

Cinnamon: A Journey from Traditional Flavor to Modern Health Applications**Dilip Ghosh, PhD, FACN**

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Cinnamon (*Cinnamomum verum*; *C. zeylanicum*) is a small evergreen tree, 10-15 meters tall, belonging to the family Lauraceae, native to Sri Lanka and South India. These plants are economically important due to their broad uses in the food and pharmaceutical industries. Cinnamon has been explored for medicinal use in the last decade; this presentation will discuss its journey in different health domains. Cinnamon consists of a variety of resinous compounds, including cinnamaldehyde, cinnamate, cinnamic acid, and numerous essential oils. The health benefits of cinnamon in clinical situations have been explored over the last decade. Numerous in vitro and in vivo studies in animals and humans have demonstrated an array of beneficial health effects, such as anti-inflammatory, anti-microbial, reducing cardiovascular disorders, boosting cognitive function, and reducing risk of colonic cancer. But there is still a lack of well-designed, randomized, placebo-controlled trials (RCTs) to substantiate these in vitro and animal results. A few recent well-designed RCTs in allergic rhinitis and chemotherapy-induced weight loss and alopecia strengthened understanding of the medicinal properties of cinnamon.

Cinnamon bark research has moved many miles ahead from culinary use as a spice and traditional medicinal use. Several of its medicinal properties and safety are now validated through modern scientific methods. These include anti-diabetic, anti-inflammatory, cardioprotective, and neurological disorders. The true multifaceted clinical potential of cinnamon polyphenols has surfaced only recently with clinical evidence for immune/allergic inflammatory conditions such as allergic rhinitis and chemotherapy side effects.

Biography

Dr. Dilip Ghosh has received his PhD in biomedical science from India & post-doc from USDA-ARS, HNRCA at Tufts University, Boston. He is an international speaker, facilitator and author and professionally associated with Nutriconnect, & Trigonella Labs, Australia; Adjunct-Industry Fellow, NICM Health Research Institute, Western Sydney University. He is a fellow of American College of Nutrition (ACN), professional member of Australian Institute of Food Science & Technology (AIFST), an advisor and executive board member of Health Foods and Dietary Supplements Association (HADSA), & The Society for Ethnopharmacology, India (SFE-India) and also in editorial board of several journals. His research interest includes oxidative stress, bioactive, clinically proven functional food and natural medicine development, regulatory and scientific aspects of functional foods, nutraceuticals and herbal medicines. He has published more than 100 papers in peer reviewed journals, numerous articles in food and nutrition magazines and books. His most recent two books, "Pharmaceutical to Nutraceutical: A Paradigm shift in disease prevention" & "Natural Medicines-Clinical efficacy, Safety and Quality" under CRC Press, USA has been published in 2017 & 2019. His latest book, "Nutraceutical in Brain Health & beyond" is just published by Elsevier/Academic Press. renu998@gmail.com

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