

# Turmeric Root

A useful anti-inflammatory and circulatory stimulant

**Common Name:** Turmeric

**Latin:** *Curcuma longa- Radix (Zingiberaceae)*

## Constituents:

Essential oil - sesquiterpene ketones, zingiberine, borneol, valepotriates; yellow pigments - curcumin

## Bio-Medical Action:

Emmenagogue, blood tonic, antibacterial, cholagogue, alterative, anti-inflammatory, antiplatelet, antioxidant, anticarcinogenic

## Indications:

**Inflammation:** Curcumin reduces inflammation caused by arachidonic acid (cf usage for painful menstruation). Hence its appropriate usage in: dermatitis, eczema, urticaria, psoriasis, colitis, asthma, rheumatoid arthritis and osteoarthritis.

**Digestion:** For all intestinal infections and mucus conditions: Turmeric promotes 'sweet' intestines by promoting probiotic bacteria. Recently proven to have an affinity for the large intestine and to play a preventative role in bowel cancer. Traditionally used in diabetes.

**Liver:** A stimulant effect to the liver increases the flow of blood through the hepatic system and increases bile output. This helps to dissolve and prevent gallstones. It is traditionally considered a blood 'purifier' and is often used for beautifying the skin and clearing systemic toxemia.

**Gynaecology:** Used to clear mucus accumulations from the lower abdomen, uterus, fibroids, cysts, endometriosis, dysmenorrhoea, amenorrhoea and leucorrhoea are all treated by reducing congestion. Used to increase breast milk.

**Heart:** By increasing blood flow and reducing total cholesterol Turmeric helps the functions of the heart. It has an anti-platelet activity that prevents blood clots.

## Combinations:

- + **Neem and Trikatu** in liver congestion
- + **Amla and Neem** in diabetes and for 'cooling' the liver
- + **Gotu Kola and Neem** for skin conditions
- + **Ashwagandha** for arthritis

## Ayurvedic Energetics:

**Taste rasa:** Pungent, Bitter, Astringent

**Action virya:** Heating

**Post-digestive effect vipaka:** Pungent

**Quality guna:** Dry, Light

**Dosha effect:** K-, PV+

**Tissue dhātu:** Plasma, Blood, Muscle, Fat, Bone, Nerve, Reproductive

**Channel srota:** Digestive, Circulatory, Respiratory, Female reproductive

## Contraindications:

Be vigilant if gallstones are present. Advice should be given if anticoagulant medication is being consumed. Use with caution in pregnancy.

## Dosage:

5-15ml/day of a 1:3@45% tincture. 2 capsules 3x/day

## Duration:

Use long term from 1-6 months