

# **A Review On Turmeric As A Health Benefits**

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**Abstract:** *Turmeric (Curcuma longa) is a well-known medicinal herb that has long been used in traditional medical systems such as Ayurveda and Traditional Chinese Medicine. Curcumin, its main bioactive component, has anti-inflammatory, antioxidant, antimicrobial, and wound-healing properties and is a potent natural skin and tissue repair agent. Turmeric has demonstrated promise in the treatment of cracked heels, facial care, and general injury management when applied topically and orally. This review describes its pharmacognosy, mode of action, uses, safety, effectiveness, and contraindications.*

**Keywords:** anti-inflammatory, cracked heel, turmeric, curcumin, and herbal cream

