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Exploring the Multifaceted Benefits of Turmeric in Traditional and Present Day Medicine

Mrs. Pranali Vitthal Patil[1], Ms.Lalita.D.Battase Mam[2]
[1]*Student,* [2]*Prof, Aditya Institute of pharmacy, Chalisgaon, dhule road, Tal chalisgaon, distjalgaon*

Abstract: ***Turmeric holds vast cultural and culmary significance in India, derived from tüvethizomes of the Curcuma longa plant, that's a part of the Zingiberaceae own circle of relatives This colourful spice is a key component in maximum Indian curry powders and is diagnosed for its herbal antiseptic residences Often stated as 'Indian saffron because of its hanging hue, turmeric carries curcumin, which has established diverse fitness benefits, inclusive of anti-inflammatory, antioxidant, antibacterial, and hypoglycemic effects, in addition to selling wound restoration and assuaging sensitivity to chemotherapy and radiation. Clinical research have explored its ability in treating severa human conditions, together with fibrosis, lupus nephritis, acne, cancer, diabetes, and irritable bowel syndrome. As a result, this kitchen staple has located its manner into scientific applications. Innovative drug improvement strategies are being hired to decorate the bioavailability of curcumin, making use of additives, micelles, nanoparticles, hposomes, and phospholipid complexes Turmeric is wealthy in diverse phytoconstituents, inclusive of alkaloids, glycosides, triterpenoids, and sterols, proposing 3 number one curcuminoids: curcumin (the principle energetic thing chargeable for its yellow color), demethoxycurcumin, and bisdemethoxycurcumin, at the side of risky oils together with tumerone, atlantone, and zingiberone, in addition to sugars, proteins,and resins .***
Keywords: Ayurveda, Curcumin, Haldi, Rasayan, Traditional Medicine.

I. INTRODUCTION

Herbal plant extracts used as medicinal drug extensively utilized as a alternative for artificial pills. Plant play the great position in treatment and plenty of pills which might be used the derivatives from plants. In Ayurveda turmeric is used for medicinal drug it. Also utilized in Unani and SiddhaMedicines. Turmeric, medical call Curcuma longa belongs to Zingiberace or ginger family. Turmeric is called Indian golden spice [1]. Curuma longa is tall and perennial plant that have underground rhizomes and people rhizomes had been in most cases ovate, ablong, pyriform and brief branched plant. It is act as a scavenger of oxygen loose radicals and additionally enables to guard the oxidations of hemoglobin. Turmeric will assist to wreck the increase of most cancers mobileular and enables to therapy prostate and breast most cancers [2]. Curumalenga is generally called amba haldar. It is used to alleviate hiccups in infusion and the maximum commonRecipe for it’s far a pickle [3]. It is likewise used for base of a few perfumes. Low attention of curcumin, risky oil from wild turmeric showcase inflammatory assets and additionally has wound recuperation assets. It is used as cream for its recuperation assets. It aho allows in pores and skin irritation, bruise and quick recuperation sprains. It has antifungal motion towards pathogens inflicting infections withinside the body. It is especially utilized in beautification eparticularly for acne and darkish spots [4]. The gift examine primarily based totally on antifungal hobby of row turmeric powder with methanol and aqueous extract towards Aspergillus se and Fusarium sp. Both.Plant-primarily based totally drugs are extensively used, with severacountnes allocating 40% to 50% in their general fitness budgets to the improvement of recent pharmaceuticals. Herbal treatments are believed to undoubtedly unpact fitness with out inflicting aspect effects [1] Recent reviews suggest that about 80% of the worldwide populace is based on medicinal vegetation and their bioactive compounds for number one healthcare [2,3] Curcuma longa, generally called unsetic, is a perennial herbaceous plant from the Zingiberaceae own circle of relatives It originated in India and s considerably cultivated in international locations consisting of China, Sri Lanka, and diverse areas in Africa and different tropical areas. In Ayurvedic medicine, turmeric has been applied to cope with a variety of fitness issues, such as constipation and pores and skin ailments. It has served as a digestive useful resource and a remedy for situations consisting of fever, inflammation, wounds, infections, dysentery, arthritis, injuries, trauma, jaundice, and different liver-associated issues [4] In Unani medicine, turmeric is appeared as a desired herb for treating blood problems because of its purifying, stimulating, and blood-constructing properties. For many in India, from homemakers to Himalayan sages, turmeric is affectionately referred to as the “kitchen queen,” serving as a staple spice. The long-time period use of turmeric, together with tulsi and triphala,, may be in comparison to a short-time period Panchakarma remedy Additionally, turmeric reveals broad-spectrum antifungal properties [7]

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II. CULINARY USES

Turmeric is a key element in numerous cuisines worldwide, specifically in South Asian, Middle Eastem, and East Asian cooking Its wealthy yellow shadeation and exceptional taste make it a flexible spice

1) Flavor Profile:Turmerne has an earthy, barely biter taste wah peppery, mustard-like notes. It is frequently utilized in a base for curry powder and in dishes like curries, stews, soups, andcolourful yellow pigment, curcumin, is used as a herbal meals coloring agent in meals along with mustard, cheeses, butter, and processed snac
2) Dyeing Agent: The Tea and Beverages: Turmeric is likewise famous in drinks bike “golden milk” (a mix of tormenc, milk, and spices) and turmeric lattes These liquids are touted for his or her anti inflammatory homes and fitness benefitsks

III. MEDICINAL APPLICATIONS

Turmenc’s medicinal packages are in large part attributed to curcumin, a bunactive compound that has confirmed diverse health-selling residences In conventional medicme systems, turmeric is used to deal with various ailments, and cutting-edge medical studies has tested a lot of those uses

1) Anti-Inflammatory and Antioxidant Properties: Curcumin is thought for its mighty anti inflammatory effects, making turmeric beneficial in treating continual inflammatory situations like arthritis, inflammatory bowel disease (IBD), and psoriasis
2) Cancer Prevention and Treatment: Studies have proven that curcumin has anti-most cancers cell properties, inchiding inhibiting most cancers mobileular proliferation, decreasing metastasis, and inducing apoptosis (mobileular death) in most cancers cells
3) Cognitive Health: Some research advise that curcumin might also additionally assist guard in opposition to neurodegenerative sicknesses like Alzheimer’s sickness through decreasing irritation and oxidative pressure withinside the brain
4) Digestive Health: Turmeric has been used for hundreds of years to help digestion. It can assist alleviate signs and symptoms of indigestion, bloating, and fueloline It is likewise idea to useful resource in liver detoxification.
5) Blood Sugar Regulation: Some studies indicates that turmeric can assist decrease blood sugar stages and can be useful for dealing with Type 2 diabetes
6) Cosmetic and Skincare Applications: It is frequently observed in quite a few beauty formulations, inclusive of creams, soaps, mask, and lotionsAnti-Acne and Anti-Inflammatory: The antimicrobial residences of turmeric make it powerful in treating acne.
7) Brightening and Anti-Aging: Turmeric is usually utilized in face mask for its purported capacity to decorate pores and skin tone, lessen darkish spots, or even out complexion It is likewise recognized to lessen the advent of quality strains and wrinkles.
8) Types of curuma longa

Varieties Based on Color and Curcumin Content

Turmeric rhizomes can range in shadeation, and those shadeation variations are regularly connected to versions in curcumin content material and different lively compounds Some of the distinguished types include:

- *Yellow Turmeric (Common Turmeric)*

Description. The maximum not unusualplace sort of turmeric, characterised via way of means of its vivid yellow thromes. This is the range maximum extensively utilized in cooking, cosmetics, and medicine

Curcumin Content Moderate to excessive stages of curcumin, that is liable for the yellow shadeation and maximum of its fitness benefits

Uses Culinary (curry powder, rice, soups), medicinal, and as a herbal dye

Regions. India, Indonesia, and different Southeast Asian countries

- *White Turmeric (C. zedoaria)*



Description. Although it's miles intently related, Curcuma zedoaria (white turmeric) has a faded yellow to off-white shadeation. It isn't Curcuma longa, however it's miles every so often taken into consideration a sort of turmenc because of its comparable residences and uses

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Curcumin Content Low curcumin content material as compared to yellow turmeric, making it much less typically utilized in conventional medicinal applications
Uses. White turmeric is regularly used for its medicinal residences, which includes digestive guide and anti inflammatory effects, aleven though it has a milder impact than yellow turmeric
Regions Native to Southeast Asia, specially in Indonesia, India, and elements of China

- Red Turmeric (C. longa Indigo' or 'Naga' varieties)

Description. A range that has a reddish hue to the rhizomes. The pink colour is frequently extra severe and darker as compared to yellow turmeric
Curcumin Content Typically has better degrees of curcumin and different energetic compounds, making it specially potent.
Uses Primarily used for medicinal purposes, specially for its anti inflammatory and antioxidant properties. It is likewise from time to time utilized in conventional ceremonies and rituals in a few cultures
Regions: Grown in elements of India, in particular withinside the Northeastern states like Assam and Manipur.



- Black Turmeric (C. longa Kala Haldi)

Description: This uncommon type of turmeric has blackish-blue rhizomes with a hanging appearance. It is from time to time called "black ginger" because of its darkish colour and specific appearance.
Curcumin Content Black turmeric is understood for having a better awareness of curcumin as compared to different types, making it fantastically valued for its medicinal properties
Uses It has a huge variety of makes use of in conventional medicine, consisting of as an anti inflammatory and for treating diverse pores and skin illnesses and infections. It is likewise utilized in a few areas as a mystical or ritualistic herb
Regions Mostly located in India, specially withinside the northeastern states including Assam, Nagaland, and elements of Myanmar



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IV. PLANT PROFILE

1) Common name:-

Curcuma, Indian saffron

2) Synonyms:-

Sanskrit :- Ameshta

English Indun saffron

3) Biological source:-

Turmeric received from the rhizome of Curcuma Longa linn (curcuma home valeton) Belonging to the herbal order Zingiberaceae

4) Geographical source :-

It is generally discovered in Cambodia, China, India, Nepal, Indonesia, Madagascar, Malaysia, Philippines and Vietnam

5) Indian scenario :-

It is generally discovered in West Bengal, TamıNadu, and Maharashtra and additionally in Madras.

Family:-Zingiberaceae

V. DISCUSSION

The literature survey underscores curcuma longa (turmeric) as a strong herbal agent with simificantanti inflammatory properties, ordinarily characteristic to curcumin Curcumin's capacity to inhibit inflammatory enzymes like COX- and LOX has been properly documented, making it a promising compound for coping with infection associated situations Beyond its anti inflammatoryeffects.turmeric additionally exibits antioxidants, antimicrobial, and immane modulating properties, broading us healing applications

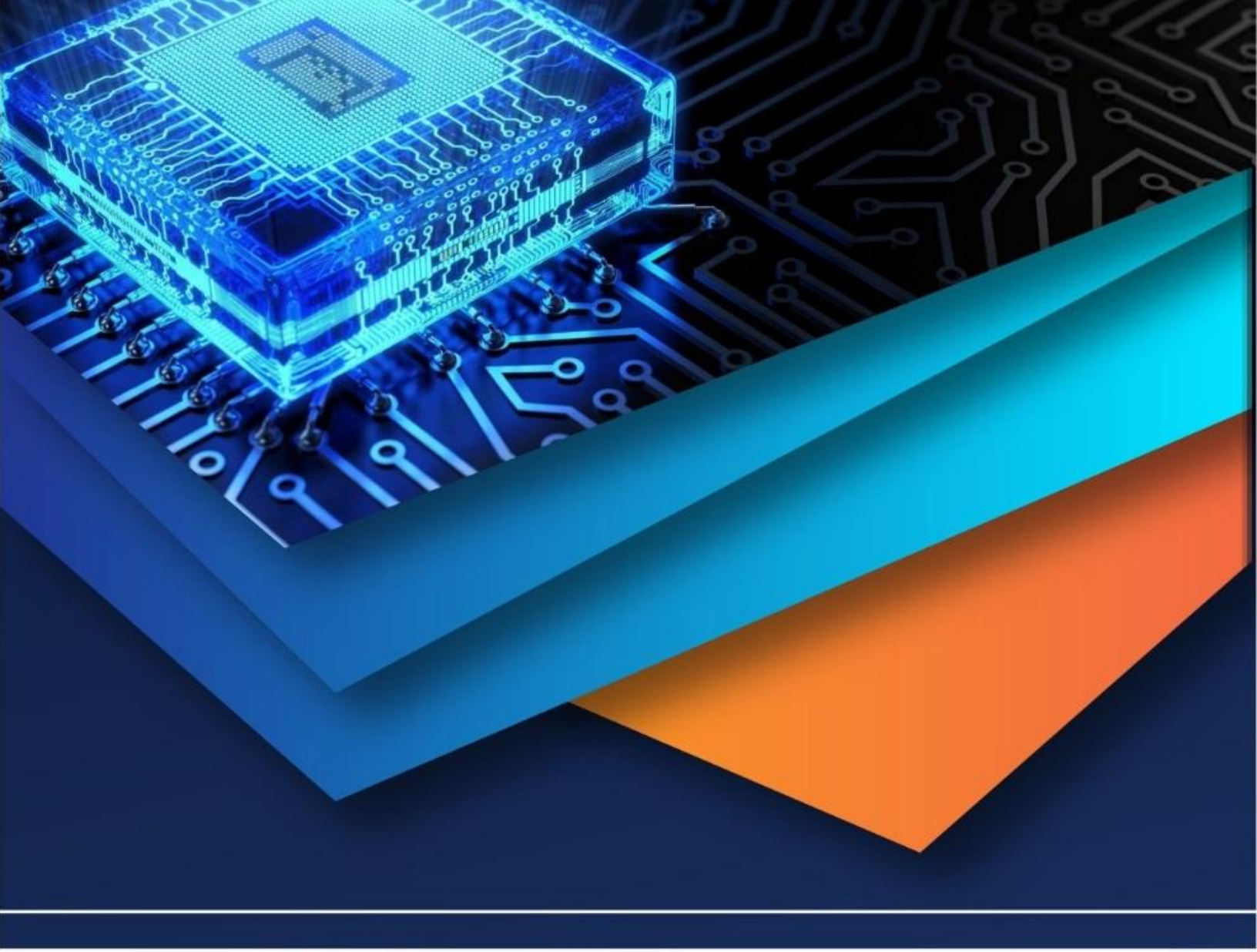
VI. CONCLUSION

Thus plant is diagnosed for its massive medicinal properties, attributed to a numerous array of chemical elements which includes starch, critical minerals, proteins, vitamins, risky oils, curcumin, and curcuminoids. Research has established severa pharmacological consequences of C longa, inclusive of anticancer, anti-obesity, antioxidative, anti-osteoarthritis, hepatoprotective, antidiabetic, neuroprotective, anti-inflammatory, antimicrobial, cardioprotective, and antidiarrheal sports. These findings offer compelling help for its conventional programs withinside the treatment, prevention, and control of diverse fitness situations Additionally, its wealthy content material of phenolic compounds and flavonoids contributes to its first-rate antioxidant capabilities, similarly improving its use in addressing a huge variety of ailments.

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