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**AN OVERVIEW OF MEDICINAL AND PHARMACOLOGICAL
PROPERTIES OF TURMERIC (*CURCUMA LONGA*) IN THE
TREATMENT OF VARIOUS HUMAN AILMENTS**



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ABSTRACT

Curcuma longa (Turmeric), belonging to Zingiberaceae family is one of the most useful herbal medicinal plants. Extensive researches have proven that most of the turmeric activities of the turmeric are due to curcumin. *Curcuma longa* commonly known as turmeric, is native to Southwest India with its rhizomes being the source of a bright yellow spice with various medicinal applications and also used for medicinal value in the cosmetic industry. Curcumin is one of the most important turmeric's bioactive constituent. Turmeric is widely cultivated throughout the tropics. Turmeric is having many medicinal uses to control many diseases such as cancer, inflammations, microbial infections, diabetes, arthritic, muscular disorders, biliary disorders, anorexia, cough, diabetic wounds, hepatic disorders, and sinusitis. Curcumin, the main bioactive constituent of turmeric, also shown various pharmacological activities including antioxidant, antineoplastic, antiviral, anti-inflammatory, antibacterial, antifungal, antidiabetic, anticoagulant, antifertility, cardiovascular protective, hepatoprotective and immunostimulant activities in animals. This research study provides information about the use of Turmeric in the treatment of various human ailments.

KEYWORDS

Turmeric, Curcumin, Cancer treatment, anti-inflammatory