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## Curry plant



Kannada Caribou

Curry Leaves

The curry tree (*Murraya koenigii*) is a tropical to sub-tropical tree in the family Rutaceae (the rue family, which includes rue, citrus, and satinwood), which is native to India and Sri Lanka.

Its leaves are used in many dishes in India, Sri Lanka, and neighboring countries. Often used in curries, the leaves are generally called by the name 'curry leaves', although they are also literally 'sweet neem leaves'

in most Indian languages (as opposed to ordinary neem leaves which are very bitter and in the family Meliaceae, not Rutaceae).

### Scientific classification

Kingdom: Plantae

(unranked): Angiosperms

(unranked): Eudicots

(unranked): Rosids

Order: Sapindales

Family: Rutaceae

Genus: *Murraya*

Species: *M. koenigii*

a) classification-leaves

b) flowers

c) ripe and unripe fruit

It is a small tree, growing 4–6 m (13–20 feet) tall, with a trunk up to 40 cm (16 in) diameter. The aromatic leaves are pinnate, with 11–21 leaflets, each leaflet 2–4 cm (0.79–1.57 in) long and 1–2 cm (0.39–0.79 in) broad. The plant produces small white flowers which can self-pollinate to produce small shiny-black berries containing a single, large viable seed. Though the berry pulp is edible—with a sweet but medicinal flavor—in general, neither the pulp nor seed is used for culinary purposes.

The species name commemorates the botanist Johann König. The genus Murray commemorates Swedish physician and botanist Johan Andreas Murray who died in 1799.

Compounds found in curry tree leaves, stems, bark, and seeds contain cinnamaldehyde, and numerous carbazole alkaloids, including mahanimbine and girinimbine

Curry leaves are natural flavoring agents with a number of important health benefits, which make your food both healthy and tasty along with giving it a pleasant aroma. They contain various antioxidant properties

and have the ability to control diarrhea, gastrointestinal problems such as indigestion, excessive acid secretion, peptic ulcers, dysentery, diabetes, and an unhealthy cholesterol balance. They are also believed to have cancer-fighting properties and are known to protect the liver.

Curry leaves have always been sought after for their unique flavor and usefulness in cooking, but there are also a number of health benefits that make them highly appealing. The leaves can be dried or fried, depending on the intended use. The fresh form is also very popular, both for cooking and herbal medicines. In Ayurvedic medicine, curry leaves are believed to have several medicinal properties. They are considered to have anti-diabetic, antioxidant, antimicrobial, anti-inflammatory, anti-carcinogenic, and hepatoprotective (capability to protect the liver from damage) properties. The roots are used for treating body aches and the bark is used for snake bite relief.

The leaves, with their vast herbal properties, are used in various local cuisines across India and other parts of Asia as flavoring agents. Curry leaves resemble 'neem' or Indian lilac and their name in most Indian languages translates to 'sweet neem'.

## Curry Leaves Nutrition Facts

The main nutrients found in curry leaves are carbohydrates, energy, fiber, calcium, phosphorous, iron, magnesium, copper, and minerals. It also contains various vitamins like nicotinic acid and vitamin C, vitamin A, vitamin B, vitamin E, antioxidants, plant sterols, amino acids, glycosides, and flavonoids. Also, nearly zero fat (0.1 g per 100 g) is found in them.

The other chemical constituents present in curry leaves are carbazole alkaloids. Research studies held by the Department of Home Economics at Kenmei Women's Junior College in Hyogo, Japan showed that alkaloids found in the leaves possess antioxidant properties. Carbazole alkaloids include mahanimbine, murrayanol, mahanineoenimbine, O-methylmurrayamine A, O-methylmahanine, isomahanine, bismahanine and bispyrayafoline. Further studies conducted at the Department of Horticulture at Michigan State University suggested that these chemicals have insecticidal and antimicrobial properties as well, specifically mosquitocidal properties.

## Health Benefits of Curry Leaves

Most people think that curry leaves just add flavor to the food and they throw the leaves away while eating their soup or curry. However, they are far more important than many people realize, and they offer a number of health benefits without any side effects.

Cure Diarrhea

Gastrointestinal Protection

Antioxidant Properties

Anti-diabetic Properties

Fight Cancer

Lower Cholesterol Levels

Hair Care

Good for Eyesight

Radioprotective and Chemo-protective

Protect Against Pathogen Attack

Protect the Liver

Skin Care

How to store curry leaves?

You should remove the curry leaves from the stems, wash them, and pat them dry. Place them on a large plate with a sieve or mesh cover and set the leaves out in the sun for 2-3 days. Store the dry leaves in a plastic container; you can even keep them in the fridge and simply get one whenever you need!

