

**Dalchini / Tvak (*Cinnamomum zeylanicum* Blume)**

**Family:** Lauraceae

**Vernacular Names:** Hindi – Dalchini; Sanskrit – Tvak, Darusita, Varanga; Tamil – Karuvappadai; English – True Cinnamon, Ceylon Cinnamon

**Synonyms:** Svadvi, Mukhashodhana, Vanapriya, Saimhala, Bahugandha

**Ras Panchak:**

**Rasa:** Katu, Tikta, Madhura

**Guna:** Laghu, Ruksha, Tikshna

**Virya:** Ushna

**Vipaka:** Katu

**Prabhava:** Vata Kaphashamaka, Deepana, Pachana

**Amayik Prayog:** Mukhashodhana – mouth cleanser, Agnimandya, Aruchi, Chardi, Atisara, Kasa, Swasa, Peenasa. Enhances insulin receptor function. Antimicrobial.

**Matra:** Bark powder 1 - 3 g API. Oil 1 - 3 drops. Tea: 1 - 2 g bark/day for diabetes.

**Specific Formulation:** Ingredient of Trijataka, Chaturjata. Used in Sitopaladi Churna, Talisadi Churna, Lavangadi Vati.

**Chemical Composition:** Bark oil: Cinnamaldehyde 65 - 80%, Eugenol 5 - 10%, Linalool 7%, Caryophyllene 6.4%, Eucalyptol 5.4%. Also camphor, phellandrene, pinene, safrole.

