PERFECT HERBS

Herb Monograph Latin Name: Coriandrum sativum semen

Common Name: Coriander Seed

Primary Action	Carminative
Secondary Actions	Mild laxative, Anxiolytic, antimigraine, analgesic, diuretic, cardioprotective, antimicrobial, stomach tonic, hypolipidemic
System Affinities	CNS, gastrointestinal, endocrine
Conditions Treated	Laryngastrointestinaltis (gargle), vomiting, metabolic syndrome, CV disease, headache, insomnia, anxiety, epilepsy, memory loss, varicocele and hot inflammation of testicular vessels (topical), OCD, mental disorders, dizziness, hoarseness, reduced semen, low libido, bad breath
Constituents	Phenylpropenes, terpenoids, isocoumarins, phytosterols, fatty acids
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	seed
Can Be Substituted With	N/A
Pairs Well With	N/A

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