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Coriander (*Coriandrum sativum*): A promising functional food toward the well-being

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Abstract

Coriandrum sativum (*C. sativum*) or coriander is one of the most popularly used spices in culinary worldwide, and its medicinal values has been recognized since ancient time. *C. sativum* contains bioactive phytochemicals that are accounted for a wide range of biological activities including antioxidant, anticancer, neuroprotective, anxiolytic, anticonvulsant, analgesic, migraine-relieving, hypolipidemic, hypoglycemic, hypotensive, antimicrobial, and antiinflammatory activities. The major compound, linalool, abundantly found in seeds is remarked for its abilities to modulate many key pathogenesis pathways of diseases. Apart from the modulating effects, the potent antioxidant property of the *C. sativum* provides a key mechanism behind its protective effects against neurodegenerative diseases, cancer, and metabolic syndrome. This review shed light on comprehensive aspects regarding the therapeutic values of the *C. sativum*, which indicate its significance of being a promising functional food for promoting the well-being in the era of aging and lifestyle-related diseases.

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