

A REVIEW STUDY ON ANTIOXIDANT POTENTIAL AND HEALTH BENEFITS OF CUMIN

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ABSTRACT

Cumin (Cuminumcyminum) is a significant and popular spice locally called as 'zeera' that is utilized for culinary purpose owing to its unique fragrant impact. Cumin is a classic and widely used spice from Middle Ages since it was a symbol of love and loyalty. Cumin (Cuminumcyminum) seeds are derived from the plant Cuminumcyminum, native from East Mediterranean to South Asia belonging to the family Apiaceae-a part of the parsley family. The proximate analysis of the cumin seeds shows that they include fixed oil, volatile oils, acids, essential oils, protein and other components. Cumin includes several essential components such as pinene, cymene, terpinene, cuminaldehyde, oleoresin, thymol and others that have proven their effectiveness against different illnesses. It is a vital source of energy, boosts immune system, provides protection against various illnesses. The total phenolic content of methanolic extracts of various cumin types (cumin, black cumin and bitter cumin) vary from 4.1 to 53.6 mg/g dry weight. In this thorough study, emphasis is on the nutritional, antioxidant and pharmacological characteristics of cumin.

KEYWORDS: *Antioxidant potential, Cumin, Cuminumcyminum, health benefits, Seed.*

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