

Curcumin (TURMERIC) Overview Information

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Other Names:

Curcuma, Curcuma aromatica, Curcuma domestica, Curcuma longa, Curcumae Longae Rhizoma, Curcumin, Curcumine, Curcuminoid, Curcuminoïde, Curcuminoïdes, Curcuminoids, Halada, Haldi, Haridra, Indian Saffron, Nisha, Pian Jiang Huang, Racin...
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Turmeric is a plant. You probably know turmeric as the main spice in curry. It has a warm, bitter taste and is frequently used to flavor or color curry powders, mustards, butters, and cheeses. But the root of turmeric is also used widely to make medicine.

Turmeric is used for [arthritis](#), [heartburn](#) (dyspepsia), [stomach pain](#), [diarrhea](#), intestinal gas, [stomach bloating](#), loss of appetite, [jaundice](#), [liver](#) problems and [gallbladder](#) disorders.

It is also used for [headaches](#), [bronchitis](#), colds, [lung](#) infections, [fibromyalgia](#), [leprosy](#), fever, menstrual problems, and [cancer](#). Other uses include [depression](#), [Alzheimer's](#) disease, water retention, worms, and [kidney](#) problems.

Some people apply turmeric to the [skin](#) for pain, [ringworm](#), bruising, leech bites, [eye](#) infections, inflammatory skin conditions, soreness inside of the mouth, and infected wounds.

In food and manufacturing, the essential oil of turmeric is used in perfumes, and its resin is used as a flavor and color component in foods.

Don't confuse turmeric with Javanese turmeric root (Curcuma zedoaria).

How does it work?

The chemicals in turmeric might decrease swelling (inflammation).

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- [Rheumatoid arthritis \(RA\) Treatments](#)
- [Cancer Treatments](#)
- [Osteoarthritis Treatments](#)
- [RA Treatments](#)
- [Anterior uveitis Treatments](#)
- [Dementia Treatments](#)
- [Gastroesophageal reflux disease \(GERD\) Treatments](#)
- [GERD Treatments](#)
- [Upset stomach Treatments](#)
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