

Viral diseases and Antiviral effect of *Cuminum cyminum* with special reference to Ajmer Rajasthan INDIA

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AJMER, RAJASTHAN, INDIA

Rajasthan is the western state of India. Ajmer is located in the center of Rajasthan, hemmed all sides by Aravalli hills. Ajmer has hot summer (49 0 C) followed by rainy season, winters temperature drops 2 0 C. Microbial diseases occur during March or September.

Cuminum cyminum belongs to family Apiaceae is a flowering plant indigenous to southwest Asia, Apinol compound is present in the seeds, it has insecticidal ,antimicrobial , antifungal ,

anticancer, Antiobesity, effects . it is used to treat leprosy, chicken

pox, measles, asthma, Influenza, respiratory diseases, ulcer and skin diseases. It is also used in cookery of many societies (used in Dahi wada, grounded India) It is also given to Females after delivery to increase milk production.

INTRODUCTION



Geographical identification of Ajmer

Rajasthan is western state of India. Ajmer is located in the center of

Rajasthan (INDIA) between 25 0 38 “ and 26 0 58 “ north 75 0

22” east longitude covering a geographical area of about 8481sq km hemmed in all sides by Aravalli hills . About 7 miles from the city is Pushkar lake created by the touch of lord Brahma. The Dargah of khawaja Moinuddin chisti is holiest shrine next to Mecca in the world. *Cuminum cyminum* belongs to family Apiaceae, It is biennial plant also known as Jeera,. Cuminaldehyde, Cymene, Teroenoides are volatile components of cumin oil. Jeera water is Popular drink prepared by boiling cumin seeds. It has Insecticidal, Antimicrobial, Antifungal, Anticancer, Antiobesity, effects. It is also used to treat leprosy, chicken pox, measles, asthma, respiratory diseases, ulcer and skin diseases. Its also given to females after delivery to increase milk production.

Classification of *Cuminum cyminum*

Kingdom - Plantae

Clade - Tracheophytes

Clade - Angeosperms

Clade - Eudicots

Clade - Asterids

Clade - Apiales

Family : Apiaceae

Genus : *Cuminum*

Species : *cyminum*

Methods

Two groups of 10-10 persons were made persons suffering from Flu.

1. Group I : 10 persons were not given Cuminum cyminum

2. Group II : 10 persons were given 2 gram per day Cuminum cyminum powder for 2 weeks.

Group II persons suffering from Influenza recovered faster than group I .

Observations and Results

Group II where Cuminum cyminum was given recovered Faster and less incidence of viral diseases. So it is concluded that Cuminum cyminum has antiviral qualities. Active compound is Apiol .

Conclusion

12 Cold and influenza diseases were observed and treated with Cuminum cyminum. Cuminum cyminum were effective antiviral medicine in most viral diseases. Other anti virals are zingiber officinale, Piper longum , Ocimum sanctum are other antivirals .

Summary

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Biography

Dr Rashmi Sharma is Associate Professor Ajmer She has 26 years teaching and Research experience. She has published more than 30 papers in International journals. She has attended more than 70 International and national conferences. 8 students has completed M. Phill under herguidance. 5 Students are doing PhD under her guidance.

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