

Turmeric (The Grandmothers Medicine): History, Cultivation, Extraction, Identification and Health Benefit

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Abstract: *Curcumin, a polyphenol derived from turmeric, has garnered significant attention for its diverse pharmacological properties. This review aims to provide basic information about cultivation, collection and extraction identification of curcumin from turmeric. We comprehensively evaluated the available literature on uses and benefits of turmeric in day to day life. Our findings highlight the promising potential of curcumin in wound healing, antiseptic and as an immunity booster. However, challenges such as low bioavailability and inconsistent clinical outcomes remain. Overall, curcumin represents a promising therapeutic agent with the potential to address various diseases.*

Keywords: Turmeric, Curcumin, cultivation, collection, extraction, identification, Wound Healing, polyphenol, Immunity Booster