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Curry leaf and its health benefits

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Introduction

The curry tree, Murraya koenigii or Bergera koenigii, is a tropical and sub-tropical tree in the family Rutaceae (the rue family, which includes rue, citrus, and satinwood), native to Asia.(Louis St,2019).The plant is also sometimes called sweet neem, though M. koenigii is in a different family to neem, Azadirachta indica, which is in the related family Meliaceae.

(en.m.wikipedia.org/wiki/curry_leaf)

Origin

Curry Leaf (Murraya koenigii) is native to South Asia famous among various cuisines for its flavor and aroma.(Bhusal D et al,2021)

Size and Shape

It is a small tree, growing 4 – 6 metres (13 – 20 ft)) tall, with a trunk up to 40 cm (16 in) in diameter. The aromatic leaves are pinnate, with 11 – 21 leaflets, each leaflet 2 – 4 cm (3⁄4 – 1+1⁄2 in) long and 1 – 2 cm (1⁄2 – 3⁄4 in) broad. The plant produces small white flowers which can self-pollinate to produce small shiny-black drupes containing a single, large viable seed. The berry pulp is edible, with a sweet flavor. (Parmar C et al,1982) Murraya koenigii may be utilized to alleviate the symptoms of a variety of diseases as evident from the pre-clinical data.(Reddy B.M et al ,2018).

Medicinal Importance

Murraya koneigii (Curry Leaves/Kadhi Patta/Mitha Nimba/Giri Nimba) is one such medicinally important herb which is widely used as spice, condiments and also used to treat various diseases in India .It is a staple in Indian dishes and is well known for its subtle flavor and used confidently in daily cooking

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Curry leaves contain many important ingredients like carbohydrates, proteins, fibres, calcium, phosphorus, iron, magnesium, copper, minerals and vitamins like nicotinic acid, vitamin B, C, A and E, antioxidants, plant sterols, glycosides and flavonoids. The oil is used externally for bruises, eruption, in soap and perfume industry (Prajapati et al., 2003).

Herbal drugs being relatively low cost with minimal side effects are used extensively in treating various diseases since ages. Curry Leaf occupies a huge space in traditional Ayurveda medicine. Small deciduous shrub with every part of medicinal properties and nutrition makes it a potential future industrial crop.Literatures suggest the antibacterial, antifungal, antiprotozoal activity of Murraya koenigii especially in leaf, stem, bark, and oil.(Bhusal D et al,2021)

Murraya koenigii one of the most common used herbs in various dishes as flavouring agent, besides its flavor it posses numerous medicinal properties which makes it unique from other herbs.(Verma N et al,2022).

External applications of the leaves have been beneficial in bruises, eruption, and to treat bites of poisonous animals. The leaves being bitter, acrid and cooling have been shown to have cooling, anthelmintic and analgesic action. It is known to cure piles, reduce body heat, thirst, inflammation, and itching. The branches of Murrya koenigii are used to strengthen gums, popularly used to clean teeth as dat. (Gupta et al., 2011). It is traditionally used as a whole or in parts as antiemetics, antidiarrheal, febrifuge, blood purifier, antifungal, depressant, anti-inflammatory, body aches, for kidney pain and vomiting (Rana et al., 2004; Kumar et al., 1999; Purohit et al., 2009;Iyer et al., 1990; Nutan et al.,1998).

Due to richness in polyphenols, terpenens saponins its mouth wash can reduce the viral load of SARs-COV2 (Math et.al 2020)

It has been revealed hepatoprotective against ethanol induced hepatotoxicity.Pre treatment with curry leaves extract may replenish Curry leaves extract acts as immunomodulatory agents acts by stimulating humoral immunity and phagocytic function (Shah et.al (2008).

Pre treatment with curry leaves extract may replenish cardiomyocytes and promote the defence against dox-orabicin induced cardiotxicity(Jaysinghe et. al 2012).

Root juice consumption gives renal pain relief (Nishan Subramaniam 2015).

Posses significant hypoglycemic potential in STZ- induced diabetic in rats. It’s more effective than gibenclamide a known antidiabetic drug. Mahanimbine has been observed to decrease the blood sugar in mice. (Arul Selvan et. al 2006)

Ether extract from curry leaves reported to decrease the cancer cells in mice (Ghosh et. al 2012).

Its ethanolic extract has been found to have the highest antioxidant and free radical scavenging achrity (Ningappa et. al 2008). The importance of this beneficial plant should be emphasized and the bioactive components of Murraya koenigii should be analyzed further and, an extensive research and development work should be undertaken on the plant and its products for better economic and therapeutic utilisation. (Reddy B.M et al,2018).

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