

Turmeric

Curcuma longa



Areas of application

- Mucolytics for coughs and colds
- Gastrointestinal complaints, heartburn, bloating
- Skin inflammation, internal inflammation, atherosclerosis
- Heart disease
- Liver problems, gallbladder problems

Family

Ginger family (Zingiberaceae)

Based in

South and South-East

Plant parts used

Thickened underground shoots (rhizomes)

Ingredients

Curcumin, essential oils such as alpha-turmerone and zingiberene, minerals and trace elements such as calcium, iron, magnesium and zinc, vitamins such as vitamin C, proteins, dietary fibre, resins and sugars

Usage/Indications

Turmeric is primarily used to treat inflammatory conditions such as arthritis and joint pain, as it helps to reduce inflammation in the body. It also aids digestion by stimulating bile production and can provide relief from digestive problems such as bloating or a feeling of fullness. It can also help prevent gallstones, and thanks to its antibiotic and antifungal properties, it can help control bacteria such as Helicobacter in the stomach or the yeast Candida albicans in the gut. Gastritis and conditions such as Crohn's disease and ulcerative colitis (both chronic inflammatory bowel diseases) may also improve with the intake of turmeric. The plant is also known for its liver-protective properties, as it supports the regeneration of liver cells and has a detoxifying effect.

Recent research has shown promising results regarding the effects of turmeric on the cardiovascular system, as well as its potential benefits in the prevention of neurodegenerative diseases such as Alzheimer's. Curcumin is particularly effective when combined with black pepper, as piperine improves its absorption in the body and thus enhances its effects.

Good to know



A research team at the University of California conducted an 18-month long-term study (placebo-controlled and double-blind) and concluded that curcumin not only boosts memory but also improves quality of life in people suffering from age-related memory loss.

Side effects/Contraindications

High doses of turmeric can cause stomach ache in some people. It may also cause dry mouth and allergic skin reactions, as well as diarrhoea and nausea.

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