
A COMPREHENSIVE REVIEW ON TURMERIC BENEFITS

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ABSTRACT

Turmeric, a spice with medicinal properties, has grabbed the interest of medical and scientific experts, as well as culinary fanatics, since it is the principal sources of the polyphenol curcumin. It assistances in the treatment of oxidative as well as inflammatory illnesses, as well as arthritis, anxiety, metabolic syndrome, as well as hyperlipidemia. It may also help cure exercise persuaded inflammations as well as muscle soreness, letting athletes to recover more quickly and perform better. Furthermore, even if a person does not have a known health problem, a small dose of the complex may be beneficial to their health. Its antioxidant and anti-inflammatory qualities account for the bulk of these benefits. Due to its low bioavailability, which appears to be due to poor absorption, fast metabolism, as well as rapid elimination, ingesting curcumin does not result in the associated health benefits. Bioavailability may be improved in a number of ways. Piperine, for example, is the main active ingredient in black pepper, and it has been proven to improve bioavailability by 2000% when mixed with curcumin in a complex. When mixed with other boosting agents, curcumin offers a wide range of health advantages. The goal of this study is to provide a concise review of the substantial research on the health benefits of curcumin.

KEYWORDS: *Anti-Inflammatory, Antioxidant, Curcumin, Polyphenol, Turmeric.*

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