

## A REVIEW STUDY ON BENEFITS OF TURMERIC

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### 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.*

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### 1. INTRODUCTION

Turmeric is a South East Asian spice that has been used as a color and condiment since antiquity. It is mainly grown in Bengal, China, Taiwan, Sri Lanka, and Java. Peru, Australia and the West Indies are two of the world's most populous countries. Because it is natural, un-synthesized, and inexpensive, it is still utilized in Hindu religious ceremonies and as a dye for sacred garments. Turmeric is one of the most affordable spices. Although it is used in the same way as saffron as a color, the culinary applications of the two spices should not be confused, and saffron should never be substituted in food preparations. Its usage may be traced back almost 4000 years to India's Vedic civilization, when it was utilized as a culinary spice and had religious importance. The term comes from the Latin terra merita, which refers to the color of powdered turmeric, which is similar to that of a mineral pigment. Turmeric (*Curcuma longa*) has been used to cure a

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range of illnesses for over 4,000 years. Turmeric has been shown to help treat a variety of diseases in many research trials. When hearing news stories regarding turmeric's therapeutic qualities, it's essential to keep a few things in mind[1]–[3].

For starters, many research have been conducted in test tubes and on animals, and the herb may not be as effective in people. Second, several research have utilized a curcumin injectable version (the active substance in turmeric). Finally, several research provide contradictory findings. Turmeric, on the other hand, may have promise in the battle against infections and certain malignancies, as well as in decreasing inflammation and addressing digestive issues. Turmeric is extensively used as a culinary dye and is responsible for the unique taste and golden color of Indian curry. It's also used to color butter and cheese, as well as mustard. Turmeric has long been used as an anti-inflammatory in Ayurvedic and Chinese medicine to treat digestive and liver disorders, skin illnesses, and wounds. Turmeric's curcumin has been proven to increase the gallbladder's production of bile. Curcumin is also an antioxidant, which scavenges harmful particles in the body known as free radicals, which may damage cell membranes, tamper with DNA, and even kill cells. Free radicals may be neutralized by antioxidants, which can help minimize or even prevent some of the harm they cause. Curcumin also prevents platelets from clumping together to create blood clots by decreasing the levels of two inflammatory enzymes in the body (called COX-2 and LOX). It is an effective home treatment for bronchial asthma. It's extremely beneficial to take a teaspoon of turmeric powder with a glass of milk twice or three times a day[4]–[6].

It works best when taken on an empty stomach. Turmeric is a powerful antibacterial for the intestines. Intestinal disorders, particularly persistent diarrhea, benefit greatly from the rhizome, its juice or dry powder, combined with buttermilk or plain water. It also aids in the prevention of flatulence. Taking 20 drops of fresh turmeric juice combined with a sprinkle of salt first thing in the morning every day is said to be an efficient way to get rid of worms. Turmeric is beneficial in the treatment of anemia due to its high iron content. Every day, a teaspoon of fresh turmeric juice combined with honey is consumed to cure this disease. Turmeric may help in measles therapy. The roots of turmeric are sun-dried and crushed into a fine powder. Those suffering from measles may consume this, combined with a few drops of honey and the juice of a few bitter gourd leaves.

Turmeric's antibacterial qualities make it an effective treatment for persistent coughs and throat irritations. In these cases, half a teaspoon of fresh turmeric powder combined in 30 mL warm milk works wonders. To make this, milk is put into a heated ladle containing turmeric and cooked over a low heat. Smoke from burning turmeric may be breathed in the event of a running cold. This promotes nasal discharge and provides faster relief. Turmeric, when combined with caraway seeds or ajwain, may help children and babies recover from colds. In boiling water, a teaspoon of turmeric powder and a quarter teaspoon of ajwain are added, then chilled. In order to cure such situations, 30 ml of this decoction sweetened with honey should be taken three times a day. Turmeric paste combined with lime and salt may be applied to sprains or the edema induced by sprains with good effects[7]–[10].

### *1.1. Turmeric's health advantages in our everyday lives:*

- It's an antiseptic and antibacterial substance that may be used to treat wounds and burns.

- It has been proven to prevent prostate cancer and slow the progression of existing prostate cancer when coupled with cauliflower.
- In mice, it stopped breast cancer from spreading to the lungs.
- It has the potential to prevent melanoma and induce existing melanoma cells to self-destruct.
- Lowers the chances of pediatric leukemia.
- It's a natural liver cleanser.
- By eliminating amyloid plaque accumulation in the brain, it may help to prevent and delay the development of Alzheimer's disease.
- May help to prevent cancer metastases in a variety of cancers.
- It's a powerful natural anti-inflammatory that works much like anti-inflammatory medications but without the negative side effects.
- In mice, it has been found to delay the development of multiple sclerosis. Turmeric medicinal uses

Turmeric's popularity and usage as a medication has grown steadily throughout the years. Turmeric is a flowering plant in the ginger family that is widely used as a culinary colour and one of the primary components in curry powder. Turmeric has long been used in medicine as an anti-inflammatory to treat a variety of ailments such as liver issues, digestive disorders, skin illnesses, and wound healing. Turmeric's main component, curcumin, has been proven to have a variety of medicinal properties.

### *1.2. Digestive Disorders:*

Turmeric is a digestive bitter that also acts as a carminative. It may be included into a variety of meals, including rice and bean dishes, to aid digestion and relieve gas and bloating. It's a cholagogue, which means it stimulates bile production in the liver and promotes bile excretion via the gallbladder. The body's capacity to absorb fats is improved as a result of this. Turmeric is suggested for persistent digestive weakness and/or congestion. Turmeric is available as a single extract or as digestive bitters, which mix turmeric with other bitter and carminative herbs. Turmeric may help individuals who feel fatigued after eating or who have gas and bloating. Turmeric is good for the digestive system and the liver in whatever form it is taken.

### *1.3. Liver Diseases:*

Turmeric is helpful to the liver because of its anti-inflammatory properties. The liver may be strengthened by increasing the amount of herbs and foods consumed in the spring. Turmeric contains liver-protecting chemicals that are comparable to those found in milk thistle and artichoke plants. It is thought to reduce engorged hepatic ducts, making it helpful in the treatment of liver diseases including hepatitis, cirrhosis, and jaundice.

### *1.4. Cancer:*

Recent scientific study has shown that turmeric may treat a variety of illnesses and that it can help slow the progression of certain cancers. Turmeric is a spice that is used to cure skin cancer and pre-cancerous skin problems. Both external and internal applications are useful.

## *1.5. Turmeric as healing properties:*

Turmeric is most often used in Ayurveda to cleanse the blood and treat skin problems, in addition to flavoring meals. The skin, heart, liver, and lungs are the major organs that turmeric helps. Turmeric is used to treat epilepsy and blood problems, as well as skin ailments, to cleanse the body and soul, and to aid in the expulsion of Kapha from the lungs. Alterative, analgesic, antibacterial, anti-inflammatory, anti-tumor, anti-allergic, antioxidant, antiseptic, antispasmodic, appetizer, and astringent; cardiovascular, carminative, cholagogue, digestive, diuretic, stimulant, and vulnerary; cardiovascular, carminative, cholagogue, digestive, diuretic, stimulant, and vulnerary; cardiovascular, carminative, cholagogue, digestive, diuretic, stimulant, and vulnerary; diuretic, stimulant, and vulnerary; Anemia, cancer, diabetes, digestion, food poisoning, gallstones, indigestion, IBS, parasites, poor circulation, staph infections, and wounds are among conditions that Turmeric may help with. Turmeric cleanses the uterus and breast milk in women, while it purifies and develops semen in men, which is paradoxical for a spicy bitter.

Turmeric helps with fevers, diarrhea, urinary difficulties, insanity, poisoning, coughing, and breastfeeding issues. Turmeric is used to treat external ulcers that have failed to respond to other treatment options. 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.

## *1.6. Therapeutic uses of turmeric:*

Turmeric is a wide, foot-long, lily-like leaves and yellow to yellowish white flowers that is native to India, Bangladesh and China. It has a strong taste and its yellow color is almost impossible to remove once it stained your clothes. The culinary and medicinal value of turmeric is in the root or rhizome; it is dried and ground into the spice.

Turmeric is beneficial in the treatment of Gallbladder problems, hepatitis, indigestion, infections, lack of appetite, scabies, Alzheimer's disease, arthritis, asthma, athlete's foot, boils, bursitis, breast cancer, colon cancer, cataracts, colic, dermatitis, diarrhea, eczema, fibrosis, gallstones, gas, hardening of the arteries, heart disease, high cholesterol, high triglycerides, inflammation, intestinal pain, irritable bowel syndrome, jaundice, lack of menstruation, lymph gland problems, menstrual pain, morning sickness, pain, psoriasis, sprains, ulcers, wounds, yeast infections. It is also being use for the treatment of bruises, for childbirth, eye inflammation, epilepsy, fever, hemorrhage, hemorrhoids, itching, and ringworm.

## *1.7. Turmeric use as traditional medicine:*

Turmeric has been used as a medication in India, China, and Southeast Asia for hundreds of years. Turmeric is utilized as a cleaning herb for the entire body and as a treatment for small wounds, poor digestion, arthritis, jaundice, inflammation, and pain in Ayurvedic medicine, India's 5,000-year-old natural healing tradition. If you were told that eating only one teaspoon of a simple spice each day might help relieve arthritic pain, prevent ulcers, combat heart disease, prevent certain cancers, cure dysentery, and protect your liver, would you believe it? This is, after all, turmeric. Turmeric has been the focus of a lot of study, all of which has shown out to be extremely promising.

Turmeric has anti-inflammatory and antioxidant effects in spades. This would be enough to pique your interest, but turmeric has so much more to offer. It would be simpler to explain what it couldn't accomplish, but that wouldn't be nearly as informative. Turmeric is a part of the ginger family, and it is the rhizome that is utilized, much like ginger. It is cured using a unique method that includes boiling, cleaning, sun drying, and polishing. India, unsurprisingly, is the world's largest producer of turmeric now, accounting for about 94 percent of global production. Turmeric's distinctive (and attractive) yellow hue is due to curcuminoids. Curcumin is one of the curcuminoids that has sparked a lot of interest in the scientific community. Curcumin, like the chemical capsaicin (found in cayenne pepper), decreases a molecule called "substance P," which prevents pain signals from being passed via nerve fibers. Turmeric has been proven to have powerful liver-protective effects. This kind of liver support may be essential in today's world of "pills for every ailment." Every medication we consume must be processed by our livers. This may have a negative impact. Acetaminophen (brand name Tylenol) may be particularly damaging to the liver, especially if used often or in high doses. Alcohol may do the same.

Turmeric may be an excellent way to preserve your liver. Arthritis may be a discomfort, but many of the medicines used to relieve the pain and inflammation caused by the disease can also be a source of suffering. A study of rheumatoid arthritis patients found that taking turmeric (curcumin 1,200 mg) per day reduced joint edema and stiffness while also improving walking capacity. The good news is that curcumin does not have the same level of toxicity as other anti-inflammatory drugs. Turmeric, like many other culinary herbs, aids in the preservation of food. Because it has an antibacterial effect, this is the case. Turmeric has also been proven to combat protozoa in lab experiments. This is a collection of nasties that, among other things, may cause dysentery. Turmeric has long been used to treat this kind of dysentery, and anecdotal evidence suggests that it is effective. Turmeric may also help to prevent heart disease and stroke by reducing blood clots, which are a common cause of these conditions. It has also been proven to decrease cholesterol levels. Please keep in mind that these are early findings, although they are extremely promising. Turmeric is also a powerful anti-inflammatory in the area of heart disease, because inflammation is the enemy of our arteries.

Only smokers were used in a human study. For one month, participants were given 1.5 grams of turmeric (about 1 teaspoon) each day. The results were encouraging. Mutagens are chemicals found in the urine of smokers. These mutagens are agents that may cause gene mutations. The mutagens have the potential to cause cancer. The smokers' urine exhibited a substantial decrease of these mutagens discharged in it at the conclusion of the trial. It's good for your arteries, may help prevent cancer and heart disease, and so many more. It's generally well tolerated as well. It may induce gastrointestinal discomfort if consumed in abnormally high quantities. If this happens, either stop using it or reduce the amount you're taking. Turmeric supplements should not be used by pregnant women. It is also not recommended for individuals who have gallstones or other bile duct obstructions, since it is a bile production stimulator. People who use blood thinners (for example, Coumadin) should see their doctor before using turmeric as a supplement.

## 2. DISCUSSION

Turmeric and curcumin have a range of biological functions, but they're difficult to research since curcumin is unstable (it quickly breaks down into various compounds) and has poor bioavailability (just a little amount of it enters the circulation) when taken orally. Curcumin

products may also vary in composition or include more chemicals than anticipated, making study findings on these items difficult to comprehend and compare. Because the activities of turmeric and its components in humans are complicated and poorly understood, no definitive findings regarding whether these compounds have health advantages have been established.

When used orally or applied to the skin in the appropriate quantities, turmeric and traditionally manufactured curcumin preparations are probably safe. Many modified curcumin medications are currently on the market, and efforts have been undertaken to create curcumin compounds with improved bioavailability. Improving bioavailability may result in a rise in both detrimental and beneficial effects.

### 3. CONCLUSION

Turmeric has long been used in India as a delicious, vibrant spice as well as an Ayurvedic medication to increase appetite, serve as a carminative, and cure gallstones and other biliary issues, as well as dyspepsia. It's used as an ointment, paste, or poultice for scabies, boils, bruises, insect bites, and other skin lesions in India, China, and other Southeast Asian nations, as well as for asthma and colds. Turmeric is also used to treat menstruation difficulties, pain, epilepsy, respiratory tract infections, bleeding, diarrhea, jaundice, and rheumatic diseases when taken orally. It has lately acquired a reputation as an anti-inflammatory agent, a hypercholesterolemia therapy, an antioxidant, and a cancer preventive, as well as a claim to protect cardiovascular and other degenerative aging changes. There are additional claims that it may help with allergies, AIDS, cataracts, and other illnesses. Curcumin is used to prevent oxidation and enhance the color of foods like butter and margarine. Turmeric is a highly prized spicy spice that has long been used to aid digestion and cure dyspepsia and inflammatory conditions. Turmeric and its main component, curcumin, are also marketed as antioxidants, cancer, HIV, and hypercholesterolemia therapies, and heart disease prevention. Controlled clinical studies, on the other hand, are either missing or have not shown sufficiently favorable outcomes for these purposes. For peptic ulcer disease, no therapeutic benefit has been shown, and one trial for dyspepsia was inconclusive. Controlled studies for arthritis and inflammation have likewise failed to show that the treatments are effective. Other applications haven't been tested in a controlled clinical study.

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