

What are the Medicinal Values of Indian Spice Turmeric?

For centuries, turmeric has been used as an integral part of the Indian cuisine. Turmeric is responsible for the traditional yellow color in most Indian curries and preparations. It is also used in pickles as a food preservative. Of late, more and more people have started delving into the medicinal benefits of this Indian spice. Researches and studies have indicated that turmeric can help in reducing inflammation and curing infections.

However, this is not a new discovery. In the Ayurveda or the Indian medicine system, turmeric has been prescribed for minor cuts, wounds, and even internal injuries. A turmeric paste can not only help in healing wounds but can also help in alleviating many symptoms associated with various skin conditions. A pinch of turmeric in milk has been the traditional cure for sore throat and colds in India.

The modern world has recently understood that turmeric is a beneficial spice when it comes to mental health issues. Curcumin or the chief constituent of turmeric has shown promising results in researches pertaining to the prevention of dementia and Alzheimer's disease.

Apart from boosting the health of your gray matter, turmeric can also heal diarrhea due to its infection fighting properties. It can help your skin to get rid of all the blemishes and pigmentation. People who use turmeric regularly in their diet have stronger bones and supple skin. The anti-bacterial properties of turmeric also help in healing burns. The Chinese are known to use turmeric for problems like depression. Besides this, they also use it to revv up the metabolic rate and catalyze weight loss.

In Indian marriages, turmeric is an important part of most marriage ceremonies. A paste of turmeric is applied on the face and body of the bride and groom since it is believed that this spice enhances the glow on the skin and also prevents infections.

Here are some more medicinal uses of turmeric:

- 1.The cur cumin in turmeric has anti-oxidant properties, which can help in the prevention of aging and related problems.
- 2.Turmeric can help in preventing the built up of cholesterol and plaque on the walls on the arteries. As a result, it can prevent problems like heart attack, arthrosclerosis and helps in enhancing the blood circulation.
- 3.This spice can also help in detoxifying the liver and preventing the built of toxins.
- 4.Turmeric can help in the treatment of various kinds of cancers like multiple myeloma, pancreatic cancer and tumors.

You can use turmeric in different forms. Pills, powders, or pastes are just some examples. You can even use it in the daily preparation of food depending on your taste and palate. However, turmeric is contraindicated for people who are suffering from bile obstruction and gallstones. Pregnant women should exercise caution while using this spice as it may cause the stimulation of the uterus.

These are just some of the uses of turmeric. New researches and studies will soon enhance our knowledge about many more benefits provided by this Indian spice.