Curry leaves

The curry tree, Murraya koenigii or Bergera koenigii, is a tropical to sub-tropical tree in the family Rutaceae (the rue family, which includes rue, citrus, and satinwood), and is native to Asia.The plant is also sometimes called sweet neem, though M. koenigii is in a different family to neem, Azadirachta indica, which is in the related family Meliaceae.

Its leaves, known as curry leaves, are used in many dishes in the Indian subcontinent.

Etymology and common names

The generic name, Murraya, derives from Johann Andreas Murray (1740-1791), who studied botany under Carl Linnaeus and became a professor of medicine with an interest in medicinal plants at the University of Göttingen, Germany.

The specific name, koenigii, derives from the last name of botanist Johann Gerhard König.

Curry tree is also called curry leaf tree or curry bush, among numerous local names, depending on country.

Distribution and habitat

The tree is native to the Indian subcontinent. Commercial plantations have been established in India, and more recently Australia.

It grows best in well-drained soil that does not dry out, in areas with full sun or partial shade, preferably away from the wind. Growth is more robust when temperatures are at least 18 °C (64 °F).

Propagation

Seeds must be ripe and fresh to plant; dried or shriveled fruits are not viable. One can plant the whole fruit, but it is best to remove the pulp before planting in potting mix that is kept moist but not wet. Stem cuttings can be also used for propagation.

Uses –

The fresh leaves are an indispensable part of Indian cuisine and Indian traditional medicines. They are most widely used in southern and west coast Indian cooking, usually fried along with vegetable oil, mustard seeds and chopped onions in the first stage of the preparation. They are also used to make thoran, vada, rasam and kadhi. Chemical structure of girinimbine

The fresh leaves are valued as seasoning in the cuisines of South and Southeast Asia. In Cambodia, where the leaves are called sloek kontroap, the leaves are roasted and used as an ingredient in a soup, maju krueng. In Java, the leaves are often stewed to flavor gulai. Though available dried, the aroma and flavor are greatly inferior. The oil can be extracted and used to make scented soaps.

The leaves of Murraya koenigii are also used as an herb in Ayurvedic and Siddha medicine in which they are believed to possess anti-disease properties, but there is no high-quality clinical evidence for such effects.

Benefits

Curry leaves have properties that help to lower one's blood cholesterol levels. These shrubs, packed with antioxidants prevent cholesterol oxidation that produces LDL cholesterol (bad cholesterol). This raises the amount of good cholesterol (HDL) and protects from atherosclerosis and heart disease.

One of the advantages of curry leaves since the days of yore is that it helps digestion. It is thought that kadi patta has mild laxative properties in Ayurveda that help the stomach get rid of unnecessary waste.

Curry leaf research suggested that there were strong hepato-protective properties of the tannins and carbazole alkaloids present in the leaves. Also, when combined with vitamin A and vitamin C, its highly powerful anti-oxidative property not only prevent but also activates the organ to function more effectively.

It helps to resolve menstrual issues, gonorrhea, diarrhea and alleviate aches by integrating curry leaves into one's regular diet.

Anti-Diabetic Properties in Curry Leaves:

One of curry leaves' greatest health benefits is that it has the potential to regulate diabetes. Through using curry leaves in one's diet, insulin-producing pancreatic cells can be stimulated and covered.

References-

- https://en.wikipedia.org/wiki/Curry_tree
- https://www.healthline.com