



***Curcuma longa* L.**

Family: Zingiberaceae

Common names: Turmeric, Haldi

Description:

Curcuma longa is a perennial herbaceous plant that reaches up to 1 m tall. The leaves are alternate and arranged in two rows. They are divided into leaf sheath, petiole, and leaf blade. From the leaf sheaths, a false stem is formed. Inflorescence is white to green in colour and sometimes tinged reddish-purple. Highly branched, yellow to orange, cylindrical, aromatic rhizomes are found.

Utilization:

It is one of the key ingredients in many Asian dishes. Indian traditional medicine, called Siddha, has recommended turmeric for medicine. It also makes poor fabric dye. In Ayurvedic practices, turmeric has been used to treat a variety of internal disorders, such as indigestion, throat infections, common colds, or liver ailments, as well as topically to cleanse wounds or treat skin sores (Parsad *et al.*, 2011). Turmeric is considered auspicious and holy in India and has been used in various Hindu ceremonies. Extracts from turmeric may have antifungal and antibacterial properties (Ragasa *et al.*, 2005). It has anti-inflammatory, anti-oxidant activities which have beneficial effects against rheumatoid arthritis (Ramadan *et al.*, 2011).

Part	Uses
Rhizomes	Antifungal, antibacterial

References:

Prasad S, Aggarwal B. B, Benzie I. F. F, Wachtel-Galor S; (2011) Turmeric, the Golden Spice: From Traditional Medicine to Modern Medicine; In: Herbal Medicine: Biomolecular and Clinical Aspects; chap. 13. 2nd edition. CRC Press, Boca Raton (FL). PMID 22593922.

Ragasa C, Laguardia M, Rideout J; (2005) "Antimicrobial sesquiterpenoids and diarylheptanoid from *Curcuma domestica*". ACGC Chem Res Comm. 18 (1): 21–24.

Ramadan G, Kahtani M.A and El-Sayed M.W (2011) Anti-inflammatory and Anti-oxidant Properties of *Curcuma longa* (Turmeric) Versus *Zingiber officinale* (Ginger) Rhizomes in Rat Adjuvant-Induced Arthritis. Inflammation 34(4): 291–301.