

SABUJEEMA

An International Multidisciplinary e-Magazine

www.sabujeema.com

Volume 2 | Issue 9| SEPTEMBER, 2022

TURMERIC - AN EXCELLENT SOURCE TO HEAL THE AILMENTS

Ravi Pujari, Jaiprakash Narayan, R. P & Chetan, T

***“Read More,
Grow More”***



Sabujeema Sabujeema
editorsabujeema@gmail.com
[sabujeema-international
multidisciplinary-e-magazine](https://www.sabujeema-international-multidisciplinary-e-magazine.com)





TURMERIC

- AN EXCELLENT SOURCE TO HEAL THE AILMENTS

[Article ID: SIMM0186]

Ravi Pujari

Assistant Professor of Horticulture College of Agriculture, Bheemarayanagudi

Jaiprakash Narayan, R. P

Associate Professor & Head KVK Kawadimatti

Chetan, T

Scientist Horticulture KVK, Raddewadagi

INTRODUCTION

Turmeric (*Curcuma longa* L.) is an important, sacred and ancient spice of India. It is a major rhizomatous spice produced and exported from India. Turmeric is a herbaceous perennial plant, native to tropical South-East Asia, belonging to the family zingiberaceae, under the order scitaminae. It is cultivated for its underground rhizomes which is used as spice and condiment, dye stuff and in cosmetic and drug industry, particularly in the preparation of anticancerous medicines.



Ancient ayurvedic texts expose the healthful benefits of Turmeric (*Curcuma longa*) for our liver, lungs, skin and heart. It is a warming herb with pungent and bitter flavors. It also acts on the meridians of the spleen and liver.

Nutritional values: One tablespoon of turmeric contains the following nutrition values.

NUTRIENT	VALUE
Calories	29
Total Fat	0.31 gms
Carbohydrates	6.31 gms
Protein	0.91 gms
Fiber	2.1 gms
Potassium	5%
Sugar	0.3 gms
Manganese	26%
Vitamin C	3%

TREATS INFECTION

Turmeric protects stomach by destroying fungus, viruses and bacteria that can cause food poisoning, diarrhea and other diseases. The active constituent known as Curcumin, helps in immense therapeutic potential against different pathogens like *Salmonella typhi*, *Escherichia coli*, herpes simplex and hepatitis B infections.

Curcumin treatment helps in restoration of hepatic enzymes activities to the normal levels and enhances catalyst activity in the liver tissue. Turmeric also treats scabies, dysentery and smallpox. Coupled with its diuretic property, the herb is effective against urinary tract disorders. Externally, it can stop bleeding, acts as an antiseptic for cuts, burns and bruises. It also speeds up healing and cell repair. Skin problems. It is prescribed for treatment of psoriasis, eczema, acne and other inflammatory skin conditions.

TREATS INFLAMMATION & PAIN

Turmeric is taken for its anti inflammatory and painkilling properties, turmeric is also taken for arthritis, osteoarthritis, rheumatic pain of the

shoulders and arms. It works very well as anti inflammatory drug but without side effects.

PROTECTOR OF LIVER

Turmeric protects liver from the damaging effects of alcohol, toxins and even some pharmaceutical drugs. It can regenerate damaged liver cells. *Curcuma longa* together with *Curcuma aromatica* stimulates the production of bile, a digestive juice needed in digestion of fat. The herbs are also involved in shrinking engorged hepatic ducts and improve gall bladder function.

GOOD AGAINST INDIGESTION

As a digestive bitter, turmeric is a remedy for gastrointestinal disorders including irritable bowel syndrome, stomach ulcers and constipation. It helps in curing the symptoms where in one feels bloated, sleepy, and lethargic after meals when small doses of turmeric with black pepper is taken with water. It helps both the digestive system and the liver.

AGAINST MUCOUS RELATED PROBLEMS

Curcuma longa together with *Curcuma aromatica* can improve gall bladder function which helps in proper gallbladder function will resolve mucous or phlegm accumulation and clear away heat. By expelling mucous from the lungs, it alleviates coughs, bronchitis and asthma. Therefore, it is used to dry up mucus and watery discharges like leucorrhea and any pus in the eyes, ears, or wounds etc.

FEMALE HEALTH PROBLEMS CURANCE

Turmeric invigorates the blood and stimulates uterine contraction. It is used in remedies for anemia, menstrual cramps and in absence of normal menstrual flow (amenorrhea) due to cold deficiency, poor circulation in the uterus can lead to uterine masses, tumors, cysts and endometriosis. Turmeric's ability to improve blood flow helps to prevent these diseases.

It is used to treat biliousness and conditions caused by excessive bile such as nausea, gas and heartburn as well as for flushing out gallstones.

Curcumin has been found to:

- ✓ Inhibit the proliferation of tumour cells.
- ✓ Inhibit the transformation of cells from normal to tumour.
- ✓ Help your body destroy mutated cancer cells, so they cannot spread throughout your body
- ✓ Decrease inflammation.
- ✓ Enhance liver function.
- ✓ Inhibit the synthesis of a protein, thought to be instrumental in tumour formation.
- ✓ Prevent the development of additional blood supply, necessary for cancer cell growth.

OTHER TRADITIONAL USES

- Relives from Headache
- Relives from Kidney pain
- Diabetes
- Improve milk flow
- Treat food poisoning
- Expel wind
- Reduces the itching and inflammation

HEALTH BENEFITS OF TURMERIC

Medicinal Uses

- Natural anti-inflammatory
- Anti-cancer Effect
- Powerful antioxidant
- Protects Heart disease
- Treat or Prevent Diabetes
- Prevent Alzheimer's Disease
- Treats Depression
- Improves skin health
- Prevent Eye Degeneration
- Prevent age-related chronic diseases
- Treating Rheumatoid Arthritis
- Protects your body from free radicals



Ref: Photo Source:
<https://www.moolihai.com/effective-health-benefits-of-turmeric/>