of certain vitamins and minerals.

40	Pomegranate	<i>Punica granatum</i> L.	Punicaceae	Seed	Protects us from free radicals. Seeds are loaded with beneficial nutrients.
41	Vanilla 	<i>Vanilla planifolia</i> Andr.	Orchidaceae	Pod	The bean (fruit) is commonly used to make flavoring, but it is also used to make medicine.
42	Holy Basil (tulsi)	<i>Ocimum sanctum</i>	Lamiaceae	Leaves	It is used to treat many conditions, including H1N1 (swine) flu, diabetes, the common cold, headache, fever, stress, upset stomach,
43	Sweet flag	<i>Acorus calamus</i> L.	Araceae	Rhizome	Used in some soup preparation. It gives instant relief in stomach problems. Stimulate the Blood Circulation.
44	Greater Galanga	<i>Alpinia galanga</i> Willd.	Zingiberaceae	Rhizome	Used as flavouring agent. It is Rich in antioxidants.
45	Caper	<i>Capparis spinosa</i> L.	Capparidaceae	Flower buds	They are commonly used in salads, pasta salads, meat dishes, and pasta sauces.
46	Camboge	<i>Garcinia cambogia</i> (Gaertn).Desr	Clusiaceae	Rind	Known as the Malabar tamarind, is a popular weight-loss supplement. It blocks body's ability to make fat.
47	Hyssop	<i>Hyssopus officinalis</i> L.	Lamiaceae	Leaf	It is used for digestive and intestinal problems including liver and gallbladder conditions.
48	Lovage	<i>Levisticum officinale</i> Koth.	Apiaceae	Leaf & Stem	Used in some dishes. It is used as “irrigation therapy” for pain and swelling lower urinary tract, for prevention of kidney stones,
49	Marjoram	<i>Marjorana hortensis</i> Moench.	Lamiaceae	Leaf	It is commonly used for runny nose, coughs, colds, infections, and various digestion problems.
50	Basil	<i>Ocimum basilicum</i> L.	Lamiaceae	Leaf	Basil is used for stomach spasms, loss of appetite, intestinal gas.
51	Allspice	<i>Pimenta dioica</i> (L) Merr.	Myrtaceae	Fruit & Leaf	It is used for indigestion (dyspepsia), intestinal gas, abdominal pain, heavy menstrual periods, vomiting, diarrhea, fever, colds, high blood

					pressure, diabetes, and obesity.
52	Rosemary	<i>Rosmarinus officinalis</i> L.	Lamiaceae	Leaf	It has been recommended for its positive effects on human fertility.
53	Sage	<i>Salvia officinalis</i> L.	Lamiaceae	Leaf	Sage is used for digestive problems, including loss of appetite, gas (flatulence).
54	Savory	<i>Satureja hortensis</i> L.	Lamiaceae	Leaf	It has carminative, aphrodisiac, antifungal, and expectorant property.
55	Thyme	<i>Thymus vulgaris</i> L.	Lamiaceae	Leaf	Thyme is a Mediterranean herb with dietary, medicinal, and ornamental uses.
56	Oregano 	<i>Origanum vulgare</i> L.	Lamiaceae	Leaf	Used in some Italian dishes for the remedy of acne, athlete's foot, dandruff, ringworm.
57	Tarragon	<i>Artemisia dracunculus</i> L.	Asteraceae	Leaf	Used in some dishes. It is used to treat digestion problems.