Cinnamon

Cinnamomum verum

Code: XIM-T-016 **Location:** XIM University Campus **Local / Vernacular name:** ଦାଲଚନି

Description

XIM University campus biodiversity register (2026–27). Recorded individuals: 3; abundance rank: 29.

Botanical Details

Leaf habit: Evergreen Flowers / Fruits: Flower-Small, Yellowish to greenish-white Found in loose panicles (branched clusters) at the ends of twigs Mildly aromatic but not very pleasant in smell. Fruit-Drupe (fleshy fruit with a single seed)Ovoid, about 1–1.5 cm lon Turns dark purple to black when ripeSingle seed, not usually eaten directly but sometimes used for propagation Native range: True cinnamon (Cinnamomum verum) is native to Sri Lanka and the Malabar Coast of India.

Uses & Importance

Ecological: The small, clustered flowers of C. verum are rich in nectar, attracting bees, butterflies, and other beneficial insects. Birds may also feed on the fruit and use the dense canopy for light shelter in garden ecosystems.C. verum is often used in relay agroforestry systems, interplanted with crops like chili and beans. The cinnamon trees benefit from the cultivation practices and fertilizer applied to these annuals in their early growth stages, making it a smart choice in mixed farming systems

Medicinal: Improves insulin sensitivity and lowers fasting blood glucose, helping regulate blood sugar levels and potentially aiding in managing type 2 diabetes. Effective daily doses range from 1– 6 g (0.5–2 tsp) .Cinnamaldehyde, a principal compound, inhibits nitric oxide production, reducing inflammatory responses and offering relief for inflammation-mediated conditions

Cultural: In ancient Egypt, cinnamon was considered sacred employed in embalming rituals and offerings to deities, believed to purify spaces and honor the divine.Across the Middle East, North Africa, and India, cinnamon is a staple in both sweet and savory dishes. It represents hospitality, warmth, and cultural richness in festive meals and weddings

Location

GPS: 20.15860192, 85.76535449

Directions: https://www.google.com/maps/dir/?api=1&travelmode=walking&destination=20.15860192%2C85.76535449