

Turmeric: A Medicinal Plant with Numerous Health Benefits

Ms. Bhavika Suresh Khedkar¹, Mr. Ganesh Murlidhar Kashte²,
Mr. Dnyanal Dinesh Gondane³, Prof. Gaurav G. Manwar⁴

Final Year B. Pharma Students^{1,2,3}

Assistant Professor⁴

Vardhaman College of Pharmacy, Koli, Karanja (Lad), Washim, Maharashtra, India

bhavikakhedkar34@gmail.com

Abstract: *Turmeric has carminative, stimulating, and fragrant properties that make it a moderate digestive. One of nature's most potent medicines is turmeric. Curcumin is the active component in turmeric. In India, where it was most likely first employed as a dye, turmeric has been used for over 2500 years. Over the ages, this spice's therapeutic qualities have gradually come to light. Although turmeric has long been known for its anti-inflammatory qualities, more recent studies have shown that it is a natural wonder that can help treat a wide range of illnesses, including cancer and Alzheimer's disease. In India, an antibacterial ointment based on the spice is utilized. Asian cosmetics like turmeric water are used to give the skin a golden sheen. Turmeric has been used externally for ulcers and inflammation and internally for ailments like liver blockage and jaundice in Unani medicine. A remedy for dysentery has included roasted turmeric as one of its ingredients. Tooth powder or paste has also been made with turmeric. In traditional medicine, turmeric has been used to treat a wide range of ailments in Bangladesh, Pakistan, and India. Generally speaking, the most utilized portion of the plant is the rhizome. It is said to relieve coughs and asthma and can be prepared in a number of ways. In Ayurvedic medicine, hot water extracts of the dried rhizome have been administered orally to lower inflammation. Another classification for turmeric is "rasayana," a category of plant used in Ayurvedic treatment*

Keywords: Curcumin, anti-inflammatory, anti-allergic, ayurveda

REFERENCES

- [1]. Sayantani Chandra, T.V. Ramachandra, Phytochemical and Pharmacological Importance of Turmeric (Curcuma longa), Journals 2019, Page no. 16-22.
- [2]. Deepak Kaushik, Potential role of curcumin and its nano formulations to treat various types of cancers, Biomolecules 2021, Page no. 1-26.
- [3]. Susan J. Hewlings and Douglas S. Kalman, Curcumin: A Review of its effects on Human Health, foods 2017, Page no. 6-22.
- [4]. Bajarang Bal Lal Srivastava, Asha Shabani Ripanda, Ethanamedical, Phytochemistry and Antiviral Potential of Turmeric (Curcuma longa) published on 26 August 2022. Page no. 5-30
- [5]. Rajesh K. Thimmulappa, Kiran Kumar Mudnakudu Nagaraju, Antiviral and immunomodulatory activity of curcumin: A case for prophylactic therapy for COVID-19. Page no. 7-29.
- [6]. Jinfeng Zhang, Curcumin in antidepressant treatments: An overview of potential mechanisms, pre-clinical/clinical trials and ongoing challenges, accepted on 10 June 2020. Page no. 8-26.
- [7]. T.V.Ramachandra and Sayantani Chandra, Phytochemical and Pharmacological importance of Turmeric (Curcuma longa): A Review. Page no. 4-23.
- [8]. Muhammad Tahman Shahid and Syeda Khair-ul-Bariyah, Anti-asthmatic and Cardioprotective efficacy of Curcumin accepted on 7 April 2014. Page no. 64-107
- [9]. Medicinal and Pharmacological properties of Turmeric (Curcuma longa): A review published on 4 April 2014.

- [10]. Debjit Bhowmik, Chiranjib, Turmeric: A Herbal and Traditional Medicine, Scholars Research Library, ISSN 0975-508X, Page no. 86-108.
- [11]. C.K.Kokate, A.P.Purohit, S.B.Gokhale, Pharmacognosy book by Nirali Prakashan, Page. No.14.8, forty second edition. Page no. 6-74.
- [12]. Deepika Yadav, Shiv Kumar Yadav, Turmeric (*Curcuma longa* L.): A promising spice for phytochemical and pharmacological activities, International Journal of Green Pharmacy. April-June 2013. Page no. 21-33.
- [13]. P.Agarwal and A.Goyal, Combing through traditional texts to prevent Covid-19 – A Scientific approach, 1 January 2021, Page no. 8-14.
- [14]. K.C.Velayudhan, N.Dikshit, M.Abdul Nizar, Ethnobotany of turmeric (*Curcuma longa* L.), Indian Journal of Traditional Knowledge, Vol.11(4), October 2012. Page no. 15-36.
- [15]. M.A.Pawar, Phytochemical and Physicochemical Investigation of *Curcuma Longa* Linn Rhizome, International Journal of Chemical and Physical Sciences. Jan 2015;4(special issue)NCSC. Page no. 21-46.
- [16]. Saxena J, R Sahu, Evaluation of Phytochemical constituents in Conventional and Non-conventional species of *Curcuma*. International Research Journal of Pharmacy. 2012; 3 (8): 203–204. Page no. 16-58.
- [17]. Roshan Prasad Yadav, Versatility of turmeric: A review the golden spice of life. Journal of Pharmacognosy and Phytochemistry. 2017; 6 (1): Page no. 41–46.
- [18]. Jaggi Lal, Turmeric, Curcumin and Our Life: A Review. Bulletin of Environment, Pharmacology and Life Sciences. June 2012; 1(7): Page no. 11–17.
- [19]. Akram M. *Curcuma Longa* and curcumin: a review. Rom. J. Biol. Plant Biol. Bucharest, 2010;55(2):Page no. 65–70.
- [20]. Hamid Nasri, Turmeric: A spice with multifunctional medicinal properties. Journal of Herb Med Pharmacology. 2014; 3 (1): Page no. 501–508.
- [21]. MA Pawar, *Longa* Linn Rhizome. International Journal of Chemical and Physical Sciences. Jan 2015;4(special issue)NCSC. Page no. 1-25.
- [22]. Duggi Shrishail, Turmeric: Nature precious Medicine, Asian Journal of Pharmaceutical and Clinical Research. Page no. 104-145.
- [23]. Ravindran PN, Nirmal Babu K, Sivaraman K. Turmeric. The golden spice of life. In: Turmeric. The Genus *Curcuma*. Boca Raton, FL, USA: CRC Press; 2007, Page. no. 1 14.
- [24]. Ammon HPT, Wahl MA. Pharmacology of *Curcuma longa*. *Planta Medica*. 1991; 57: Page no. 1–7.
- [25]. Soudamini NK, Kuttan R. Inhibition of chemical carcinogenesis by curcumin. *J Ethnopharmacol*.1989; 27:Page no. 227–233.