

Curry Leaf Profile

Also known as

Murraya koenigii, *Bergera koenigii*, and *Chalcas koenigii*, *Kari Pattha*, *Hojas de Curry*, *Feuilles de Cari*.

Introduction

Curry Leaf is from a small tropical tree from the citrus family that is native to India. Curry Leaf is reported to have medicinal properties and is widely used in Southeast Asian cuisine (especially in vegetarian dishes) much like bay leaves and has a strong smoky taste and flavor. The raw leaves can be eaten to ward off dysentery. Curry leaf should not be confused with curry seasoning blend, which is a mixture of herbs and spices.

Constituents

Curry Leaf contains 0.5 – 0.8% essential oil with a decrease as the leaves mature. In the essential oil, alpha and beta pinene and caryophyllene exist and these are also common in allspice, clove and cinnamon.

Parts Used

The leaves, whole or ground, fresh or dried.

Typical Preparations

Most often used in cooking, added to hot oil in the early stages of cooking to release its unique flavor. It can also be added to other herbs in teas, tinctures, or encapsulations. Add to cooking in moderation, to be used only in specific curries to provide specific tanginess.

Summary

Curry Leaf has been used in Asian countries for anti-nausea, as an analgesic, astringent, anti-dysenteric, antioxidant, to reduce fever, lower blood pressure, hypoglycemic, for improvement of vision, to treat night-blindness, and for regulation of fertility. A paste can be made with the leaves, bark, and roots that to repel insects. In Ayurvedic medicine, doctors advise a mixture of Curry Leaf blended with coconut milk and salt for Hepatitis patients, which clears the yellow eyes and purifies the liver. Curry leaf has been used to improve the functioning of the stomach and small intestines, as well as improve the quality of the digestive juices. Please note that the curry leaf does not come from the curry plant and is not responsible for the flavor of curry powder.

Precautions

None known