



**Sri Satya Sai Murlidhar Ayurvedic College & Hospital**  
**Moga (Punjab) -142001**

**TEJPATRA**

**Botanical Name :** *Cinnamomum tamala*

**Family :** Lauraceae

**Introduction :**

This plant is cultivated. North and South region of India using different plants as tamalapatra. Cinnamon, common name for several related trees of the laurel family, and for a spice made from the dried bark of the trees. The best-known species is native to Sri Lanka; it is cultivated in many other tropical countries in Southeast Asia and elsewhere, but that grown in Sri Lanka is superior in taste. The tree, which usually grows up to 12 m (40 ft) high, is cultivated to grow four to five stems. When the bark begins to turn brown, the stems, which may be about 2.5 m (about 8 ft) tall and 5 cm (2 in) in diameter at the base, are harvested and new ones are trained to grow in their place. After the tree is stripped of leaves and twigs, the inner and outer bark is removed. As the bark dries, it forms rolls (quills), the smaller of which are inserted into the larger, and when fully dry, these are tied in bundles for shipment.

**Names in different Indian languages :**

**Hindi :** Jangalidalchini

**Malayalam :** Edana, vayana, vazhana

**Tamil :** karrapa

**Morphology :**

Medium sized tree, bluish bark, aromatic

Leaves – simple, opposite, ovate-lanceolate, glabrous, aromatic.

Flower – yellowish

Fruit – drupe

Seed- single seeded.

**Distribution & Habitat :**

Cultivated all over India

**Chemical constituents :**

Cinnamaldehyde, Eugenol, tetrahydroxyflavandiol, diterpenes, cinnzeylanin and cinnzeylanol.

**Properties :**

RASA- katu, kashaya

Guna- laghu

Virya- ushna

Vipaka- katu

**Karma :** deepana, pachana, krimighna appetizer, diaphoretic, diuretic

**Internal uses :**

**Digestive system :** Indigestion, loss of appetite, colic and diarrhoea.

**Reproductive system :** It is used in uterine inertia, It also helps fertilization and overcomes habitual abortion.

It is useful in postpartum amenorrhoea. Bark decoction is used in gonorrhoea.

**Indication :-** Splenomegaly, hepatomegaly, colic

**Part used :** Leaves, bark

**Dosage :** 2-4 g.

**Therapeutic Uses :-** Powder useful in indigestion