

Miracles of the Golden Spice-Turmeric

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Introduction

Turmeric also known by the name of Golden spice or Indian saffron because of its yellow golden color and is native to Southeast Asia and Central [1]. While turmeric is a appetizing spice that is used in culinary but it has also conventionally been used in traditional ayurvedic medicine to cure inflammation, skin infections, wounds, gastric discomforts, liver problems etc [2,3,4]. The active constituent of turmeric is curcumin which exhibits therapeutic properties such as antimicrobial, antidiabetic, anti-inflammatory, pain reliever and healing agent [5,6]. Turmeric is available in either tablet, capsule, ground or powdered form in the market [7].

Nutritional value of Turmeric Powder

1 tablespoon of turmeric powder contains:

- 29 calories
- 2.1 g of fiber
- 0.91 g of protein
- 0.31 g of fat
- 0.3 g of sugar
- 6.31 g of carbohydrates
- 26 % manganese
- 3% Vitamin C
- 16 % iron
- 5 % potassium [8-12]

Therapeutic potentials of turmeric is given in Table 1.

Side Effects of Turmeric if Consumed in Excess

- Since it stimulates gastric secretions so overconsumption may result in distressing the stomach [34].
- Individuals who are already taking drugs for thinning of blood should avoid the use of turmeric [35].
- Pregnant women should avoid the use of turmeric in excess because it causes thinning of blood and stimulates uterine contraction [36].

Conclusion

Thus this golden spice boosts immune system health, aids in digestion, relieve pain etc. But due to its few side effects, turmeric use is recommended in some cases.

Table 1: Therapeutic potentials of turmeric.

S.no	Therapeutic potential	
1	Anti-inflammatory	Reduces inflammation associated with cardiac disorder, metabolic syndrome, cancer etc [13].
2	Antioxidant	Combats damage caused by free-radical, boost body's innate antioxidant and defensive ability [14,15].
3	Enhances body's immune system	Its antioxidant, anti-inflammatory and antimicrobial properties enhances body's immune system [16].
4	Relieve joint pain	Turmeric aids in relieving pain and its associated inflammation in conditions like with arthritis, soreness etc [17,18].
5	Turmeric promotes cardiac health	It improves endothelial function and reduce inflammation and free-radical damage [19,20].
6	Turmeric promotes healing of gut	Used for the treatment of colitis and irritable bowel syndrome [21].
7	Treatment of depression mood swings etc.	Turmeric has the potential to treat depression associated symptoms by retreating damaging brain variations, boost secretion of neurotransmitters like serotonin and dopamine that regulates mood, plays an important role in sustaining long-term cognitive function etc [22-25].
8	Treatment of neurodegenerative diseases	Turmeric is beneficial in the treatment of condition like Alzheimer's disease [26].
9	Improving liver function	Turmeric promotes liver health by stimulating liver secretions and mineral absorptions .In addition causing detoxification of toxins that damages the liver [27-29].
10	Promotes healthy digestion	Turmeric aids in the breakdown of food to accelerate digestion process. Besides it is used as a healing agent for stomach and prevents gut inflammation caused by elevated acidity or microbial infections. In addition helps in the treatment of irritable bowel syndrome [30-33].

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