

## [Turmeric, a super-condiment; Consume from today for better health](#)

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It is the most opportune time when epidemic of viral infection & lifestyle diseases are taking toll & absence of definitive effective & curative therapy, we must look for our time tested natural resource based treatment. Though, one may say that for the most effective recommendation, we need scientific studies, true, but unless we start using & publishing the evidence will not get generated on our natural products. This makes me write on the Turmeric, the super-condiment for health, time tested for centuries in India, with the aim to awaken you for the effective utilization of this wonder Indian food. It is really discomfoting to note that while foreigners are using, promoting, patenting, we are still sub-optimally consuming.

### **What makes Turmeric so special for health?**

The Curcumin, a yellow pigment present in the spice turmeric (*Curcuma longa*), is responsible for its numerous health benefits.

### **How does the Curcumin work?**

It has antioxidant, anti-inflammatory, anticancer, antiviral, antibacterial, antimalarial, immune enhancing, anti-allergic effects along with enhancing therapeutic benefits of certain conventional therapeutic drugs.

### **What are the health benefits?**

Regular consumption of turmeric helps in prevention & treatment of the following diseases.

1. Allergic diseases & Asthma
2. Inflammatory diseases viz. Arthritis
3. Pain relief & enhance healing
4. Viral, Bacterial, Fungal, Malaria, other infections & Infestations
5. Viral infection associated various organ diseases like brain involvement, Diarrhoea
6. Degenerative diseases like Alzheimer disease, aging etc.
7. Cancer
8. Miscellaneous

### **What is the best way of taking turmeric for health?**

Turmeric is fat soluble; the Curcumin the most important health ingredient is available when turmeric is heated. Therefore, turmeric's curcumin will be easily available in any heated oily vehicle. Its availability is further significantly enhanced if black pepper is added along with, due

to its piperine content which reportedly has hot property. To state simply it can be used as TADKA, where a tea spoon of turmeric powder can be roasted in ghee or cooking oil. This Tadka can be added with any cooked food like Dal or Sabji etc. The second preferred choice is where one teaspoonful of Turmeric powder can be added in hot milk & further boiled for 3-5 minutes to get curcumin extracted & consumed. Adding Black pepper to turmeric powder further enhances availability of Curcumin by many folds and is strongly recommended.

### **How much Turmeric a day?**

One teaspoon of turmeric powder or 3-5 gms per day on long term basis will provide all health benefits. One may add half a pinch of black pepper powder to enhance effectivity.

### **Are there any side effects of Turmeric?**

Taking high dosage of turmeric does have side effects. They are generally not serious. Side effects include nausea, stomach upset, heartburn, headache, etc. It can also lower blood sugar and can worsen condition of people prone to bleeding and kidney stones. It is advised not to take turmeric along with blood thinners as turmeric is known to interact with them.

**To conclude**, to enjoy best positive health & tide over this endemic of Dengue, Chikungunya like viral infections & life style diseases effectively, take 3-5 gms of turmeric powder in a heated oily medium, right from today.