

Benefits of coriander juice

Coriander throughout history

Pliny mentioned that the best types of coriander that came to Italy were from Egypt. Archaeologists in Egypt found two baskets of coriander in the tomb of Tutankhamun, where coriander was presented as gifts in the Pharaonic tombs.

Pliny described its use for widespread ulcers, burning, carbuncles, ear ulcers, tearing from the eyes, and also for increasing women's milk.

The doctors of the Pharaohs attributed to coriander the property of expelling worms from the intestines, and excessive use of it was used as a sleeping pill.

Coriander was mentioned in the Hearst Papyrus as part of his description of a topical treatment for fractures, a topical analgesic for irritated inflammatory conditions, and for treating uterine prolapse, removing disorders, and expelling gases.

Abu Bakr al-Razi said that coriander is useful against cases of frequent urination, urine dripping, and colds, and is also useful for cases of stomach acidity.

The German constitution authorized the use of coriander against loss of appetite and problems of indigestion. The Chinese use coriander to treat loss of appetite, measles, colon problems and rheumatism. In Indian medicine, coriander is used to treat nosebleeds, coughs, bladder problems, vomiting, amoebic dysentery and dizziness.

Precautions for drinking coriander juice

There is no harm, noting that it is not recommended to take it with medications if you are taking them, and remember that moderation in everything is a cure for everything.



Coriander (in English: Coriander) is known by some as coriander or cilantro, and its scientific name is *Coriandrum sativum* (in English: *Coriandrum sativum*) is an annual herbaceous plant with a strong aromatic smell, reaching a height of 60 cm. It has finely cut upper leaves, small white or carnation-colored flowers, and produces small, semi-circular fruits, yellow to brown in color.

Helps control blood sugar

Consuming coriander juice is beneficial for those who have a problem with blood sugar levels. The plant has the ability to enhance the activity of a unique enzyme in the body that can eliminate sugar from the blood. Therefore, people with high blood sugar levels can consume coriander seeds to achieve a stable level and protect themselves from the risk of other diseases.

Adds antioxidants to the body

Drinking coriander juice benefits the body by increasing the level of antioxidants that can fight inflammation and free radicals that are responsible for cell damage.

Good for heart health

It may also help reduce heart disease fueled by high blood pressure and bad cholesterol levels. Due to its diuretic effect, the elements in coriander can help remove excess sodium from the body.

Protects brain health

It works to protect brain health, due to its anti-inflammatory properties, as coriander juice can help maintain many diseases such as Parkinson's disease, Alzheimer's disease, and others. In addition, coriander may also help treat anxiety problems in people and improve memory function.

Promotes digestion

One of the most common and well-known benefits of coriander juice today is its effect on intestinal health. It can also prevent abdominal pain and relieve the discomfort caused by bloating.

