



## Coriander

Latin names: Coriandrum sativum

French names: Coriandre, Cilantro (feuilles)

Other English names: Cilantro (leaves)

Extracted from: dried fruits

Light and easy anti-infective treatment for the digestive system. Very easy to use: lick one drop off your hand to gain appetite. Hangover after party, bees in your head? Coriander stops them - honestly! Lick 2 or 3 drops off your hand and you'll be fit again. Fresh, oriental, lemony. Fun to use in cooking: in sauces for meat or tofu dishes, dips or pancakes. To use if a curry is too hot, too spicy (subtle Indian philosophy about the balance between the 6 tastes).



### **The plant, its legends and its botany**

Coriander is an annual umbelliferous which grows fast. It can easily grow up to one meter high. The shape of its leaves varies greatly different depending on which level they grow: the bottom ones are flat, unfolded and bright green, the upper ones are filiform, delicate.

Coriander has had different uses all around the world. And yet there are similar traditions in populations who certainly couldn't communicate via webcam or the Internet. The Celts and the Mayans both used it to wrinkle secrets out of their enemies. We all "ouch" in our seats wondering what they would do... Elixirs to make opponents have painful and excruciating contortions? Or maybe some kind of clever, yet dangerous, blend? Not at all: they massaged them with it.

"Is that all?" Yes, Coriander makes one speak the truth. Well, we can already imagine it being applied onto partners... Why not after all? But as we are sometimes a little less sensitive to energetic influences in the first place than we were a few hundreds of years ago (due to chemical or electromagnetic pollution, hectic life...) the spell might as well not work... Never mind, this intimate moment will surely do you good by offering a soft, quiet and tender time.

Anyway, a good meal may follow consequently. With curry? There is coriander in curry. A small cigar? A lot of coriander is used to flavour tobacco. With a drink? Chartreuse, Benedictine and number of therapeutic liqueurs made by monks massively contain coriander. And if it doesn't, one can still do what the Egyptians did and have some the day after an excessive consumption of something else. One can also use it the Moroccan way: for exorcism... Well now, how about a simple massage with coriander, just for fun?!

### **Energetic properties**

Develops communication so that it is not influenced by emotions.  
Calms obstinate thoughts.  
Encourages you to speak the truth.  
Brings verbal creativity.  
Clears the brain and mind.  
Increases discernment.  
Protects from and turns away bad spirits.

### **Chakras**

5th chakra  
3rd chakra

### **Doshas**

Stimulates Vata upright  
Kapha's obstination  
Alleviates Pitta

### **Elements**

Air

### **Standard chemotype**

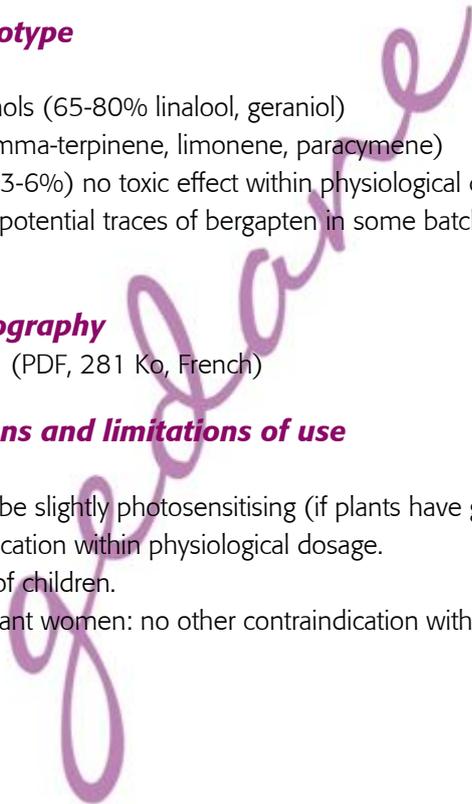
Seeds (fruit):  
Monoterpene alcohols (65-80% linalool, geraniol)  
Monoterpenes (gamma-terpinene, limonene, paracymene)  
Ketones (camphor 3-6%) no toxic effect within physiological dosage.  
Furanocoumarins: potential traces of bergapten in some batches (our oils' photosensitisation potential is always tested)

### **Batch chromatography**

Batch COR2001/9 (PDF, 281 Ko, French)

### **Contraindications and limitations of use**

Seeds oil:  
Some batches can be slightly photosensitising (if plants have grown without enough sun or if cropped too soon).  
No other contraindication within physiological dosage.  
Keep out of reach of children.  
Children and pregnant women: no other contraindication within physiological dosage.



---

The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep up to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way.  
Texts: external consultant Marc Ivo Böhning and Geraldine Viatte