Turmeric (jiang huang)
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What is turmeric? What is it used for?

Turmeric is a member of the ginger family. It has been used for thousands of years in India as a spice and food additive, helping give many curries their yellow color and flavor. The plant itself is also decorative, and is used medicinally.

Historically, turmeric has been prescribed for a wide range of conditions, from skin disorders and congestion to poor vision and diarrhea. More recent research has focused on its beneficial properties with regard to pain and fever, a standardized turmeric extract is in Phase III trials for improving gastrointestinal function.

What must turmerics patient do?

Turmeric is considered generally safe and is generally well-tolerated. Some anecdotal reports have labeled it as oxidant-rich and cardioactive. It should not be used by pregnant or lactating women. In addition, patients with gallstones or obstructed bile ducts should avoid turmeric unless approved by a health care provider.

How much turmeric should I take?

The active ingredient in turmeric is called curcumin, which has been shown to have a variety of beneficial properties. Among its documented actions, it acts as an anti-inflammatory and protects against damage by radicals, which reduces inflammation by lowering histamine levels; protects the liver from toxic compounds; and reduces platelet from clumping together, which improves circulation and helps protect against heart disease. Published evidence has shown that consuming light cancer and inhibits HIV from spreading, although further studies need to be conducted to determine its true effectiveness.

What can happen if I take too much turmeric? Are there any interactions I should be aware of? What precautions should I take?

Whole, cut and powdered turmeric root is available in a variety of forms, the most common of which are capsules and coated tablets. Turmeric extracts and compounded preparations are also available.

Recent studies by chemists have shown that turmeric may cause a skin reaction in some people. This is generally mild and localized to the skin. If skin irritation occurs, discontinue use of the product.

How is turmeric used? What conditions does it treat?

Turmeric is used to treat a wide range of conditions, including indigestion, ulcers, gallstones, and arthritis. It has also been used to treat cancer patients receiving palliative care. The National Institutes of Health has designated turmeric as one of the most promising herbs for the treatment of cancer and as an alternative for chemotherapy, radiation, and surgery.

In the future, researchers will continue to investigate the potential of turmeric as a natural alternative to traditional medications. As more information becomes available, turmeric may become an even more valuable tool in the fight against disease.