

# Turmeric



Turmeric rhizome and powder

## Scientific classification

Kingdom: [Plantae](#)

Clade: [Angiosperms](#)

Clade: [Monocots](#)

Clade: [Commelinids](#)

Order: [Zingiberales](#)

Family: [Zingiberaceae](#)

Genus: [Curcuma](#)

Species: ***C. longa***

## Binomial name

***Curcuma longa***

L.<sup>[1]</sup>

## Synonyms

*Curcuma domestica* Valetou

## What's New and Beneficial About Turmeric

- Despite its use in cooking for several thousand years, turmeric continues to surprise researchers in terms of its wide-ranging health benefits. While once focused on anti-inflammatory benefits, decreased cancer risk, and support of detoxification, studies on turmeric intake now include its potential for improving cognitive function, blood sugar balance, and kidney function, as well as lessening the degree of severity associated with certain forms of arthritis and certain digestive disorders.
- Use of turmeric in recipes can help retain the beta-carotene in certain foods. For example, one study has shown that the beta-carotene in carrots and pumpkins is better retained when those vegetables are cooked using recipes that include turmeric.
- Studies on satay—the very popular grilled meat dish that is often marinated in a spice mixture containing turmeric—have demonstrated a unique role for turmeric in providing health benefits. The grilling of meats is well-known for its potential to produce heterocyclic amines (HCAs) from protein substances in the meats. These HCAs are also well-known for posing potential health risks. Researchers now know that turmeric helps prevent formation of HCAs in grilled meat, including satay that has been marinated in a turmeric-containing spice mixture. About 1-2 teaspoons of turmeric per 3.5 ounces of meat was used to produce this helpful outcome in one study.
- Whole turmeric is likely to provide you with a different set of benefits than its best-studied constituent—namely, curcumin. That's because turmeric includes three different curcuminoids: curcumin, bisdemethoxycurcumin, and demethoxycurcumin. It also contains volatile oils like tumerone, atlantone, and zingiberone. These different substances are all associated with their own unique health benefits.
- The amount of turmeric that you need to receive health benefits is not a lot. While researchers are accustomed to looking at countries like India where intake of turmeric often reaches a level of 1-2 grams every day (2.2 grams of the turmeric powder that we profile on our website equates to one teaspoon), studies show potential health benefits at much lower amounts. In some situations, as little as 50 milligrams of turmeric over a period of several months have been linked with health benefits. This small amount would be the equivalent of approximately 1/50th of a teaspoon.

For further details: <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=78>

### 8 Health Benefits of Turmeric

Turmeric provides an abundance of [antioxidants](#) capable of supporting cellular health, but what does that mean for you? Here are some of the most well-researched benefits of turmeric.

- **Promotes Balanced Mood**

- **Helps Wounds Heal**
- **Eases Aches and Discomfort**
- **Encourages Balanced Blood Sugar**
- **Soothes Irritated Tissue**
- **Loosens Stiff Joints**
- **Encourages Normal Lipid Levels**
- **Supports the Stomach Lining**

### 1. Promotes Balanced Mood

A randomized, double-blind, placebo-controlled study published in the *Journal of Affective Disorders* reported noticeable and promising results with turmeric for supporting a balanced mood. Two groups were studied. The first group received curcumin daily, while the other received placebo. After eight weeks, the mood and [anxiety](#) score tests completed by all of the participants showed significant symptom improvements compared to placebo. Could turmeric be a potential new option for stabilizing mood?<sup>[3]</sup>

### 2. Helps Wounds Heal

Cut your finger? A study in the Sept 2014 issue of *Life Sciences* found that the curcumin in turmeric offers beneficial properties that appear to accelerate the wound healing process by soothing irritation and oxidation. As more research evaluates turmeric's ability to support the body's natural healing abilities, the breadth of applications could be enormous.<sup>[4]</sup>

An exciting study in the October 2006 issue of *Molecular and Cellular Biochemistry* demonstrated the efficacy of a topical turmeric application for wounds in rats. The results showed that turmeric supported collagen synthesis rates, improved wound contraction, and increased tissue strength and cell proliferation around the wound. Turmeric also showed antioxidant properties that helped the healing process.<sup>[5]</sup>

### 3. Eases Aches and Discomfort

An impressive study completed and published in the March 2014 issue of the *Journal of Clinical Interventions in Aging* examined the effect of turmeric on knee discomfort. Results showed that turmeric experienced relief on par with more conventional options. The turmeric group, however, seemed to enjoy more relief from joint stiffness. Those taking turmeric reported significantly fewer side effects than those following mainstream-oriented action plans.<sup>[6]</sup> A double-blind, placebo-controlled study in the December 2011 issue of *Surgical Endoscopy* looked at turmeric supplementation on postoperative discomfort and fatigue. Patients taking turmeric experienced significantly less discomfort compared to placebo.<sup>[7]</sup>

### 4. Encourages Balanced Blood Sugar

A novel investigative study published in the Nov 2014 issue of the *Journal of Endocrinology* looked at the effects of curcumin on insulin-producing cells within the pancreas called Beta cells (or B-cells) and Islet cells, in relation to [imbalanced blood sugar](#). Researchers addressed B-cell lines and human Islet cells with preparations of turmeric and observed positive benefits.<sup>[8]</sup>

### 5. Soothes Irritated Tissue

Turmeric is valuable in helping soothe excess irritation. The swelling response is a healthy and natural mechanism the body uses to usher soothing compounds during times of crises or repair. It's believed that most people in today's toxic, stress-laden environment are under constant pressure and the tissue in their body is irritated, red, and swollen as a result. A review published in the 2007 issue of *Advances of Experimental Medicine* noted the soothing effect of turmeric is likely exerted through its ability to inhibit enzymes that irritate tissue.<sup>[9, 10]</sup>

## 6. Loosens Stiff Joints

A randomized, pilot clinical study published in the November 2012 issue of *Phytotherapy Research* set out to determine the effectiveness of turmeric for active joint discomfort. One group received the standard-of-care medication while the other received turmeric. Patients were given symptom score sheets to assess results. Turmeric outperformed the other option on all levels and was relatively free of adverse side effects.<sup>[11]</sup>

## 7. Encourages Normal Lipid Levels

Turmeric's ability to encourage normal lipid profiles has been hypothesized and studied since the 1990s with varying levels of benefits. Some studies show an impressive reduction in lipid profiles for turmeric-supplemented groups. One randomized, single-blind clinical study published in the November 2011 issue of *Phytotherapy Research* investigated turmeric's effect on lipid levels. Group participants were given either curcumin from turmeric in small or large servings; a control group was given [vitamin E](#) only. After just seven days, the results proved statistically significant. Small servings of turmeric produced the most favorable and balancing effects on lipid profiles.<sup>[12]</sup>

The results of a seven-day trial showed the curcumin-supplemented participants had better lipid profile numbers. Most importantly, these studies show that turmeric is consistently safe and has very low risk of side effect.<sup>[13]</sup>

## 8. Supports the Stomach Lining

India has long used turmeric in curry dishes as a taste and colour enhancer. One reason for its longstanding popularity is because of its soothing properties on digestion. Researchers tested the protective effects of turmeric on the lining of the stomach against acidic preparations used to induce stomach ulcers. A preparation containing turmeric essential oils was administered before the ethanol and it was observed that turmeric protected the cells in the stomach and damage was reduced. In addition, turmeric also appears to offer some impressive protection for stomach ailments.

Ref: <https://www.globalhealingcenter.com/natural-health/8-impressive-health-benefits-turmeric/>



## Haridrarasa

A liquid turmeric extract is a daily dose to good health. A single drop of 'Haridrarasa' is equal to three tea spoons of pure turmeric powder. As it is a wild variety of turmeric procured from the bottom of the Himalayas, it has greater concentration of curcumin (turmeric density). Its bio absorption is also higher in the body. Haridrarasa is made to provide a 20 to 30 times more concentric curcumin content in every drop ensuring that your regular use of a few drops compensates adequately for treating multiple ailments.

## Internal and external use of Haridrarasa (as per Ayurveda)

Haridrarasa eliminates toxic elements, cleanses blood, develops immunity and hence revitalises the body. It eliminates toxicity, purifies blood, develops immunity, reduces cholesterol, controls high blood pressure, reduces anaemia, cures many allergies, asthma, cold, cough, indigestion, insomnia; regular dosage controls diabetes, epilepsy, kidney and liver disorders, menstrual issues, piles as well as psoriasis.

Haridrarasa can be consumed on a regular basis. It can be used in cooking also. It can be used in the treatment of cancer, reduces arthritis, cures heart burn and stomach upset, reduces depression and helps to expedite the healing of wounds.

Haridrarasa can also be used for external application for pimples, pimple scars, hyper pigmentation. It has an exfoliating action that improves the skin complexion and enhances natural glow.

Haridrarasa can also be used externally for various skin disorders like fungal infections, ring worm, itching sensations, tick infestation, skin allergies, psoriasis, eczema, wounds, ulcers etc.

Usage: Advisable to consume with hot milk. Jaggery or liquid jaggery may be added for taste. Individuals who have a naturally hot body or who suffer from stomach issues may use with non refrigeration or fresh butter milk.