

Cinnamon

August 29, 2023 • vajiramandravi.com



About Cinnamon:

- It is one of the earliest known spices mainly cultivated for the **dried inner bark of the tree**.
- It is a native of Sri Lanka and is cultivated in lower elevations of **Western Ghats in Kerala and Tamil Nadu**.
- It is a hardy plant and tolerates a wide range of soil and climatic conditions.
- **Soil and climate:**
 - The tree is grown on **laterite and sandy patches** with poor nutrient status.
 - It comes up well from sea level to an elevation of about 1,000 m.
 - Since it is mostly raised as a rainfed crop, an **annual rainfall of 200-250 cm is ideal**.
- **Health benefits**
 - Researchers observed that cinnamon and its **active components could mitigate oxidative stress**, decrease spread of cancer cells in the prostate gland.
 - They also observed beneficial effects on **bone mineral content and decrease in bone degeneration** in rats.

Q1) What is Bone degeneration?

Bone degeneration, also known as bone loss or osteoporosis, refers to the gradual weakening and deterioration of bone tissue, leading to an increased risk of fractures and other complications. It is a common condition, especially among older adults, and can have significant implications for an individual's overall health and quality of life.

Source: [New study says cinnamon may prevent prostate cancer; experts weigh in](#)

Source: <https://vajiramandravi.com/current-affairs/cinnamon/>

© Vajiram & Ravi. For personal use only.