



Haridra

(*Curcuma longa*)

Haridra has been used in Asia for thousands of years and is a major part of Ayurvedic and Siddha medicine.¹ In India, turmeric has been used as a remedy for stomach and liver ailments, as well as topically to heal sores, basically for its supposed antimicrobial property.²

Haridra (Turmeric) is a perennial herbaceous plant, which reaches up to 1 m tall. Highly branched, yellow to orange, cylindrical, aromatic rhizomes are found. Turmeric is a rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae. It is native in southwest India, and needs temperatures between 20 and 30 °C (68 and 86 °F) and a considerable amount of annual rainfall to thrive.

Active contents :

The most important chemical components of turmeric is a group of compounds called curcuminoids, which include curcumin (diferuloylmethane), demethoxycurcumin, and bisdemethoxycurcumin. The best-studied compound is curcumin, which constitutes 3.14% (on average) of powdered turmeric.³ In addition, other important volatile oils include turmerone, atlantone, and zingiberene. Some general constituents are sugars, proteins, and resins.⁴

Herb actions:

Anti allergic : Curcumin has an ability to inhibit nonspecific and specific mast cell-dependent allergic reactions.⁵ Thus, *Haridra* is helpful in allergic respiratory disorders like allergic rhinitis, allergic bronchitis and skin allergies.

Hepato-protective: Curcumin, the most common antioxidant constituent of *Haridra* rhizome extract, was reported to enhance apoptosis of damaged hepatocytes which might be the protective mechanism whereby it prevent the increase in the liver enzymes SGOT and SGPT which are supposed to elevate in the case of liver disease. This indicates the use of *Haridra* as a hepatoprotective drug in liver diseases.⁶

Lowering Cholesterol: It prevents cholesterol absorption in intestine by increasing the conversion of cholesterol into bile acids and also increases the excretion of bile acids. This is due to its choleric properties.

Anti-inflammatory: *Haridra* provides benefit to the patients suffering from arthritis because of its ability to reduce inflammation. This effect of *Haridra* to reduce the inflammation is because it prevents the release of inflammatory mediators such as TNF- α .

Skin care: Curcumin obtained from the *Haridra* rhizome have shown to possess the ability to protect the skin from various types of harmful microbial and fungal infections. *Haridra* is a natural blood purifier, helps alleviate skin diseases and enhances the complexion of skin.

Diabetes: *Haridra* is known to prevent and cure **Diabetes Mellitus** effectively since ages in **Ayurveda**. Modern studies have shown *Haridra* to be highly effective in curing **Diabetes**. It also has shown to be highly effective in **pre-diabetes**, when its extracts are given regularly in **pre-diabetes**.

Antioxidant: The antioxidants in *Haridra* decreases free radicals by improving the immunity level, thereby helping to protect against chronic diseases.

Indications: Allergic skin diseases and respiratory disorders, Inflammation, Hyperlipidemia, Liver diseases.

Contraindication: None

Dose: 1 Capsule two to three times a day or as advised by the Physician.

Composition: Each capsule contains 250 mg standardized extract of *Haridra* (*Curcuma longa*)

Reference :

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2. Chaturvedi TP (2009). "Uses of turmeric in dentistry: an update". *Indian J Dent Res* **20** (1): 107–109. PMID 19336870.
3. Tayyem RF, Heath DD, Al-Delaimy WK, Rock CL (2006). "Curcumin content of turmeric and curry powders". *Nutr Cancer* **55** (2): 126–131. doi:10.1207/s15327914nc5502_2. PMID 17044766.
4. Nagpal M, Sood S (2013). "Role of curcumin in systemic and oral health: An overview". *J Nat Sci Biol Med* **4** (1): 3–7. doi:10.4103/0976-9668.107253. PMC 3633300. PMID 23633828.
5. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2998773/>
6. Pharmacological Activities of Turmeric (*Curcuma longa* linn): A Review Krup et al., J Homeop Ayurv Med 2013, 2:4 <http://dx.doi.org/10.4172/2167-1206.1000133>