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## Benefits of Turmeric

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### ABSTRACT

*This paper explains a few benefits of turmeric. It belongs to family Zingiberaceae Indian turmeric is considered to be the best in the world. Erode, a city in South India state of Tamil Nadu is the world's largest producer of turmeric and the most important trading centre for turmeric. This paper also defines the major constituent of Turmeric.*

**Keywords**— Health, Advantage, Ayurveda, Cosmetic, Medicinal value

#### 1. TURMERIC

Turmeric is a flowering plant of the ginger family. It belongs to family ZINGIBERACEAE. Turmeric sometimes called as INDIAN SAFFRON. The bright yellow colour of processed turmeric has inspired many cultures to use it. Ground turmeric is also a major ingredient in curry powder. In North India turmeric is called as HALDI it is derived from a Sanskrit word HALDRA. In South India, it is called as MANJAL used in ancient Tamil literature. Indian turmeric is considered to be the best in the world. Erode, a city in South India state of Tamil Nadu is the world's largest producer of turmeric and the most important trading centre for turmeric. It is called the YELLOW CITY or TURMERIC CITY

#### 2. ACTIVE CONSTITUENT OF TURMERIC

##### “CURCUMIN”

So curcumin is the active ingredient in turmeric. It is used as Ayurvedic medicine in earlier days to treat chronic pain and inflammation. It also acts as a pain reliever and healing agent

#### 3. CONSTITUENTS OF TURMERIC

One tablespoon of turmeric has

- 29cal
- 0.91gms of protein
- 0.31gms of carbohydrates
- 2.1 grams of fibre
- 0.3 grams of sugar

New research tells us that turmeric helps in improving liver function as it has antioxidant abilities .so people who are taking strong drugs for diabetes or other health conditions it might hurt the liver with long term use.so here is good news for them . It possibly reducing the risk of cancer research found that it has protective effects against pancreatic cancer, prostate cancer and multiple myeloma. Turmeric is also used in digestion . The spice is even being explored as a treatment for irritable bowel syndrome IBS'. Turmeric is also used for beauty.one small example here turmeric is used as a face mask it can help restore your natural glow and treat uneven skin tone. We can apply a turmeric face pack every alternative day. It is a good natural remedy for all types of skin. New research has found that it protects brain and memory cells.

#### 4. HOW TO MAKE A TURMERIC FACE PACK FOR ALL TYPES OF SKIN

Mix turmeric with honey and milk and apply it to the face and rinse with water after 15min.

Mix turmeric with honey and lemon and apply to the face and rinse with after 15min.

Good glowing and clear skin is seen.

These results are true which we got during the study

## **5. TURMERIC MILK AT BEDTIME**

Having turmeric milk at bedtime will relieve night time coughing and keeps cold and flu away. It acts as soothing and helps in sleep soundly through the night. A glass of turmeric milk twice a day or once a day is good for your health. It does wonders for your health as it boosts your immune system and fights off various infection. A study by Korean bio-spectrum life science institute has shown that turmeric can prevent hair loss by strengthening the hair follicles. In this way, turmeric is used in many ways for our daily needs

## **6. USES**

- (a) It has antiseptic and antimicrobial properties t as it is used to clean wounds and injuries
- (b) Used in foodstuff, cosmetic property and in preparation of medicine
- (c) The coloring agent in cheese, butter and other foods
- (d) Used as herbal medicine for conjunctivitis, skin cancer, arthritis, urinary tract infection
- (e) Regulating menstruation
- (f) Dissolving gallstones
- (g) Currently, turmeric is used in the formulation of several sunscreens

AS there is a lot of usage of turmeric it has become a scarcity now . As we are cutting down all the plants .we are not getting help from the plants for our requirements, so the cost is also increasing day by day. Economic growth is seen. The aim of the research is to know the importance of turmeric as it used in Ayurveda, cosmetic and for preparation of medicines and sunscreen lotions. There are no disadvantages of turmeric instead there are a lot of advantages in it which our ancient people followed. Use turmeric as a natural remedy and find a solution for all the problems. Save turmeric and know the value of it.

*“Turmeric is not toxic even at high doses”*