

An Investigation into the Medicinal and Pharmaceutical Properties of Turmeric

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Abstract: *Curcuma longa*, or turmeric, is a perennial Zingiberaceae (ginger) plant. Asia grows it extensively. The rhizome's yellow powder is used as an ointment to treat skin diseases or as an anti-inflammatory and pharmaceutical to treat colic, hematuria, jaundice, flatulence, and menstruation issues. Curcumin, also known as diferuloylmethane, and volatile oils including tumerone, atlantone, and zingiberone are turmeric's active components. Turmeric and curcumin in fat- and water-soluble extracts have antioxidant activity comparable to vitamins C and E. Turmeric's hepatoprotective benefits come from its antioxidant properties, which boost cellular resistance to oxidative damage and suppress proinflammatory cytokines. Curcumin decreased liver damage in test animals compared to controls. Turmeric extract prevented biliary hyperplasia, lipid changes, and necrosis and inhibited aflatoxin formation in fungus by 90%. Curcumin may be used orally for diabetes, cancer, gastrointestinal difficulties, and neurological disorders, according to research. Turmeric may be used topically to decrease inflammation and discomfort from inflammatory skin conditions and allergies. Curcumin may inhibit tumor proliferation, angiogenesis, and growth. The medicinal and pharmacological uses of turmeric in disease prevention and therapy are the focus of this research. The data came from Pubmed-published online articles.

Keywords: Medicinal plant, Anticancer, Anti-inflammatory.