

Chemistry

Turmeric is composed of chemical compounds called curcuminoids. The main active curcuminoid is curcumin, and the others are desmethoxycurcumin and bisdesmethoxycurcumin. These compounds are what give turmeric its bright yellow color and bitter taste.

Turmeric

Curcuma longa



Sales

Manufacturing: \$7,079,791 (26th)
 Consumer: \$26,288,705 (1st)²

Pharmacology

The active compound curcumin is believed to have a wide range of biological effects including anti-inflammatory, antioxidant, antitumour, antibacterial, and antiviral activities, which indicate potential in clinical medicine. Today, traditional or folk uses of turmeric include heartburn, stomach ulcers, gallstones, inflammation, and cancer.⁵

Botany/Preparation

Turmeric, a shrub related to ginger, is grown throughout India, other parts of Asia, and Africa. Turmeric's finger-like underground stems (rhizomes) are dried and taken by mouth as a powder or in capsules, teas, or liquid extracts. Turmeric can also be made into a paste and used on the skin.⁵ When not used fresh, the rhizomes are boiled for about 30–45 minutes then dried in hot ovens, after which they are ground into a powder.¹



History/Traditional Use

Turmeric has been extensively used as a spice, food preservative and coloring material in India, China and South East Asia.³ In traditional Chinese medicine and Ayurvedic medicine, turmeric has been used to aid digestion and liver function, relieve arthritis pain, and regulate menstruation. Historically, turmeric has also been applied directly to the skin for eczema and wound healing.⁵



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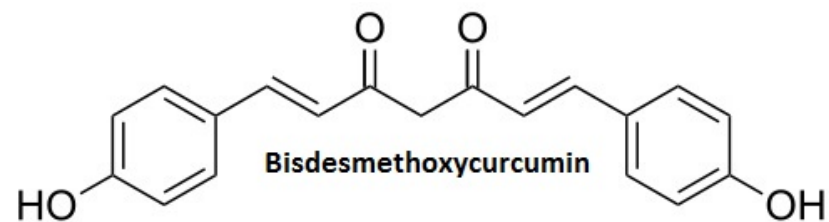
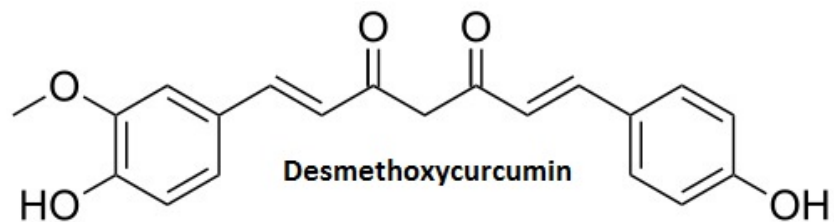
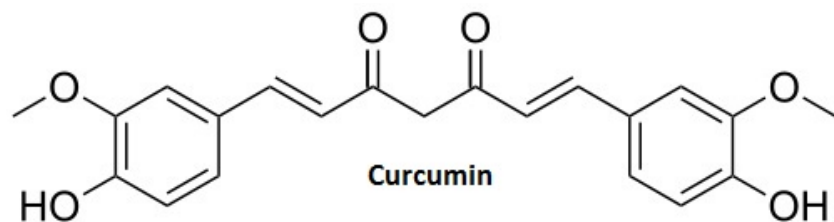
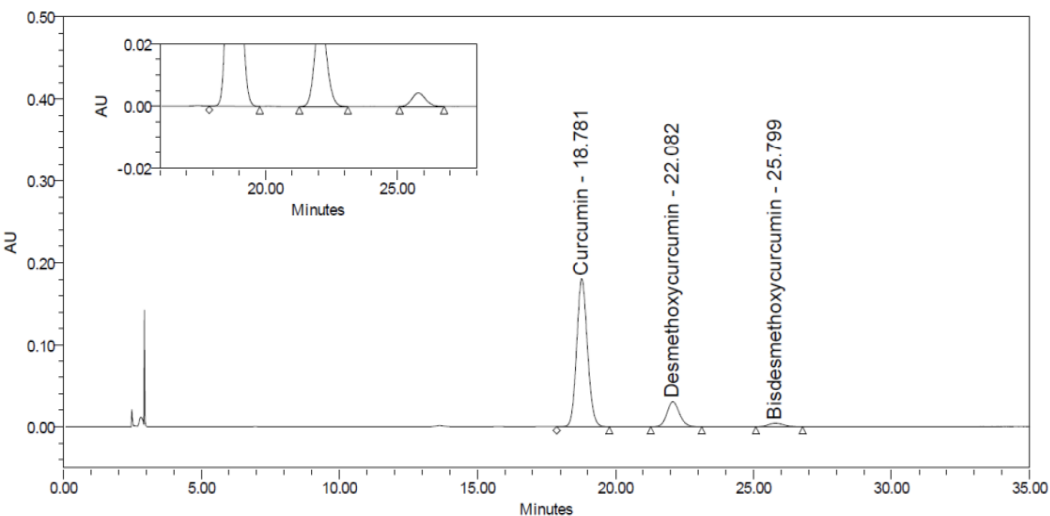
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References

1. <http://www.celkai.in/Crops/Spices/Turmeric/processing.aspx>
2. SPINSscan Natural and INI, 52 weeks ending December 28, 2014
3. <http://repository.ias.ac.in/5196/1/306.pdf>
4. Köhler's Medicinal Plants 1887 (botanical diagram)
5. <https://nccih.nih.gov/health/turmeric/ataglance.htm>