

Turmeric

The Golden Spice



Origin : India
Production : Largest producer in the world
Generic Name : Curcuma longa

Brief History

Nearly 4000 years to traditional Vedic culture in India. Around 250 BC, Susruta's Ayurvedic Compendium, recommends an ointment containing turmeric to relieve the effects of toxic food. In India, turmeric is commonly known as "haldi," a word derived from the Sanskrit word haridra. In Sanskrit, turmeric has at least 53 different names to know more download from "www.abbcos.com"



Physical Properties

Average height of 1 m, and have long, oblong leaves. The rhizome, from which the turmeric is derived, is tuberous, with a rough and segmented skin. It's yellowish brown with a dull orange interior, 1-3 inches in length and 1 inch diameter. On dried it is ground to a yellow powder with a bitter, slightly acrid, yet sweet, taste.



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Medicinal Properties

Turmeric is a potent antioxidant, anti-inflammatory, antimutagenic, antimicrobial, and anticancer agent

- Antimicrobial and Antiseptic
- Protection from harmful Virus
- Improve immune system
- Relief from pain & inflammation
- Support endocrine system
- Protect skin from skin disease

Nutritional Value

100 gm of turmeric powder contains

Ingredients	Qty gm
Total Fat	10 g
Saturated Fat	3 g
Cholesterol	0 mg
Calcium	0.2 g
Phosphorus	0.26 g
Sodium	10 mg
Potassium	2.5 g
Iron	47.5 mg
Carbohydrates	69.9 g
Dietary fiber	21 g
Sugars	3 g
Protein	8 g
Fatty Acid	ω -3 & α -linolenic 2.5%

Source : <https://www.ncbi.nlm.nih.gov/books/NBK92752/>

Uses

Uses as a foodstuff, cosmetic, and medicine.
Uses from Traditional to Modern Medicine

- Asthma, bronchial hyperactivity, and allergy
- Liver disorders, anorexia, rheumatism, diabetic wounds, runny nose, cough, and sinusitis
- Relieving gas, dispelling worms, improving digestion, regulating menstruation, dissolving gallstones, and relieving arthritis
- An antiseptic for cuts, burns, and bruises
- Anti-inflammatory and antibacterial agent
- Gastrointestinal discomfort associated with irritable bowel syndrome and other digestive disorders.
- To purify blood and remedy skin conditions
- Skin glow and Protect skin from harmful bacteria
- Used in cosmetics, turmeric based skin glow sunscreens, face creams

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