



Curry leaf



Kingdom : Plantae

Order : Sapindales

Family : Rutaceae



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General Information



○ Cure Diarrhoea

Research [4] conducted by Ashish Pagariya and Maithili, V. concluded that the carbazole alkaloids present in curry leaves have anti-diarrheal properties. Experiments on lab rats showed that carbazole extracts from curry leaves had significantly controlled castor oil-induced diarrhoea. A bunch of curry leaves can be ground up and the paste can be eaten or the juice of the leaves can be consumed.

○ Gastrointestinal Protection

Use of curry leaves is recommended as a cure for gastrointestinal issues in Ayurveda. One important use is due to the fact that they are considered to possess mild laxative properties. You can make juice out of a bunch of curry leaves and add lime juice, and consume the mixture to cure indigestion. A paste made from the leaves can also be added to buttermilk and taken every morning on an empty stomach to serve the same function.

Medicinal Uses



○ Antioxidant Properties

Research studies conducted by Mylarappa B. Ningappa et al. at Jawaharlal Nehru Center for Advanced Scientific Research, Molecular Parasitology and Protein Engineering Laboratory in Bengaluru, India have indicated that curry leaves are a good source of antioxidants. The presence of various vitamins like vitamin A, vitamin B, vitamin C and vitamin E help in reducing oxidative stress and free radical scavenging activity. They are also available in dried powder form.

○ Anti-diabetic Properties

Perhaps one of the biggest health benefits of curry leaves is its use in diabetes control. Research conducted by the Department of Biochemistry and Molecular Biology at the University of Madras, Chennai showed that the anti-hyperglycemic properties of the leaves were beneficial in controlling blood glucose level in diabetic rats.

○ Fight Cancer

The chemical constituents found in curry leaves such as phenols are helpful in fighting cancers such as leukaemia, prostate cancer, and colorectal cancers. Research on these leaves at the Department of Medical Chemistry at the Meijo University, Japan showed evidence of cancer-fighting properties in the carbazole alkaloids extracts from curry leaves.

Medicinal Uses



○ Lower Cholesterol Levels

Curry leaves are also known to reduce LDL or bad cholesterol levels. Studies conducted at the Department of Biochemistry at the University of Kerala, India have shown that they have the potential to reduce LDL cholesterol levels.

○ Hair Care

Curry leaves are believed to help in strengthening hair roots. Dry curry leaf powder mixed with oil can be applied to your hair. The paste from curry leaves can also be applied in cases of grey-hair. Doing these on a regular basis can improve hair growth as well.