ABSTRACT
Cinnamon has been used to alleviate indigestion, stomach cramps, intestinal spasms, nausea, and flatulence, and to improve the appetite, and treat diarrhea. A number of additional medicinal properties have been reported for cinnamon. In folk medicine it was used for treating rheumatism and other inflammations. Its mild anti-inflammatory, anti-spasmodic, and anti-clotting properties are believed to be due to its content of cinnamaldehyde. Cinnamon extracts are active against Candida albicans, the fungus responsible for vaginal yeast infection, and also Helicobacter pylori, the bacterium responsible for stomach ulcers. The antimicrobial properties of cinnamon are thought to be due to eugenol and a derivative of cinnamaldehyde. Cinnamon extracts have also inhibited the growth of cultured tumor cells. This effect may be due to the presence of procyanidins and eugenol in the bark extract. Cinnamon is also useful as a food preservative to inhibit the growth of common food-borne bacteria such as Salmonella and E coli. Cinnamon is highly beneficial in the treatment of several other ailments, including spasmodic affections, asthma, paralysis, excessive menstruation, uterus disorders and gomorrhoea. It is sometimes used as a prophylactic agent, to control German measles. The cinnamaldehyde component is hypotensive and spasmolytic, and increases peripheral blood flow. The essential oil of this herb is a potent antibacterial, anti-fungal, and uterine stimulant. The various terpenoids found in the volatile oil are believed to account for Cinnamon’s medicinal effects. Test tube studies also show that Cinnamon can augment the action of insulin. However, use of Cinnamon to improve the action of insulin in people with diabetes has yet to be proven in clinical trials.

INTRODUCTION
Cinnamon has traditionally been used to treat toothache and fight bad breath and its regular use is believed to stave off common cold and aid digestion. Cinnamon has been reported to have remarkable pharmacological effects in the treatment of Type 2 diabetes mellitus and insulin resistance. In traditional medicine, cinnamon has been used for digestive ailments such as indigestion, gas and bloating, stomach upset, and diarrhea. More recently, modern medical research has turned its eye on cinnamon and is coming up with some intriguing results. It also works amazingly on digestive disorders. It controls nauseate feeling that encourages digestion process. Add a tablespoon of powdered cinnamon in warm water and then drink the mixture. It is considered very effective on our digestive system.As it possesses very sweet aroma and beautiful fragrance it is used widely as mouth freshener.It helps in controlling severe headache. Many time, due to extensive exposure to cold, our head starts aching. In such circumstances, just prepare a paste by mixing powdered cinnamon with water. Apply this paste in your forehead. Let it remain for few minutes, your pain will be relieved in few minutes.Cinnamon is the best remedy on acne. You just need to make a paste of cinnamon powder and lime juice. Apply this paste on affected part and wash it after fifteen minutes. It cured pimples, blackheads, and acne. It is also known as a simple remedy to ward off the infections. Cinnamon has anti-clotting effect on blood thus it is stops bleeding. Indians knew about the therapeutic uses of this herb before the 8th century. Cinnamon can be used for natural birth-control. It has the remarkable effect of checking the early release of ova after child-birth. A piece of cinnamon taken every night for a month after child-birth delays menstruation for more than 15 to 20 months thus preventing early conception. It indirectly helps the secretion of breast milk. Prolonged breast feeding checks the restarting of menstruation after child-birth, according to
studies. Dried cinnamon leaves and inner bark are used for flavouring cakes and sweets and in curry powder. They are also used in incense, dentifrices and perfumes. Cinnamon bark oil is used for flavouring confectionery and liqueurs. It is also used in pharmaceutical and dental preparations. Cinnamon leaf oil is used in perfumes and flavouring as also in the synthesis of vanillin. Cinnamon contains some of the most diverse and effective antioxidants of all plants, making it a vital food in the control of oxidative stress. This makes it a viable alternative in treating the wide range of chronic diseases that are associated with oxidative damage.

BIOLOGICAL SOURCES
Cinnamon is a small tree that is native to Sri Lanka, India, Bangladesh, Egypt and Nepal. The name cinnamon is derived from a Greek word meaning sweet wood. Cinnamon is one of the oldest known spices that is widely used due to its distinct odor and flavor.

Scientific Name - Cinnamomum zeylanicum
Indian Name - Dalchini.
Properties - Astringent, stimulant, carminative, anti-infective, antifungal, digestive aid
Common Uses - Used as a flavoring for foods, it may aid digestion, and lessen the potential of food poisoning or food-borne disease.
Parts Used - Oil, bark

CHEMICAL CONSTITUTION
Cinnamon consist of moisture, protein, fat, fiber, carbohydrates and ash, besides calcium, phosphorous, iron, sodium, potassium, thiamine, riboflavin, niacin, vitamin C and A. It also contains an essential oil known as cinnamon oil. This oil consists of substantial amount of eugenol. The bark and green leaves also contain oil. The root bark oil differs from both stem bark and leaf oils.

Harvesting Cinnamon Bark:
Cinnamon bark is harvested by growing the tree for two years and then coppicing (cutting the trees and letting it grow again) it. After a year, about a dozen shoots will appear from the roots. These shoots are then stripped of their bark, which is left to dry. Only the thin (0.5 mm) inner bark is used; the outer woody portion is removed, leaving cinnamon strips that curl into rolls (“quills”) on drying. The quills are cut into 2 to 3 inch sticks or ground into powder. The ground cinnamon has a stronger flavor than the sticks, and can stay fresh for 6 months while the scrolls last longer. Both should be stored in a cool, dark, and dry place. Excessive heat harms its aromatic essential oils, and high humidity tends to cause caking in powdered cinnamon. After using close the cinnamon container tightly because prolonged air exposure causes loss of flavor and aroma.

HEALTH BENEFITS OF CINNAMON

HEART DISEASES:
Make a paste of honey and cinnamon powder, apply on bread, chappati, or other bread, instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that as age the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalizes the arteries and veins.

ARTHRITIS:
Take one part honey to two parts of lukewarm water and add a small teaspoon of cinnamon powder, make a paste and
massage it on the itching part of the body slowly. It is noticed that the pain recedes within a minute or two. Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon honey and half teaspoon cinnamon powder before breakfast, they found that within a week out of the 200 people so treated practically 73 patients were totally relieved of pain and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

HAIR LOSS:
Those suffering from hair loss or baldness, may apply a paste of hot olive oil, one tablespoon of honey, one teaspoon of cinnamon powder before bath and keep it for approx. 15 min. and then wash the hair. It was found to be effective even if kept on for 5 minutes.

BLADDER INFECTIONS:
Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

TOOTHACHE:
Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be applied 3 times a day till the tooth stops aching.

CHOLESTEROL:
Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10% within 2 hours. As mentioned for arthritic patients, if taken 3 times a day, any chronic cholesterol is cured. As per information received in the said journal, pure honey taken with food daily relieves complains of cholesterol.

Colds:
Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for 3 days. This process will cure most chronic cough, cold and clear the sinuses.

INFERTILITY:
Yunani and Ayurvedic Medicine have been using honey for thousands of years to strengthen the semen of men. If impotent men regularly take two tablespoon of honey before going to sleep, their problem will be solved.

COMMON USES OF CINNAMON:
Flavoring for soft drinks, teas, baked product (pastries, pies, donuts), oatmeal, toast, coffee, hot chocolate, etc. It is also used as ingredients in medicine formulas to improve the taste and aroma of the medicine. Cinnamon is also use in making perfume.

MEDICINAL BENEFITS:
Aside from cooking Cinnamon is also used for medicinal purposes. In traditional Chinese medicine, Cassia cinnamon is used for colds, flatulence, nausea, diarrhea, and painful menstrual periods. It's also believed to improve energy, vitality, and circulation. In Ayurveda, cinnamon is used as a remedy for diabetes, indigestion, and colds. It's a common ingredient in chai tea, and it is believed to improve the digestion of fruit, milk and other dairy products.

OTHER HEALTH BENEFITS:
1) Studies have been found that cinnamon supplement have beneficial effect on blood sugar, it may be because cinnamon contain a good amount of chromium, an essential trace mineral that helps in the action of insulin.
2) Cinnamon is used for treating rheumatism and other inflammations.
3) Cinnamon has antibacterial and antifungal properties. It's active against Candida albicans, the fungus that causes yeast infections and thrush, and Helicobacter pylori, the bacteria responsible for stomach ulcers.

4) Cinnamon extracts can also inhibit the growth of cultured tumor cells. This effect may be due to the presence of procyanidins and eugenol in the bark extract.

5) Cinnamon is also useful as a food preservative to inhibit the growth of common food-borne bacteria such as Salmonella and E. coli.

PRECAUTION:
- Taking cinnamon supplement together with the diabetes medication or any medication can make blood glucose levels dip too low. Always seek your doctor's approval before taking cinnamon supplement.
- Cassia cinnamon, in supplement form naturally contains a compound called coumarin. At high levels, coumarin can damage the liver. Coumarin can also have a "blood-thinning" effect, so cassia cinnamon supplements should not be taken by people taking prescription anti-clotting medication and by people with bleeding disorders.
- Some concentrated cinnamon oil are not intended for consumption, but instead are used for aromatherapy essential oils. This oil is very strong and an overdose can depress the central nervous system. People should not take the oil to treat a condition unless under the supervision of a health care expert.
- Pregnant women are advised to avoid taking cinnamon oil or large doses of the bark, since high doses can induce abortion.

THERAPEUTIC USES OF CINNAMON
1. It is an effective remedy for common cold. Coarsely powdered and boiled in a glass of water with a pinch of pepper powder and honey, it can be beneficially used in influenza, sore throat, and malaria. Its regular use during the rainy season prevents attacks of influenza. Cinnamon oil, mixed with honey, gives relief from cold.

2. Cinnamon checks nausea, vomiting and diarrhea. It stimulates digestion. A tablespoon of cinnamon water, prepared as for cold and taken half an hour after meals, relieves flatulence and indigestion.

3. It also serves as a good mouth freshener.

4. Cinnamon prevents nervous tension, improves complexion and memory. A pinch of cinnamon powder mixed with honey does the trick if taken regularly every night for these purposes.

5. Cinnamon is also used in the treatment of headache. Headache produced by exposure to cold air is readily cured by applying a paste of finely powdered cinnamon mixed in water on the temples and forehead. It is highly beneficial in the treatment of several other ailments, including spasmodic afflictions, asthma, excessive menstruation, paralysis, uterus disorders and gonorhea. It is sometimes used as a prophylactic agent, to control German measles.

6. Paste of cinnamon powder prepared with a few drops of fresh lime juice can be applied over pimples and blackheads with beneficial results. The medicinal uses of cinnamon is abound. It is used to improve digestion and also to provide relief from many digestive
disorders such as diarrhoea, flatulence and nausea. Studies have shown that cinnamon has the ability to regulate blood sugar and this property makes it useful as an herbal treatment for diabetes. According to a study, just 2.5 ml of cinnamon a day reduced the level of blood sugar in those suffering from type 2 diabetes. It also reduced levels of triglyceride, LDL cholesterol and the total cholesterol.

7. It is also effective in eradicating yeast infections that have become immune to other medications.

8. Consumption of cinnamon generates warmth in the system and as such is useful for people who have cold feet and hands. Cinnamon is also beneficial for those suffering from arthritis. A study was carried out in which arthritis patients were given one tablespoon of honey with half a teaspoon of cinnamon in powdered form, everyday before breakfast. The participants in the study reported a significant reduction in the pain in a very short period of time.

9. It also helps get rid of common cold, flu and headaches. Also, cinnamon has anti fungal and anti bacterial properties and is effective against the E.Coli bacteria that cause contamination in food. Topical applications prepared with cinnamon are used for healing minor skin infections.

10. The essential oil of the leaves has a warm and spicy fragrance that not only purifies the air but also reduces drowsiness and irritability. It also serves as an herbal aphrodisiac and an anti depressant. However, the oil is to be used only for the aroma and it is not meant for internal or external use.

HOME REMEDY OF CINNAMON
Cinnamon isn’t only a tasty addition to pumpkin pies and sticky buns! Mentions of the healing properties of this sweet spice go back several thousand years: the ancient Chinese and Egyptians used it extensively, and it is mentioned in the Old Testament.

Those ancient wise ones certainly knew a thing or two: cinnamon has many healing and aromatherapy benefits. Today, we can use cinnamon in many ways to keep our homes smelling and feeling sweet. Find out some of the fascinating ways you can use cinnamon, and what makes it so effective, here:

**Aromatherapeutic properties:**
Cinnamon makes one feel warm, safe, and protected. Wise Ones relied on the scent of cinnamon to promote contented and uplifted feelings.

**For the scientifically-inclined:**
Terpenoids are some of the healing compounds in cinnamon. One of these, cinnamaldehyde, is a potent antifungal and antimicrobial agent. And the diterpenes in the spice are thought to be anti-allergic.

**Home Remedy for Arthritis**
Cinnamon has recently been shown to act as a natural remedy for Arthritis pain.

**Home Remedy for Diabetes**
Research suggests that cinnamon may help treat Type 2 Diabetes by lowering blood sugar levels and increasing the amount of insulin production in the body.

**Home Remedy for Reducing Cholesterol**
Recent studies have shown that consuming small amounts of cinnamon can help reduce LDL cholesterol (the bad one). Simply eat half a teaspoon of cinnamon powder daily. The cinnamon can be added as a mild sweetener to coffee or tea.

**Home Remedy for Eliminating Headaches and Migraine Pain**
Cinnamon has been found to be an effective natural remedy for eliminating headaches and migraine pain.

**Home Remedy for Coughs and the Common Cold**
Chinese medicine has long used cinnamon as a natural remedy for coughs and the common cold. A simple herbal remedy for treating a sore throat is the following:
• Add a cinnamon stick to boiling water.
• Let boil for 2 minutes.
• Remove the cinnamon stick.
• Use the cinnamon water for any herbal tea, such as green tea.
• Drink this tea two times per day. If the cold persists for longer than 3 days, consult your doctor.

Home Remedy for Toothaches
Cinnamon has been known to help relieve toothache pain. Simply make a paste using five teaspoons of honey mixed with one teaspoon of cinnamon powder. Apply a small amount of this paste directly onto the aching tooth 2 or 3 times daily until the pain is relieved. You can store any extra paste in a small container at room temperature.

Here are a few ways you can put cinnamon to use in your home:
1. Stovetop simmering potpourri. Place a pot of water or cider on the stove and add 1 to 2 tablespoons ground cinnamon. Simmer, replacing liquid as necessary. This lovely stovetop potpourri banishes odors and replaces them with a deliciously homey fragrance.
2. Dry potpourri booster. Sprinkle a few drops of essential oil of cinnamon on any dry potpourri and place in a shallow bowl on a radiator, on top of the fridge, or where there is apt to be some walk-through traffic.
3. Easiest room freshener. A dish of ground cinnamon will fill the surrounding area with a sweet scent.
4. Lightbulb diffuser. Place a drop of essential oil of cinnamon on a cool lightbulb. When you turn on the lamp, the scent will be gently diffused throughout the room.
5. Room spray. Combine a few drops of essential oil of cinnamon with water or vodka and spritz the mixture in any room to dispel germs and odors.
6. Kitchen incense. Sprinkle a few grains of ground cinnamon on your electric stovetop burner. When you turn the burner on, the lovely scent of burning cinnamon will waft through the kitchen.
7. Homey trick for candles. Apply a few drops of essential oil of cinnamon to any beeswax taper or other candle before you burn it.
8. Sweet decoration. Anchor several cinnamon sticks in whole cloves or dried cranberries in a glass: this makes a pretty and sweet-smelling decorative element.
9. Holiday garland. You can string cinnamon sticks with dried cranberries and bay leaves to make a fragrant and attractive garland that will last for decades.
10. Pure and easy incense. Place a mound of ground cinnamon in an ashtray or other heatproof container. Light with a match.
12. Bay Rum and Cinnamon Aftershave. Not only does this have a delightful spicy scent, it also has antibacterial properties, and the cinnamon helps stop bleeding from little nicks and cuts.

Healing and Curative Properties
Cinnamon leaves are used in the form of powder or decoction. They are stimulant and useful in relieving flatulence and in increasing secretion and discharge of urine. Cinnamon prevents nervous tension, improves complexion and memory. A pinch of cinnamon powder mixed with honey does the trick if taken regularly every night for these purposes.

Common Cold
Cinnamon is an effective remedy for common cold. Coarsely powdered and boiled in a glass of water with a pinch of
pepper powder and honey, it can be beneficially used as medicine in cases of influenza, sore throat, and malaria. Its regular use during the rainy season prevents attacks of influenza. Cinnamon oil, mixed with honey, gives relief from cold.

**Digestive Disorders**
Cinnamon checks nausea, vomiting and diarrhea. It stimulates digestion. A tablespoon of cinnamon water, prepared as for cold and taken half an hour after meals, relieves flatulence and indigestion.

**Bad breath**
Cinnamon serves as a good mouth freshener.

**Headache**
Headache produced by exposure to cold air is readily cured by applying a paste of finely powdered cinnamon mixed in water on the temples and forehead.

**Acne**
Paste of cinnamon powder prepared with a few drops of fresh lime juice can be applied over pimples and blackheads with beneficial results.

**Other Diseases**
Cinnamon is highly beneficial in the treatment of several other ailments, including spasmodyc afflictions, asthma, paralysis, excessive menstruation, uterus disorders and gonorrhea. It is sometimes used as a prophylactic agent, to control German measles.

**Other Uses**
Natural Birth-Control: Cinnamon can be used for natural birth-control. It has the remarkable effect of checking the early release of ova after child-birth. A piece of cinnamon taken every night for a month after child-birth delays menstruation for more than 15 to 20 months thus preventing early conception. It indirectly helps the secretion of breast milk. Prolonged breast feeding checks the restarting of menstruation after child-birth, according to studies. Dried cinnamon leaves and inner bark are used for flavoring cakes and sweets and in curry powder. They are also used in incense, dentifrices and perfumes. Cinnamon bark oil is used for flavoring confectionery and liqueurs. It is also used in pharmaceutical and dental preparations. Cinnamon leaf oil is used in perfumes and flavorings as also in the synthesis of vanillin.

**SIDE EFFECTS OF CINNAMON**
Some recent studies in Europe have shown that cinnamon derived from the Cassia plant contains a toxic compound known as **Coumarin**. This compound is known to cause liver and kidney damage in high concentrations. Since the powdered cinnamon that we purchase in our supermarkets is typically derived from the Cassia plant, it is important to avoid consuming high doses of it. Since cinnamon has an anti-clotting effect on the blood, caution should also be exercised when it is used in combination with other blood-thinning products such as aspirin. Large quantities of cinnamon should also be avoided during pregnancy due to the possibility of adverse effects on the uterus. Anyone that is currently taking medication for controlling blood sugar levels or blood thinners should consult their doctor before using cinnamon as a regular supplement.

**SCIENTIFIC STUDIES ON THE HEALTH BENEFITS OF CINNAMON**
Recently researchers have begun to take a new look at cinnamon. One of the studies followed sixty people with type 2 diabetes for a six week period of time. Each of the subjects in the study was given between one
and six grams of cinnamon per day in pill form. Six grams is approximately one-fourth a teaspoonful.

1. Studies have shown that just 1/2 teaspoon of cinnamon per day can lower LDL cholesterol.
2. Several studies suggest that cinnamon may have a regulatory effect on blood sugar, making it especially beneficial for people with Type 2 diabetes.
3. In some studies, cinnamon has shown an amazing ability to stop medication-resistant yeast infections.
4. In a study published by researchers at the U.S. Department of Agriculture in Maryland, cinnamon reduced the proliferation of leukemia and lymphoma cancer cells.
5. It has an anti-clotting effect on the blood.
6. In a study at Copenhagen University, patients given half a teaspoon of cinnamon powder combined with one tablespoon of honey every morning before breakfast had significant relief in arthritis pain after one week and could walk without pain within one month.
7. When added to food, it inhibits bacterial growth and food spoilage, making it a natural food preservative.
8. One study found that smelling cinnamon boosts cognitive function and memory.
9. Researchers at Kansas State University found that cinnamon fights the E. coli bacteria in unpasteurized juices.
10. Recent studies have determined that consuming as little as one-half teaspoon of Cinnamon each day may reduce blood sugar, cholesterol, and triglyceride levels by as much as 20% in Type II diabetes patients who are not taking insulin it is mildly carminative and used to treat nausea and flatulence. It is also used alone or in combination to treat diarrhea.

11. The results showed that all of the subjects, no matter what the amount they were given, benefited from the addition of cinnamon to their diet. Blood sugar levels balanced out and cholesterol levels overall were lower. The results, published in the Diabetes Journal showed the following:
   - Total cholesterol was reduced by 12 to 26 percent
   - LDL cholesterol was reduced by 7 to 27 percent
   - Triglycerides were reduced by 23 to 30 percent
   - Fasting blood glucose was reduced by 18 to 29 percent

**Other Studies on Cinnamon**

Cinnamon was shown to reduce lymphoma and other types of cancer cells. This study was done by the United States Department of Agriculture in Maryland.

At Copenhagen University a combination of cinnamon and honey was given to arthritis patients each morning before breakfast. In a short period of time the patients being studied reported significant pain relief. Many patients stated that within a month on this therapy they were walking pain free for the first time in years.

In a Kansas State University lab researchers discovered that cinnamon will fight E. coli bacteria in unpasteurized juice. More research is being done on the significance of this in food safety.

**Other Health Benefits of Cinnamon**

Cinnamon is also thought to be active against the following:

- Candida albicans (yeast infections)
- Helicobacter pylori (bacteria that causes ulcers)
- Anti-clotting effect on the blood
- Natural food preservative
- Smelling cinnamon essential oil boosts memory
- Protects the colon against cancer
- Anti-inflammatory
Protects against coronary artery disease
- Effective against head lice when the essential oil is added to shampoo
- Protects against stroke

**Cinnamon Essential Oil**

Cinnamon is available as an essential oil as well. It can be used as any essential oil; in a diffuser, mixed with a carrier oil for massage, or as a spray. As an essential oil cinnamon is used for:

- Low blood pressure
- Stress
- Constipation
- Lice
- Rheumatism

It is important that cinnamon oils not be taken internally because ingestion of these concentrated oils can cause death.

**Drug Interactions and Cautions**

A snicker doodle cookie or cinnamon roll is not going to be enough to cause problems. For the health benefits of cinnamon, however, you will need to supplement in a higher or therapeutic dose. If you decide to try to take therapeutic doses of cinnamon you should always talk to your health care provider first. Cinnamon in large doses can interact with the following medications:

- Diabetes medication
- Coumadin and other anti-clotting medications

You should also stay away from therapeutic doses of cinnamon if you have the following conditions:

- Bleeding disorders
- Pregnancy
- Within three weeks of surgery.

**CONCLUSION**

The plant contains many types of chemical nutrient which is very helpful in curing many ailments. The cinnamon uses and cinnamon health benefits are mentioned from the era of mosses. It is widely used for medicinal purpose such as: Cinnamon bark contains antiseptic properties that help to prevent infection by killing decay-causing bacteria, fungi, and viruses. One German study showed that the use of cinnamon bark suppressed the cause of most urinary tract infections and the fungus responsible for vaginal yeast infections. It is also helpful in relieving athlete's foot. Cinnamon bark is a frequent ingredient in toothpaste, mouthwash, and other oral hygiene products because it helps kill the bacteria that causes tooth decay and gum disease. Inflammations of the throat and pharynx may be relieved through its use. Cinnamon bark promotes menstruation. It has been used to treat menstrual pain and infertility. Women in India take it as a contraceptive after childbirth. Other conditions in which cinnamon bark may be helpful include fevers and colds, coughs and bronchitis, infection and wound healing, some forms of asthma, and blood pressure reduction.

**REFERENCE**


