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TURMERIC AS A WONDER MEDICINAL INDIAN SPICE - A REVIEW

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ABSTRACT

In country called India, we can find miraculous herbs on day today basis in various regions. These miraculous herbs can be easily find in every kitchen and Turmeric is among such speculate. It is Indispensable ingredient among the curry which gives yellowish color with mild pungent musky tang. Along with its use in food it also has medicinal properties which show the eyes opening benefits for all. The curcumin component is the main ingredient which shows beneficial effects for health .Hence an attempt has made to recollect all these benefits and to create awareness about the other benefits of *Haldi* as a boon.

Keywords: Haridra, Boon, Delectable effects, kitchen remedy

INTRODUCTION

Natural plant foodstuffs have been used throughout human olden times for an assortment of purpose. Throughout animal life, many of the vegetation from which these natural foodstuffs are resulting are billions of existence old. Among these many products are obtained as secondary metabolites by higher plants as a natural defense mechanism against illness and disease. Many of these natural products have pharmacological or biological activity that can be browbeaten in pharmaceutical medicine discovery and drug design. Medicines resultant from vegetation has played a pivotal role in the physical

condition care of much culture, both ancient and modern [1]

Historical Review about *Haridra*

In India, there are several species of plants. There will be no person In world who is not inquisitive about the richness and beauty of plant life, that surrounds them both in the city and country side. In this valuable natural heritage stands on outstanding well known plant that is *Haridra.* Ayurveda mentioned various drugs having multiple activity, utilized as medicines , food etc. among them *Haridra i*s well known in kitchen of every indianite. Indian system of holistic medicine known as "Ayurveda" uses mostly plant-based drugs or we can say medicines to treat various major ailments including cancer, prostrate , appendicitis etc. The use of *haldi* as a kitchen spice was nearly used since 4000 years ago to the Vedic culture in India, where it was used as a cuisine spice and had some sacred significance too. If we see more historical references It most likely reached China by 700 AD, East Africa by 800 AD, West Africa by 1200 AD, and Jamaica in the eighteenth century. In 1280, Marco Polo described this spice, marveling at a vegetable that exhibit qualities so similar to that of saffron. According to Sanskrit medical treatises and Ayurveda, turmeric has a long history of medicinal use in South Asia. Sushruta's Ayurvedic *Compendium*, dating back to 250 BC, recommend an balm containing turmeric to relieve the effects of poisoned food mentioned in sushruta kalpa sthana 3rd chapter. Including this in other samhita's also we got references about *haldi*, we are going to discuss one by one below.

VEDIC PERIOD

Rigveda: In treatment of Harima ,Haridrodana is mentioned [2].

Artharveda:

In *switra* and *palitya Haridra* is used with indravaruni and nili.Haridra was also used Externally for udwartana in Hridyaroga. Koushika sutra delineated *Haridra* as Antidot of snake venom [3].

Samhita:

Charaka samhita: In classical text charakasamhita its mentioned as lekhniya, vishagna, kandughna, krumighana, kusthaghnagana in chikitsasthana that means this drug is major drug for obesity, wormiside, antileprotic etc.

Sushruta samhita:sushruta has mentioned it in Haridradi, mustadi and shleshmasamshamanavarga.

Astangasamgraha: it is mentioned in Haridradi, mustadigana, tiktaskanda , lekhneeyadravya

Astanga Hrudya: in sutra sthana it's mentioned in Haridradi, mustadi and tiktaskanda

KashyapaSamhita: in kalpasthana and chikitsasthanaharidra is mentioned as ingredient of dhoopa and in treatment of ka.sa, swasa etc. [4-8]

Description about Haridra:

Latin Name – *Curcuma longa* Linn.

Family – *Zingiberaceae*

English Name – Turmeric.

Official part – Rhizome

Rasa – Tikta, Katu

Guna – Ruksha, Laghu

Virya – Ushna

Vipaka – Katu

Doshaghnata: *Tridoshashamaka*

Botanical classification:

Kingdom-Plantae

Division -Angiospermae

Order: - Zingiberacae

Family- Zingiberacae

Genus -Curcuma

Species- Longa

Karma:*Varnya, Kushthaghna, Raktaprasadana, Raktavardhaka, Raktastambhana, Kandughna, Pandughna, Vranashodhana, Vranaropana, Vishaghna, Anulomana, Pittarechaka, Ruchivardhaka, Krimighna, Shothaghna, Vedanasthapana, Jwaraghna.[9]*

Chemical Constituents: It contains Curcumin, Curcumenone, Cineole, Camphene, Beta-sitosterol, Vit. A, Protein and carbohydrate.

Pharmacological Activities: Antibacterial, cholagogue, insecticidal, antifungal, anti-inflammatory, antiprotozoal, CNS depressant, antifertility, antiarthritic, hypocholesteremic, antihepatotoxic, antihistaminic

Family features:

Key family features:

Habbit:-perennial, aromatic herbs

Root- Adventitious , rarely.[10-14]

Recent Research Articles: 1) Protective effect of Turmeric (*Curcuma longa*) in Paracetamol induced Hepatotoxicity in Rats[15]

2) Review On Different Methods To Assess The Antioxidant Activity Of Some Common Plants of Indian Traditional Medicine.[16]

DISCUSSION

Haldi is known as *'Sarva Roga Parashamani'*, which have a ultimate immunity booster and in that many chemical constituents rejuvenate the body that means , they are used by people since centuries for well known benefits. It is a member of ginger family; *haldi* is essentially sacred with a property of therapeutic action of healing including antioxidant, anti-viral, anti-bacterial, anti-fungal, anti-carcinogenic, anti-mutagenic and anti-inflammatory.

It is well known as a 'King Of All Spices', *Haldi* is known by its Latin name in various

Indian restaurants by name of *Curcuma longa* with different name of dishes so that people can misnorm the name . Knowly its health benefits during covid time it is sold with name of golden milk as immunity booster fromvarious milk booths . It is an herbaceous plant of perennial origin and grows to a height of 1 mt. The *haldi* plant thrives well in temperatures between 20-30°C and in a well-drained soil. Although, it is native to India, it is also found growing in the temperate regions of Africa and extensively cultivated Indonesia, China, Thailand, Malaysia, Cambodia, Philippines, Vietnam and Madagascar. It has smooth, green, tapering leaves arranged alternately in pairs on the stems. If we see the leaf of its, the leaf is divided into the leaf sheath, leaf blade and petiole where the leaf sheath gives rise to a false stem. But the main component of the *haldi* plant is its powerful underground rhizomes which are highly branched, oranges-yellow, cylindrical and aromatic in nature. *Haldi* usually gives rise to hermaphrodite flowers usually arranged in 5 comes in the month of August .Its leaves are used in making *chatni*, curry for internal use and for external on cuts, wounds , non healing wounds too. The very famous brand known as butadiene component is extracted from *Haldi* only.

SAFETY, EFFICACY, AND CONTRAINDICATIONS

For day today usage, turmeric as a spice is household remedy has been known to be safe for all since the traditional time. Till date, no study in either animals or humans have discovered any poisonous belongings associated with the use of *Haldi* (Lao *et al*. 2006), and it is clear that turmeric is not poisonous even at very high doses that means no lethal dosage detected till date but as of now we should not use it in higher dosage and nobody can also because of its bitter taste. The U.S. and Indian Food and Drug Administration (FDA) have carry out its own clinical trials with turmeric. The FDA has affirmed turmeric and its active component curcuma as safest drug for all. Thus, in the United States, turmeric and its components are currently being used in mustard, cereals, chips, cheese, butter, and other products and it can be used for coloring/flavoring agents for children sweets . Joshi *et al*. in 2003 conducted a phase I clinical study on the safety and usage of turmeric oil use, the oil was administer orally to healthy volunteers for 3 months. No side effects of turmeric oil intake were observed in 3 months on body weight, blood pressure, and hematological, renal, or hepatic toxicity thus we can see health benefits of *Haldi* with no side effects.

CONCLUSIONS

Health benefits of king of Indian spice known as turmeric is conventionally achieved through dietary utilization. A accurate understanding of effective dose, safety, and mechanism of action is required for the balanced use of turmeric in the management of diseases. Many clinical studies has showed the health benefits of turmeric such as hepatoprotective, antibacterial, anti-inflammatory , antitumor, antioxidant, antiseptic, antiviral cardioprotective, , nephroprotective, radioprotective, and digestive activities. Phytochemical like *curcumin*, volatile oil, and *curcuminoids* etc are found to be the most active component among all. After seeing all of these benefits as during covid time we should increase use of this medicine and can prevent from complications too and we can portray the excellent qualities of this divine spice.

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