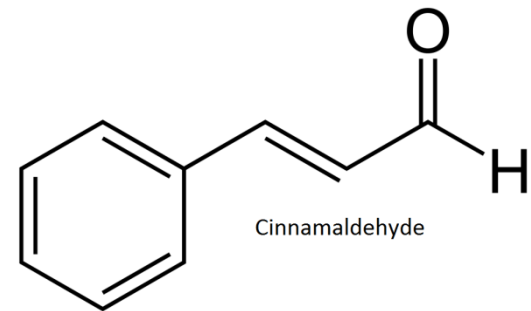
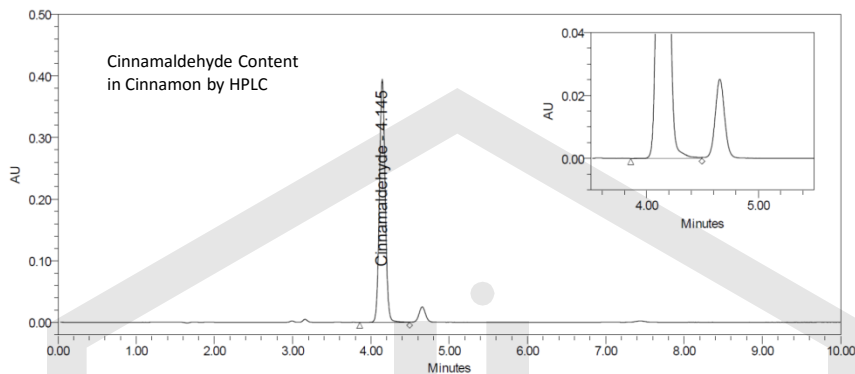




## Plant of the Month

By Jonathan Crellin, Alkemist Labs  
\\NAS\station15\Plant of the Month\



## Chemistry

Cinnamon contains volatile oils of cinnamaldehyde, eugenol, and *trans*-cinnamic acid. Difference species vary greatly in the amounts of each component. Its effectiveness as a medicine and spice can be mostly attributed to the main active compound cinnamaldehyde. Other components of cinnamon include phenolic compounds, tannins, catechins, and proanthocyanidins.

## History/Traditional Use

Cinnamon dates back to about 2800 BC where it can be found referenced as kwai in Chinese writings. It has been a popular cooking spice in many cultures for centuries. It also has a history of use as a folk medicine by many ancient societies. In addition to medicine, it was used by the Romans to burn during funerals, the Egyptians drank it and used it in the embalming process, and it was used in meats to mask the smell of decay and retard bacterial growth.

# Cinnamon

## *Cinnamomum sp.*



## Sales

Manufacturing: \$14,300,00 (14<sup>th</sup>)  
Consumer: not in top 20 botanicals

## Pharmacology

The cinnamaldehyde in cinnamon is used as a carminative and stomachic component in herbal compounds such as fluidextracts, tinctures, and essential oil. It also appears as a component of multi-herb cough, cold, and fever formulas. In traditional medicine it has been used for bronchitis, gastrointestinal problems, loss of appetite, and control of diabetes, as well as a variety of other conditions.

## Botany/Preparation

Cinnamon comes from the bark of trees native to Southeast Asia. "True" cinnamon is Sri Lanka cinnamon (*C. zeylanicum*), but most cinnamon produced today is Chinese cinnamon (*C. cassia*). Other species include Indonesian cinnamon (*C. burmannii*) and Vietnamese cinnamon (*C. loureiroi*). The outer bark is scraped off and left to dry. It eventually curls into quills, and in true cinnamon, these quills are rolled together for the final product. These can then be ground into powder or extracted for essential oils.



## References

1. <https://unitproj.library.ucla.edu/biomed/spice/index.cfm?displayID=5>
2. <https://nccih.nih.gov/health/cinnamon>
3. <http://cms.herbalgram.org/expandedE/Cinnamonbark.html>
4. <http://www.indepthinfo.com/cinnamon/>