



Botanical name: *Cinnamomum zeylanicum*

Ceylori + Cassia varieties include *verum*, *assia*, *aromaticum*, *loureiroi*, *burmannii*

Family: Lauraceae (plants in the laurel family include red bay, bay leaf, magnolia, lotus)

Common name: Cinnamon [roots in latin as a term of endearment]

More names: Oloorun [Yoruba] قرفة/qarfa [Arabic], ilavankappattai [Tamil], canela [Spanish], akwa [Kichwa], True cinnamon, Pure cinnamon, Sri Lankan cinnamon, Mexican Cinnamon, Sweet cinnamon

Parts of the plant used: mesophyll layer/inner layer of the bark,* leaves, flowers, fruits, roots

When to harvest: only harvest a year old+ tree after a heavy rain/in the rainy season; harvesting a branch preserves the life of the tree longer than today's practice of cutting the tree down

Herbal actions:

aromatic, carminative, antioxidant, anti-inflammatory, astringent, demulcent, expectorant, digestive, diuretic, stimulant, antibacterial, antiviral, antifungal, antiparasitic, styptic, antidiabetic, anticancer, anti-coagulant, aphrodisiac

Active constituents:

volatile oil (up to 4% consisting of cinnamaldehyde, cinamyl acetate, cinnamyl alcohol, cuminaldehyde, eugenol, + methyleugenol), tannins, cinnzelanin, cinnzelanol, coumarin, methylhydroxychalcone polymers, eugenol, procyanidins, catechins

Habitat + ecology:

Oloorun grows in subtropical + tropical with full sunshine + moist soils with animals such as monkeys, civets, mongooses, deer, rodents, venomous snakes, toads, lizard + butterflies. To date their native origin is so called India, Nepal, Bhutan, Pakistan, Burma, especially to Sri Lanka.

Energy: Warming

Element: Fire

Taste: Sweet, Pungent

Ethnobotany (People + the plant ancestor):

- Pre-Islamic Arab trade* brought *ilavankappattai* to households across so called Africa + Europe in antiquity + now to so called Mexico, Central + South Americas for ritual, the mundane + culinary uses
- In Egyptian communities, *qarfa* was used for embalming potions, perfumes, incense + oils
- In Sri Lanka the Cassia variety is used for an eye remedy, as an anti-inflammatory, decongestion, + to stimulate menstruation + the urinary tract
- In Ayurveda cinnamon oil is used externally for rheumatism, aching joints + stiffness, while internally for toothaches, sore gums in facial steams for respiratory conditions, + heart disease
- Cinnamon has been used to preserve food, preventing spoilage + yeast build up
- An important ancestor in foods + spice blends, including Ras el Hanout blend [Moroccan], Tunisian Baharat [Middle East-N Africa] blend, Jamaican jerk seasoning, Asian five spice blend
- Presently we consume *Cinnamomum Aromaticum*, a Cassia cultivated in so called China + Indonesia



Plant magick:

- Eternal tree of tropical medicine
- High vibration opens their spirit to offer personal protection, connection to higher self + enhance psychic ability
- Bringer of strength
- Calling in wealth + abundance
- 9 sticks hung by doorway/laid on windows to protect your home from unwanted beings + energies [Maya, Hoodoo]
- Added to love spells [Hoodoo]
- Associated with the Sun, Leo, Wednesday + Orisha Oshun

Form: spirit, incense, powder/sticks, essential oil*

Medicinal uses:

- Facilitates the healing process
- Enhances the immune system's capacity to engage infections
- Supportive to heart health
 - Helps to thin the blood, supportive in preventing blood clots
 - Increases blood circulation—> generative to tissue growth, especially uterus
 - Removes toxic waste + impurities in the blood
 - Stops bleeding
 - May reduce cholesterol + blood sugar levels
 - A comrade in preventing + mitigating diabetes
- Associated to stimulate stagnation + damp conditions in the genitourinary system
 - Stimulates digestion
 - Calms an upset stomach, indigestion, nausea, vomiting, diarrhea, flatulence, aids acidity + morning sickness
 - Boost colon health [reducing the risk of colon cancer]
 - Nourish the kidneys
 - Relief from menstrual cramps + discomfort
 - May increase sexual energy + enhance fertility
- Promotes breast milk production
- Protection from free radicals, reduces the likelihood of cancers
- Treats Type 2 diabetes symptoms + metabolic diseases [reducing complications, morbidity, mortality]
- Affinity in promoting cognitive function + memory, supporting degenerative conditions such as Alzheimer's + Parkinson's
- Treats common cold, flu, influenza + sore throat
- Cassia varieties help fight against HIV-1
- Helps treat headaches + pains, including joint pain
- Combined with turmeric in Ayurveda to support eye health

***Contraindications:** Caution is using heart medication (including antiplatelet), in conditions that are exacerbated by GI stimulation (ie. Gastritis, hyperchlorhydria, GERD, biliary obstruction, acute cholelithiasis).

Recipes + Allies

Immune support: elderberry, echinacea, cat's claw, licorice root, ginger, oregano, garlic, medicinal mushrooms

Protection: garlic, lavender, basils, fennel, holly, aloe

Tonify your fires: chiles [food], ginger, ashwagandha, cornus berries, morinda, cistanche, schizandra, saw palmetto

Immunity boosting decoction

- 1 pinch cinnamon
- 1 part ginger root to improve circulation + vitality
- 1 part thyme for fatigue
- 1 squeeze of lemon
- 1 part licorice root for low immunity + building resistance to stress [sweet!]



Preparation:

tea, infusion, food/powder, extract

Recommended dose:

Acute condition: 1 dropperful to 2 oz of water 1-2x a day

Neurological support: 80 mg/kg at different time intervals (2, 4, and 6 h) after insult

Recommended to consume as a food regularly

Photos of the plant ancestor:



