

TURMERIC : THE HEALING SPICE



Haridra, commonly known as Turmeric, is the **King of Spices**. It has been traditionally used as a spice in Indian cuisine and widely used as medicinal herb in Ayurveda. It has been proved to have numerous health benefits which makes it a household healing ingredient in India. **Curcuma longa** belongs to the Ginger family, **Zingiberaceae** widely grown in Southern Asia. Rhizome is the part used of the plant. A yellow coloured, lipophilic polyphenol substance known as **Curcumin** along with various other curcuminoids is the main active compound in Turmeric. Another lesser known active is Turmerone. **Turmerone** is the aromatic compound found in turmeric also has various medicinal properties and enhances the absorption of curcumin. Traditionally, black pepper is added to Turmeric for higher absorption of curcumin. (As less as 1:100 proportion)

Turmeric balances all three Doshas. The Tikta (Bitter) and Katu (Pungent) taste and dry and light quality it balances Kapha. The bitter taste balances pitta in the body and the Ushna Virya (hot potency) balances Vata kapha.

Turmeric Latte or Golden Milk is a traditional drink which has become popular all over the world. It helps to improve digestion, immunity and strengthens musculo-skeletal system. Curcumin in turmeric is a potent **antioxidant** and **anti-inflammatory**. Turmeric is very beneficial to alleviate pain and swelling in Rheumatoid arthritis and Osteoarthritis. Curcumin is also proved to help in treating Diabetes Mellitus.

Turmeric has **anti-septic** properties and accelerates healing of cuts and wounds. It immediately stops oozing of blood and also prevents infections when dabbed on a fresh cut.

Turmeric has been traditionally used in **herbal cosmetics**. It is believed to reduce facial hair growth, reduce acne and improve complexion. Applying turmeric paste on the skin is a traditional ritual practised by the Indian Bride & Groom before marriage leaving a natural glow on their skin. It is believed to remove all negative vibes and brings peace and balance of body, mind and soul.

