

Coriander Seed – The Gentle Harmoniser & Digestive Whisperer

Botanical Profile

- Latin Name: *Coriandrum sativum*
- Alternative Names: Cilantro Seed, Dhania (Hindi)
- Plant Family: Apiaceae
- Parts Used: Seeds (fruits)
- Origin: Native to Southern Europe, North Africa, and Western Asia

Coriander Seed is a cooling, sweet, and aromatic herb that gently calms the digestive system, clears heat, and balances the whole body. Unlike its leafy counterpart cilantro, the seed carries earthy wisdom and harmonising energy. At Peridotflow, we turn to Coriander Seed when the gut needs soft encouragement, the liver needs cooling, and the mind longs to unwind from tension and heat.

Soothes Digestive Discomfort and Reduces Bloating

Coriander Seed is a traditional carminative—soothing gas, cramping, and bloating with its aromatic oils. It helps stimulate gentle digestive flow while calming spasms and discomfort, especially in those with heat or tension-based digestive patterns. It is suitable for sensitive tummies and often paired with other carminatives like fennel or cardamom to ease after-meal fullness.

Cools Excess Heat and Inflammation in the Body

Coriander has a natural cooling property, making it helpful for Pitta-type imbalances such as acid reflux, hot flushes, or burning sensations in the gut or skin. It helps dispel internal heat while calming irritability and agitation, making it a valuable herb for emotionally fiery constitutions as well. Its cooling nature works on both a physical and energetic level, restoring equilibrium to hot or inflammatory conditions.

Supports Liver Function and Detoxification

Coriander Seed has mild hepatoprotective qualities, supporting liver function and aiding in gentle detoxification. It helps stimulate bile flow and ease liver stagnation, particularly where there is heat and irritability present. In Ayurvedic and Unani traditions, coriander is used to cool the liver and support the clearance of toxins through digestion and urination.

Relieves Urinary Tract Irritation and Promotes Flow

Coriander is mildly diuretic and soothing to the urinary tract. It can help relieve discomfort in mild urinary tract inflammation or burning urination caused by heat and acidity. Its

balancing nature supports fluid movement and tissue cooling, making it suitable for short-term use in urinary cleansing blends.

Calms the Mind and Supports Gentle Nervous Relaxation

Coriander Seed gently calms nervous tension, particularly where it affects the digestive or hepatic systems. It is grounding and softly relaxing, suitable for those who feel overheated, agitated, or restless—especially in the summer months or in Pitta-aggravated states. In teas or tinctures, it can soothe irritability and promote emotional ease without sedation.

Folklore & History

Coriander is one of the oldest cultivated herbs, with seeds found in ancient Egyptian tombs and referenced in biblical texts. In ancient Greece, it was used in perfumes, while in Ayurveda and Middle Eastern traditions, it was prized for digestive and cooling properties. Its name is derived from the Greek 'koriannon', and the scent was believed to dispel evil and purify the body and spirit. In many cultures, it symbolises peace, harmony, and internal cleansing.

Traditional Usage

Traditionally used in teas, spice blends, decoctions, and infused waters. Coriander Seed is commonly included in digestive spice mixtures such as chai, curry powders, and Ayurvedic formulas like triphala-infused drinks. Often steeped with fennel and cumin for cooling digestive infusions.

Herbal Actions

Carminative, Cooling Digestive, Diuretic (mild), Hepatoprotective, Antioxidant, Anti-inflammatory

Energetics & Tissue States

Temperature: Cooling

Moisture: Neutral

Tissue States: Hot, Tense, Dry/Irritated

Active Compounds

- Essential oils (linalool, borneol) – calming and antimicrobial
- Flavonoids – antioxidant and anti-inflammatory
- Phenolic acids – liver and cellular support

Dosage & Preparation

- Tea: 1–2 tsp crushed seed per cup, steep 10–15 minutes
- Tincture: 2–4 ml up to 3x daily
- Powder: ¼–½ tsp mixed with warm water or in food
- Culinary: Used as a digestive spice in curries, pickles, soups, and stews

Safety & Contraindications

- Generally safe in culinary and therapeutic doses
- May cause allergic reactions in rare cases
- Best avoided in very cold, depleted constitutions in excess
- Safe in pregnancy and breastfeeding in moderate amounts

Herbal Pairings

- Fennel Seed – digestive and carminative synergy
- Cumin – for gas and bloating
- Dandelion Root – gentle liver clearing
- Chamomile – for heat and restlessness
- Marshmallow Root – adds moistening and soothing properties

Peridotflow Perspective

Coriander Seed is the quiet harmoniser, softly guiding heat and tension out of the body with grace. We use her when the inner flame runs too hot—whether that’s in the gut, liver, bladder, or mind. She is a peacebringer, helping our clients digest the world with ease and let go of inner friction. In both physical and emotional excess, Coriander brings balance, breath, and clarity.