

Health Benefits of Turmeric in Our Daily Life

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Description

Turmeric is a slight digestive aid, being aromatic, a stimulant, and carminative. Turmeric is widely regarded as one of nature's most powerful healers. The lively component in turmeric is curcumin. Turmeric has been used for over 2500 years in India, where it was first used as a dye. The medicinal properties of this spice have been slowly revealing themselves over the centuries. Long ago, it was recognised for its anti-inflammatory properties. New research has discovered that turmeric is a natural wonder, which is useful in the treatment of a wide range of exceptional health issues, from cancer to Alzheimer's disease. An ointment based on the spice is used as an antiseptic in India. Turmeric water is an Asian beauty ritual carried out to impart a golden glow to the complexion. Curcumin has been proven to be lively in opposition to *Staphylococcus aureus* (pus-generating infections). Anemia, cancers, diabetes, digestion, food poisoning, gallstones, indigestion, parasites, terrible circulation, staph infections, and wounds. Turmeric decreases Kapha and so is used to cast off mucus from inside the throat, watery discharges like leucorrhoea, and any pus in the eyes, ears, or wounds, etc. In Unani, medicinal drugs like turmeric have been used for liver obstruction and jaundice. It has also been carried out externally for ulcers and inflammation. Roasted turmeric has been used as a component of a coating that is used for dysentery. Turmeric has also been used in tooth powder or paste. It may be prepared in diverse ways and is reputed to relieve bronchial allergies and coughs. Hot water extracts of the dried rhizome have been taken orally in Ayurvedic medicinal drugs to lessen inflammation.

Benefits of Turmeric

Medicinal uses of turmeric

Over the years, awareness of turmeric and its medicinal use has steadily increased. Turmeric, a flowering plant of the family *Zingiberaceae*, is widely used as a food colouring and is one of the basic ingredients in curry powder. Turmeric has long been used in medicine as an anti-inflammatory agent for the treatment of many health disorders such as liver problems, dyspepsia, skin diseases, and wound healing. Curcumin is the active ingredient in turmeric and has been shown to have a wide range of therapeutic effects.

Some healthy benefits that we get from turmeric are below.

Digestive disorders: Turmeric is considered to be good for the digestive system and the digestive system. In addition to foods such as rice and bean dishes, it can improve digestion and reduce gas. Bile is produced by stimulating bile production in the liver and promoting bile excretion through the gallbladder. This improves the digestion of fat in the body. Turmeric is recommended for chronic dyspepsia and congestion. When turmeric is combined with other bittersweet digestive herbs, it can be taken as a single extract or in the form of digestive bitterness. Turmeric helps people who feel tired after eating, or who ingest gas or gas. Regardless of how turmeric is ingested, it is beneficial to both the digestive system and the liver.

Liver diseases: Turmeric has a beneficial effect on the liver. In the spring, you can strengthen your liver by consuming more herbs and foods. Turmeric contains liver-protecting compounds similar to those found in milk thistle and artichoke leaves. It is said to contract the swollen hepatic duct, which is useful for treating liver diseases such as hepatitis, cirrhosis, and jaundice.

Cancer: Recent scientific studies have confirmed that turmeric can treat a variety of diseases, and that turmeric also inhibits the growth of different types of cancer. Turmeric is used to treat skin cancer or precancerous skin disorders. Both local and internal applications are useful.

Heart atherosclerosis: Turmeric helps in two ways to prevent blockages in the arteries that can gradually cause a heart attack or stroke. Turmeric lowers cholesterol and suppresses the oxidation of LDL (bad cholesterol). Oxidized LDL accumulates on the walls of blood vessels and contributes to the formation of atherosclerotic plaques. Turmeric can also prevent platelets from accumulating along the walls of injured blood vessels. Platelets that collect at the site of damaged blood vessels cause the formation of blood clots and blockage of arteries.

Osteoarthritis: It can help relieve the symptoms of osteoarthritis because it can relieve pain and disability.

Menstrual problems of woman: Women with dysmenorrhea should try turmeric extract or bitter twice daily for 2 weeks before menstruation is expected. Turmeric has an antispasmodic effect on smooth muscles and soothes the digestive system and dysmenorrhea. Even if it is not completely relieved, the severity of the pain needs to be reduced. Of course, your diet and standard of living have a reflective effect on your menstrual cycle, but turmeric is a great addition.

Eye disorder: Curcumin is as effective as corticosteroids in the treatment of uveitis (inflammation of the uveitis, the middle layer of the eye between the white rind of the eye and the retina behind the eye).

Conclusion

Turmeric (especially curcumin, the mostly studied ingredient in its activity) has many health benefits, including anti-

inflammatory and antioxidant effects, as well as beneficial effects on brain function and cardiovascular health. Curcumin has poor pharmacokinetics and should be combined with other active ingredients that enhance bioavailability (such as the curcuminpiperine complex) for further investigation as a clinical drug candidate.