

***Cinnamomum zeylanicum* Blume**



<b>Scientific Name</b>	<b><i>Cinnamomum zeylanicum</i> Blume</b>  (Synonym : <i>Cinnamomum verum</i> )
<b>Common Names</b>	Cinnamon, Ceyllon cinnmom tree, കറുവ
<b>Family</b>	Lauraceae
<b>Plant description</b>	<i>Cinnamomum zeylanicum</i> is an evergreen Tree growing to 10 m (32ft) by 10 m (32ft) at a slow rate. The leaves are ovate in shape and the flowers are arranged in panicles, have a greenish and a distinct odour. Fruit is a purple drupe containing a single seed. The flowers are pollinated by insects. It is noted for attracting wildlife. Suitable for: light (sandy), medium (loamy) and heavy (clay) soils and prefers well-drained soil. Suitable pH: mildly acid and neutral soils and can grow in very acid soils. It can grow in semi-shade (light woodland) or no shade. It prefers moist soil.
<b>Distribution</b>	Cinnamon is found widely in Sri Lanka but also grows in Malabar, Cochin-China, Sumatra and in Eastern Islands too. Besides India, it is also cultivated in Brazil, Mauritius, Jamaica and in other countries also.
<b>Uses</b>	Oil obtained from cinnamon bark is used in dental and pharmaceutical preparations. It is also used as food flavourings, alike to the stem bark and oil obtained from the leaves. Further, the bark is used to aid in digestion, relieve from headache, gastrointestinal and respiratory disorders, and as an aphrodisiac.
<b>Flowering and fruiting time</b>	Under West Coast conditions, cinnamon flowers in January and the fruits ripen during June-August.

