

Cinnamon Bark – The Warming Sweetheart & Circulatory Catalyst

Botanical Profile

- Latin Name: *Cinnamomum verum* (syn. *C. zeylanicum*)
- Alternative Names: True Cinnamon, Ceylon Cinnamon
- Plant Family: Lauraceae
- Parts Used: Bark
- Origin: Native to Sri Lanka and Southern India

Cinnamon Bark is a warming, aromatic spice that has been treasured in herbal medicine for centuries. Beyond its culinary appeal, it acts as a stimulant, digestive, antimicrobial, and blood sugar balancer. At Peridotflow, we see Cinnamon as a loving inner fire—one that restores warmth to cold systems, awakens stagnant circulation, and wraps the spirit in comfort and sweetness.

Improves Circulation and Warms Cold Conditions

Cinnamon is a potent circulatory stimulant, increasing blood flow to the peripheries and warming the body from the inside out. It is especially helpful for those who feel cold, sluggish, or stagnant—especially Vata and Kapha types. This action makes it ideal in cases of cold extremities, fatigue, and menstrual cramps caused by poor circulation. Its sweet warmth is also emotionally uplifting, promoting a sense of inner comfort and movement.

Balances Blood Sugar and Supports Metabolic Health

Cinnamon Bark is renowned for its ability to balance blood sugar levels and improve insulin sensitivity. It helps moderate post-meal blood glucose spikes, making it an excellent herb for those managing prediabetes, insulin resistance, or metabolic syndrome. Its sweet but non-glycaemic nature also satisfies sugar cravings, which can support more stable eating patterns and energy levels.

Supports Digestive Function and Relieves Gas

As a carminative and aromatic stimulant, Cinnamon soothes digestive discomfort, bloating, and flatulence. It supports the movement of food through the digestive tract while warming cold, cramping bowels. It is particularly beneficial for those with slow or weak digestion marked by cold, tension, and dampness. Cinnamon also has mild antimicrobial properties, which can help address imbalances in the gut flora.

Combats Infections with Antimicrobial Action

Cinnamon contains powerful volatile oils that have antimicrobial, antifungal, and antiviral effects. It has been traditionally used to help ward off colds, flu, and fungal overgrowths

such as Candida. Cinnamon's warming nature helps fight infection by boosting circulation and reducing internal cold and damp conditions—making it a powerful ally in seasonal blends and acute care formulas.

Supports Menstrual Health and Reduces Cramps

In traditional medicine, Cinnamon Bark is used to stimulate and regulate menstruation, particularly when periods are delayed or painful due to cold stagnation. It relieves menstrual cramps by increasing circulation to the uterus and reducing spasms. Its warming and comforting energy is ideal for emotionally cold or withdrawn states often accompanying premenstrual symptoms.

Folklore & History

Cinnamon was once more valuable than gold and was regarded as sacred in ancient Egyptian, Greek, and Roman cultures. It was used in religious rituals, embalming, and as an anointing oil. Its warm scent and golden-brown colour linked it to solar energy, sacred fire, and divine sweetness. In traditional Chinese and Ayurvedic medicine, Cinnamon was revered for restoring Yang energy, stoking digestive fire, and harmonising the heart.

Traditional Usage

Cinnamon Bark is used in teas, tinctures, decoctions, and culinary preparations. Often blended with other warming and digestive herbs to enhance absorption and comfort. Used traditionally in chai blends, herbal wines, and menstrual remedies.

Herbal Actions

Carminative, Circulatory Stimulant, Antimicrobial, Antispasmodic, Astringent, Hypoglycaemic

Energetics & Tissue States

Temperature: Warming

Moisture: Drying

Tissue States: Cold, Damp, Stagnant, Tense

Active Compounds

- Cinnamaldehyde – circulatory stimulant, antimicrobial
- Eugenol – anti-inflammatory, antiseptic
- Tannins – astringent
- Flavonoids – antioxidant

Dosage & Preparation

- Tea: 1–2 sticks or ½ tsp powdered bark per cup, simmer 10–15 mins
- Tincture: 1–3 ml up to 3x daily
- Culinary use: as a warming spice in food and drink
- Capsules: follow product-specific dosing

Safety & Contraindications

- Use Ceylon (True) Cinnamon to avoid high coumarin content in Cassia
- Avoid high doses in pregnancy (stimulating to uterus)
- May lower blood sugar – monitor if diabetic or taking hypoglycaemic meds
- Warming and drying – may aggravate Pitta or heat conditions in excess

Herbal Pairings

- Ginger – synergistic circulatory and digestive support
- Hawthorn – for heart and blood flow
- Licorice – to harmonise and moisten
- Orange Peel – for digestive stagnation
- Schisandra – for warming liver tonic blends

Peridotflow Perspective

Cinnamon is the hearthkeeper—reigniting the flame when the body's inner fire has grown cold. We use her when there is stagnation, emotional withdrawal, or a sense of internal damp chill. She sweetens the bitter, uplifts the sluggish, and comforts the tired. For many, Cinnamon marks the turning point—when warmth returns and movement flows again.