CHAPTER

15

Role of turmeric and cinnamon spices in digestive, metabolic, and immune systems

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Introduction

Functional foods have grown in popularity in recent decades as consumers have picked meals not just for their nutritional content but also for their added health advantages. Since ancient times, spices, or natural food additives, have been essentially vital in the culinary skill of flavoring dishes. They are fragrant vegetable substances that increase the taste and flavor of our foods are usually used in whole, broken, or ground form. Thousands of years have passed since these esoteric food additives were first used. Spices have also been proven to have a variety of therapeutic benefits, and they have been successfully employed in different traditional medical systems in different parts of the world (Bhagya et al., 2017).

Spices have long been thought to help digestion by increasing salivary flow and gastric juice output (Glatzel, 1968). They can offer several minerals and micronutrients to the diet when used in bigger quantities, such as iron, magnesium, calcium, and many more (Laksita, 2021). They are not just culinary herbs that enhance the flavor of food but also possess a variety of bioactive components that are helpful to human health. However, the relatively small consumption levels of culinary herbs and spices do not necessarily imply that they are of limited value, since their high polyphenol concentration, and hence the potential biological impact of this content, cannot be overlooked.

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