

Turmeric as a Medicinal Herb

Yash Sunil Gulhane

Navsanjeevan Shikshan Mandal's College of Pharmacy, Darwaha, Yavatmal, India

Abstract: *Turmeric is an ancient spice derived from the rhizomes of *Curcuma longa*, which is part of the ginger family (*Zingiberaceae*). Also known as the "Golden Spice of India", turmeric has been used in India for medicinal purposes for centuries. It is used in traditional medicine as a home remedy for many ailments, including biliary disorders, anorexia, cough, diabetic ulcers, peptic disorders, rheumatism and sinusitis. In addition to its use as a spice and pigment, turmeric and its components, mainly curcumin and essential oils, exhibit a wide range of biological activities. These include its anti-inflammatory, antioxidant, anticarcinogenic, antimutagenic, anticoagulant, antifertility, antidiabetic, antibacterial, antifungal, antiprotozoal, antiviral, antifibrotic, antivenom, antiulcer, hypotensive and hypocholesterolemic activities. Modern interest in turmeric began in the 1970s when researchers discovered that the herb may have anti-inflammatory and antioxidant properties. Safety evaluation studies show that turmeric and curcumin are well tolerated at very high doses without toxic effects. Thus, turmeric and its components have the potential to advance modern medicine for the treatment of various diseases. Keywords-Turkuma *Curcuma longa* sprain Haridra" or "Haldi, Curcumin*

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