

A REVIEW STUDY ON BENEFITS OF TURMERIC

Dr. Bajrang Lal*

*Professor,

Department of General Medicine, Faculty of Medicine,
Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, INDIA

Email id: dr.bajranglalbanthia52@gmail.com

DOI: **10.5958/2249-7137.2021.02653.7**

ABSTRACT

Turmeric is a moderate digestive, as well as an aromatic, stimulating, and carminative spice. Turmeric is one of nature's most potent anti-inflammatories. Curcumin is the active component in turmeric. Turmeric has been used in India for about 2500 years, and it was probably originally employed as a color. Over the years, the therapeutic qualities of this spice have gradually emerged. Curcumin has been proven to kill Staphylococcus aureus bacteria (pus-producing infections). Anemia, cancer, diabetes, digestion, food poisoning, gallstones, indigestion, IBS, parasites, poor circulation, staph infections, and wounds are just a few of the conditions that may affect your health. Turmeric reduces Kapha and is thus used to clear mucus from the throat, watery discharges such as leucorrhea, and any pus in the eyes, ears, or wounds, among other things. Turmeric has been utilized in Unani medicine to treat diseases including liver blockage and jaundice, as well as ulcers and inflammation. A preparation for dysentery has used roasted turmeric as a component. Turmeric has also been utilized in the manufacture of tooth powder and paste. The rhizome is usually the most frequently utilized component of the plant. It comes in a variety of forms and is said to help with asthma and coughing. In Ayurvedic medicine, hot water extracts of the dried rhizome are used orally to alleviate inflammation. Turmeric is also known as a 'rasayana' plant, which is an Ayurvedic branch of medicine. Turmeric is utilized to slow down the aging process.

KEYWORDS: *Ayurveda, Curcumin, Rasayan, Traditional Medicine, Turmeric.*

REFERENCES:

1. V. Tweed, "10 Benefits of Turmeric and Curcumin," Better Nutr., 2018.
 2. "The Cure is in the Roots: Turmeric," J. Nutr. Disord. Ther., 2015, doi: 10.4172/2161-0509.1000163.
 3. E. Julianto and A. Yakpermas Banyumas, "Efektifitas Hidrokoloid Kunyit (Curcuma Domestika) Terhadap Proses Penyembuhan Luka Diabetik Stadium I pada Tikus (Rattus novergitus)," 2015.
 4. U. N. Melin and T. U. Soleha, "Manfaat Kunyit Asam (Curcuma Domestica Val) terhadap Dismenore The Benefits of Turmeric Acid (Curcuma Domestica Val) for Dysmenorrhea," Univ. Lampung, 2016.
-

5. P. A. Lone, S. wakeel Ahmed, V. Prasad, and B. Ahmed, "Role of turmeric in management of alveolar osteitis (dry socket): A randomised clinical study," *J. Oral Biol. Craniofacial Res.*, 2018, doi: 10.1016/j.jobcr.2017.08.005.
6. K. M. Trubilla, "Exploring the Molecular World of Turmeric: An Alternative in the Treatment of Chronic Inflammation," *MOJ Cell Sci. Rep.*, 2017, doi: 10.15406/mojcsr.2017.04.00077.
7. A. H. Kusmiati Herliningsih, "Gambaran Pengetahuan Siswi Kelas X dan XI Terhadap Swamedikasi Menggunakan Obat Herbal Kunyit Dan Asam Jawa Untuk Keluhan Dismenorea Di SMKN 'X' Di Kabupaten Kuningan," *J. FARMAKU (Farmasi Muhammadiyah Kuningan)*, 2018.
8. H. E. Marano, "Tweaking turmeric.," *Psychol. Today*, 2018.
9. L. Labban, "Medicinal and pharmacological properties of Turmeric (*Curcuma longa*): A review," *Int. J. Pharm. Biomed. Res.*, 2014.
10. T. Widiatami, M. N. Widyawati, and A. Admini, "Study Literature Tentang Pemberian Minuman Kunyit Asam Terhadap Tingkat Nyeri Menstruasi Pada Remaja Putri [Literature Study for Curcumin Tamarind on Menstrual Pain Levels in Young Women]," *J. Kebidanan*, 2018.