

Coriander Seed Oil: More Than Just a Spice

What Is Coriander Seed Oil?

Coriander seed oil is extracted from the fruit (seed) of coriander (*Coriandrum sativum* L.), which is from the parsley plant family. However, there might be some confusion between coriander and cilantro. Coriander and cilantro are similar, but have several differences.

The word “coriander” technically describes the whole plant, but depending on geography, coriander and cilantro have different descriptions. In the United Kingdom, the leaves of the plant are called coriander and the seeds are called coriander seeds. In the United States, the leaves are called cilantro and the seeds are called coriander. However, in India, it is called dhania.

Coriander seed is considered one of the earliest spices in the world. It was used for culinary and medical purposes in Babylonian times. It was also mentioned in the Bible, and was found in tombs of pharaohs as a symbol of eternal love.¹ Coriander seed oil’s color is clear to pale yellow color and has a medium consistency. It emits a pungent yet sweet, woody fragrance.

Uses of Coriander Seed Oil

Since coriander is a known spice, coriander seed oil is used to enhance the flavors of confectionary, seasoning, and sodas.² It’s also used as a flavoring agent for tobaccos, gin, and liquors.

Coriander seed oil is also making a name outside the kitchen. A clinical study from Germany’s University of Hamburg Medical Center was made and confirmed that an ointment blended with six percent coriander seed oil helps treat athlete’s foot.³ Because of its strong, sweet aroma and fresh vibe, coriander oil is also a valued ingredient in perfumes and soaps.⁴

Composition of Coriander Seed Oil

The major component of coriander seed essential oil is linalool, constituting to up to 50 percent of the oil. The other chemical components are decylaldehyde, borneol, geraniol, carvone, and anethole.⁵

Benefits of Coriander Seed Oil

Coriander seed oil has many health benefits, which are attributed to its properties, such as:

- **Aphrodisiac** – Ancient Egyptians used it in love potions. Its aphrodisiac property was even mentioned in *Arabian Nights*. Today, it is used to increase sexual drive. Coriander seed contains phyto-estrogen, which is in charge for stimulating sexual passion.⁶ It also helps with [erectile dysfunction](#) and temporary impotence.
- **Antibacterial** – Coriander seed oil acts as deodorant by eliminating [bad breath](#) as well as body odor. It inhibits the odor-causing bacteria in the mouth and sweat glands.
- **Carminative and Digestive** – This essential oil eases digestive issues such as indigestion, upset stomach, and [flatulence](#). Recent study also shows that coriander seed oil helps fight bacteria that cause food poisoning.⁷
- **Analgesic** – Coriander seed oil also aids in reducing pain. It can be used to treat toothache, [muscle pain](#), and menstrual pain.
- **Stimulant** – This essential oil acts as stimulant for people who are feeling low. It also has a calming effect on those who suffered shock or trauma.⁸
- **Anti-spasmodic** – Coriander seed oil is widely used by athletes because it helps relieve muscle spasm and cramps.

Coriander oil contains estrogen, which helps women overcome [menstrual pain](#). Many women also find this essential oil helpful during their menopausal stage.⁹

How to Make Coriander Seed Oil

Coriander seed essential oil is obtained from the fruit of the plant through the process of steam distillation.

How Does Coriander Seed Oil Work?

There are different ways to maximize the use of coriander seed oil. It can be used topically, aromatically, as well as through ingestion. I recommend the following applications of coriander seed oil:

- Mix the essential oil with water and use it as a mouthwash to prevent bad breath.
- Use it as a massage oil to relieve stiffness as well as promote blood circulation. Massage the affected area with 10 drops of coriander seed oil and five milligrams of sesame oil. This mixture helps alleviate muscle pain, indigestion, digestive problems, and flatulence.
- After using it as massage oil, add two drops of coriander seed oil in bathing water to increase libido.
- Add two to three drops of coriander seed oil in a burner. Its aroma has a refreshing and calming effect.
- Apply directly on your back for digestive difficulties. It can also be taken internally by mixing a small amount with water and honey to alleviate digestive issues. Honey is optional as it is simply used to enhance the taste.

Is Coriander Seed Oil Safe?

Please be aware of the ingestion rate and quantity of this essential oil. Unless approved by your health care physician, I advise against using this essential oil orally.

In addition, it would be best to avoid this essential oil while pregnant because it has mild stimulating effects.

It's always best to do a skin patch test when using coriander seed oil (or any essential oil), since it's highly concentrated and may have an adverse effect on the skin.

Side Effects of Coriander Seed Oil

Coriander seed essential oil is known to be non-irritating and non-toxic. However, if taken in excessive amount, it can dull your senses.

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