Turmeric (jiang huang)
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What is it? 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 color and flavor. The plant's root and stems, or underground stem, are used medicinally.

Historically, turmeric has been prescribed to treat a wide range of conditions, from skin disorders and congestion to your vision and digestion. More recently, it has been linked to the treatment of a range of medical conditions with inflammation and fever. A double-blind, randomized study in 1998 showed in turmeric's ability to reduce pain and temperature in patients suffering from osteoarthritis.

How much turmeric should I take?

The German Commission E recommends a dose of 1.5-3 grams of turmeric root. Some practitioners also recommend a standardized turmeric extract containing 400-600mg of curcumin three times per day in capsule or tablet form.

Turmeric is generally safe; however, there are a few potential side effects to be aware of. Turmeric can cause bloating and diarrhea in some individuals, and it may interact with certain medications. It is also contraindicated for those with gallstones or liver disease.

What are the known drug interactions of turmeric?

There are currently no well-known drug interactions with turmeric. However, it is recommended to talk to your health care provider about any medications you are taking before starting turmeric supplements.

What are the benefits of turmeric?

Turmeric is a powerful antioxidant and anti-inflammatory. It has been shown to help reduce the risk of cancer, improve brain function, and protect against heart disease.

What are the potential side effects of turmeric?

Turmeric is generally well-tolerated, but some individuals may experience stomach upset, diarrhea, or bloating. It is also important to note that turmeric can interact with certain medications, so it is always best to consult with a health care provider before starting any new supplements.

What is the recommended dosage for turmeric?

The recommended dosage for turmeric can vary depending on the form and purpose of use. For dietary use, a common dosage is 1-3 grams per day. For medicinal use, a dosage of 400-600mg of curcumin three times per day is recommended.

Are there any health warnings or precautions for turmeric?

Yes, there are a few important precautions to keep in mind when using turmeric. It should be used with caution in those with liver disease, gallstones, or ulcers. Additionally, turmeric can interact with certain medications, so it is important to consult with a health care provider before starting any new supplements.