

Health benefits of turmeric in our daily life

1. It is a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns.
2. When combined with cauliflower, it has shown to prevent prostate cancer and stop the growth of existing prostate cancer.
3. Prevented breast cancer from spreading to the lungs in mice.
4. May prevent melanoma and cause existing melanoma cells to commit suicide.
5. Reduces the risk of childhood leukemia.
6. Is a natural liver detoxifier.
7. May prevent and slow the progression of Alzheimer's disease by removing amyloid plaque buildup in the brain.
8. May prevent metastases from occurring in many different forms of cancer.
9. It is a potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects.
10. Has shown promise in slowing the progression of multiple sclerosis in mice.
11. Is a natural painkiller and cox-2 inhibitor.

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12. May aid in fat metabolism and help in weight management.
 13. Has long been used in Chinese medicine as a treatment for depression.
 14. Because of its anti-inflammatory properties, it is a natural treatment for arthritis and rheumatoid arthritis.
 15. Boosts the effects of chemo drug paclitaxel and reduces its side effects.
 16. Promising studies are underway on the effects of turmeric on pancreatic cancer.
 17. Studies are ongoing in the positive effects of turmeric on multiple myeloma.
 18. Has been shown to stop the growth of new blood vessels in tumors.
 19. Speeds up wound healing and assists in remodeling of damaged skin.
 20. May help in the treatment of psoriasis and other inflammatory skin conditions.

Turmeric medicinal uses

From many years awareness of turmeric and its use as medicine is continuously increasing. A flowering plant, Turmeric, in the ginger family, is commonly used as a food coloring and is one of the basic ingredients in curry powder. To heal many health disorders like liver problems, digestive disorders, treatment for skin diseases and wound healing turmeric has long been used in Medicinal as an anti-inflammatory. **Curcumin** is the active ingredient in turmeric which has been shown to have a wide range of therapeutic effects.

Digestive Disorders

Turmeric is considered as a digestive bitter and a carminative. It can be added into foods including rice and bean dishes to improve digestion, reduce gas and bloating. It is a cholagogue, stimulating bile production in the liver and encouraging excretion of bile via the gallbladder. This improves the body's ability to digest fats. For chronic digestive weakness and/or congestion turmeric is recommended. It can be taken as a single extract or in the form of digestive bitters, which combine turmeric with other bitter and carminative herbs. Turmeric is beneficial for people who feel tired after consuming meals or who experience gas and bloating. Whatever way turmeric is consumed it is beneficial to both the digestive system and the liver.

Liver Diseases

Turmeric is beneficial for its influence on the liver. In spring more consumption of herbs and foods can strengthen the liver. Turmeric shares similar liver protectant compounds that milk thistle and artichoke leaves contain. It is said to shrink engorged hepatic ducts, so it can be useful to treat liver conditions such as hepatitis, cirrhosis, and jaundice.

Cancer

Recent scientific research confirm that turmeric can cure host of diseases, also they found that turmeric restrain the growth of various types of cancer. Turmeric is used for the treatment of skin cancer or pre cancerous skin conditions. Both topical and internal uses are beneficial.

Atherosclerosis

Turmeric may helpful in preventing the blockage of arteries that can gradually cause a heart attack or stroke in one of two ways. Turmeric makes cholesterol levels low and inhibited the oxidation of LDL (bad cholesterol). Oxidized LDL deposits in the walls of blood vessels and contributes to the formation of atherosclerotic plaque. Turmeric may also prevent platelet build

up along the walls of an injured blood vessel. Platelets collecting at the site of a damaged blood vessel cause blood clots to form and blockage of the artery as well.

Osteoarthritis

Turmeric may help relieve the symptoms of osteoarthritis because of its ability to reduce pain and disability.

Menstrual problems of Woman

For women who experience monthly menstrual cramps, try using turmeric extract or bitters twice daily for two weeks prior to expected menstruation. Turmeric is an antispasmodic to smooth muscles so it reduces digestive and menstrual cramping. It should reduce the severity of pain, if not ease them completely. Certainly, diet and standard of living have a reflective influence on the menstrual cycle, but turmeric is a great addition.

Bacterial Infection / Wounds

Turmeric is useful as an external antibiotic in preventing bacterial infection in wounds.

Eye Disorder

Curcumin may prove to be as effective as corticosteroids in the uveitis (inflammation of the uvea, the middle layer of the eye between the sclera - white outer coat of the eye and the retina - the back of the eye) the type of eye disorder.

Other Health Disorders

Turmeric decreases congestion and inflammation from stagnant mucous membranes. Turmeric is anti-inflammatory to the mucous membranes, which coat the throat, lungs, stomach and intestines. Regular use of turmeric can benefit from Colitis, Crohn's disease, diarrhea, and post-giardia or post salmonella conditions. The itching and inflammation that accompanies hemorrhoids and anal fissures can reduce by use of turmeric. Turmeric can also benefit skin conditions including: eczema, psoriasis and acne, for those it is potent detoxifier.

"Turmeric gives the energy of the Divine Mother and grants prosperity of health. Turmeric is effectual for purification the chakras, as well as purifying the path of the subtle body."

Turmeric as healing properties

Besides flavoring food, to purify the blood and skin conditions remedy is probably the most common use of Turmeric in Ayurveda.

- ❖ The main organs that turmeric treats are the skin, heart, liver and lungs.
- ❖ Turmeric is used for epilepsy and bleeding disorders, skin diseases, to purify the body-mind, and to help the lungs expel Kapha.
- ❖ **Activities of Turmeric include:** Alterative, analgesic, antibacterial, anti-inflammatory, anti-tumor, anti-allergic, antioxidant, antiseptic, antispasmodic, appetizer, astringent, cardiovascular, carminative, cholagogue, digestive, diuretic, stimulant, and vulnerary.
- ❖ **Therapeutic uses of Turmeric:** Anemia, cancer, diabetes, digestion, food poisoning, gallstones, indigestion, IBS, parasites, poor circulation, staph infections, and wounds.

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- ❖ Turmeric helps to regulate the female reproductive system and purifies the uterus and breast milk, and in men it purifies and builds semen, which is counterintuitive for a pungent bitter.
 - ❖ Turmeric reduces fevers, diarrhea, urinary disorders, insanity, poisoning, cough, and lactation problems in general.
 - ❖ Turmeric is used to treat external ulcers that respond to nothing else. Turmeric decreases Kapha and so is used to remove mucus in the throat, watery discharges like leucorrhea, and any pus in the eyes, ears, or in wounds, etc.
 - ❖ In Ayurvedic cooking, turmeric is everywhere, this multifaceted wonder spice helps
 - Detoxify the liver
 - Balance cholesterol levels
 - Fight allergies
 - Stimulate digestion
 - Boost immunity
 - Enhance the complexion

It is also an antioxidant Ayurveda recognizes turmeric as a heating spice, contributing bitter, pungent and astringent tastes.

Uses of Turmeric

Since ancient times, turmeric has been used as a traditional medicine and for beauty care. In Ayurvedic system of Indian medicine, turmeric is an important herbal medicine prescribed for various diseases. In fact, turmeric is even used in modern times to plug radiator leaks in water-cooled radiators.

The various uses of turmeric are as follows :

Food Additive

- Turmeric is a mild aromatic stimulant used in the manufacture of curry powders.
- Turmeric is used in products that are packaged to protect them from sunlight.
- The oleoresin component of turmeric is used for oil-containing products.
- The curcumin solution or curcumin powder dissolved in alcohol is used for water containing products.
- Sometimes in pickles and mustard, turmeric is used to compensate for fading.
- Turmeric is also used for coloring cheeses, salad dressings, margarine, yoghurts, cakes, biscuits, popcorn, cereals, sauces, etc.
- Turmeric also forms a substitute for mustard in the cattle feed.

Medicinal

- Turmeric is used for treating digestive disorders.
- Raw Turmeric juice is used to treat hyper acidity and indigestion.
- The juice of raw turmeric also acts as a blood purifier.
- Curcumin - an active component of turmeric, has anti-oxidant properties and so turmeric is used in alternative medicine.
- Turmeric is used for cuts and burns as it is believed to have antiseptic effects and promotes healing.
- Curcumin also has an anti-inflammatory effect by reducing histamine(hormone) levels.
- The flouride present in turmeric is essential for teeth.
- Turmeric also has a protective effect on the liver and also in atherosclerosis.

Cosmetics

- The juice of raw turmeric is applied to the skin as a paste, kept for around thirty minutes and then washed off. It adds glow to the skin.
- It is an essential ingredient of the traditional bathing ritual of Indian marriages where it is applied along with sandal wood paste before the bath.
- It is believed that regular bathing in water containing turmeric reduces growth of body hair.
- Regular turmeric use is said to make the skin fair, soft and smooth.
- Turmeric is used for spots caused due to pigmentation or blotches and also for diseases like eczema.

As a tester for Acids and Alkalies

Unglazed white paper is saturated with an alcoholic solution of curcumin. When dried, this paper is used for testing of alkalies, acids and boric acid.

- **Alkali and Acid Test :** The paper turns red-brown with alkalies. This color becomes violet upon drying and the original yellow color is restored with acids.
- **Boric Acid Test :** When the paper is dipped into a solution of boric acid, it turns orange-red. The color remains so even when it is moistened with free mineral acid. Paper that has been turned to orange by boric acid will assume a blue color when it is moistened with diluted alkali.

Miscellaneous Uses

- Ayurveda states that turmeric is poisonous for crocodiles. So anyone swimming in crocodile infested waters should apply turmeric paste to protect himself.
- Turmeric is also believed to ward off snakes and the presence of turmeric plants around the house acts as a barrier for them.
- The turmeric paste is used in Indian medicine for snakebites.
- The leaves of turmeric are said to act as mosquito repellents.
- Turmeric is used as a coloring agent for filter paper used in scientific tests.
- It has been recently discovered that in water cooled type of radiators, a spoonful of turmeric added to the water, plugs any leaks.

Use of Turmeric for Medicinal Purposes

Even though the turmeric herb has been around for thousands of years, in recent years attention has been brought to this herb for its medicinal properties. Many state that it has antiseptic qualities and has been taken orally or applied to a wound when it's raw. Traditionally turmeric was used quite often to help prevent infection. When taken orally, it has been used to treat numerous infections, such as various stomach ailments. All of these traditional methods of treatment have been proven to be helpful in most cases. The healing properties are said to come from the rhizomes found in the herb, which is called curcumin.

Turmeric to Help with Pain and Reduce Inflammation

Some of us are interested in how to use turmeric to reduce inflammation and help with pain. There are many popular options in order to increase the amount of turmeric that your body gets. This should be done slowly over time. Some studies show how to use turmeric is to begin with ¼ teaspoon and working up to 1 teaspoon over the period of a month. This can be done by sprinkling the powder in soups, adding it to your food while cooking dinner, or adding it to scrambled eggs, or sprinkled over salads. Studies also show that adding a dash of cayenne pepper along with the turmeric can possibly make it even more effective. Turmeric is believed to also serve as an anti-inflammatory within the digestive tract. Some people have reported that their food digests better, plus some reports have shown that adding a little extra turmeric to your diet after over indulging can help with digestion and the bloated feeling.

Antiplatelet and anticoagulant drugs (blood-thinners) -- Turmeric may affect the blood's ability to clot, and could interfere with any blood-thinning drugs you are taking, including:

- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin

Drugs that reduce stomach acid -- Turmeric may interfere with the action of these drugs, increasing the production of stomach acid:

- Cimetidine (Tagamet)
- Famotidine (Pepcid)
- Ranitidine (Zantac)
- Esomeprazole (Nexium)
- Omeprazole
- Lansoprazole (Prevacid)

Drugs for diabetes (that lower blood sugar) -- Turmeric may increase the effects of these drugs, increasing the risk of hypoglycemia (low blood sugar).

Cosmetic use of Turmeric

Turmeric is widely used in cosmetics. In India brides (and even grooms) are smeared with turmeric at the wedding eve. It not only brings a golden glow to the skin but also keeps skin healthy and beautiful by reducing inflammation, smoothening and treating and preventing skin ailments like pimples rashes, acne, blackheads and blemishes. A whole range of creams, lotions, face packs etc. are also including turmeric as an ingredient.

The Wonderful Medicinal Properties of Turmeric

Modern research on turmeric has revealed many of its wonderful healing properties. Its efficacy in fighting cancer, arthritis, diabetes, heart disease, osteoporosis, Alzheimer's disease, dementia, chronic inflammation has made drug companies try and come up with compounds that could mimic the actions of turmeric. No wonder along with neem, turmeric was involved in a patent dispute for its medicinal properties. The University of Mississippi Medical Center 1995 was awarded U.S. patent on turmeric, specifically for "use of turmeric in wound healing", which was later revoked after a complaint filed by Indian Council for Science and Industrial Research.

Turmeric is used in Siddha and Ayurveda herbal preparations to cure various inflammations, fevers, arthritis etc. In India turmeric is considered a symbol of prosperity, fertility and purity. It is a cleansing herb.

Application of turmeric in dental problem

Dental problems

Turmeric can be used in following ways offer relief from dental problems:

- Rinsing the mouth with turmeric water (boil 5 g of turmeric powder, two cloves, and two dried leaves of guava in 200 g water) gives instant relief.
- Massaging the aching teeth with roasted, ground turmeric eliminates pain and swelling.
- Applying the powder of burnt turmeric pieces and bishop's weed seed on teeth and cleaning them makes the gums and teeth strong.
- Applying a paste made from 1 tsp of turmeric with $\frac{1}{2}$ tsp of salt and $\frac{1}{2}$ tsp of mustard oil provides relief from gingivitis and periodontitis. Rub the teeth and gums with this paste twice daily.

Plant Description:

A relative of ginger, turmeric is a perennial plant that grows 5 - 6 feet high in the tropical regions of Southern Asia, with trumpet-shaped, dull yellow flowers. Its roots are bulbs that also produce rhizomes, which then produce stems and roots for new plants. Turmeric is fragrant and has a bitter, somewhat sharp taste. Although it grows in many tropical locations, the majority of turmeric is grown in India, where it is used as a main ingredient in curry.

Parts Used:

The roots, or rhizomes and bulbs, are used in medicinal and food preparations. They are generally boiled and then dried, turning into the familiar yellow powder. Curcumin, the active ingredient, has antioxidant properties, which some claim may be as strong as vitamins C and E. Other substances in this herb have antioxidant properties as well.

Available Forms:

Turmeric is available in the following forms:

- Capsules containing powder
- Fluid extract
- Tincture

Because bromelain increases the absorption and anti-inflammatory effects of curcumin, it is often combined with turmeric products.