



# HEALTH *with* Dr. A. Kumar

## Turmeric as a Medicine



**Introduction :** Indian traditional medicine system has been using turmeric for thousands of years as a medicine for safe treatments of many diseases. Its Latin name is *Curcuma aromatica* and *Cucuma longa* while Indian name is Haldi and Chinese call it Jiang Huang. It belongs to ginger family. India is the world's primary producer of Turmeric. It is also grown in China and Indonesia. Turmeric is the most important medicinal plant of Indian traditional medicine system.

**Uses of Turmeric (Haldi) :** In traditional systems of medicine, turmeric is known as a stomachic, blood purifier, and is useful for common cold, leprosy, intermittent fevers, some liver problems, dropsy, inflammation of the eye, ear discharge, indolent ulcer, pus forming conditions, wound healing and inflammation. Its paste is used in cleansing and

disinfecting the skin and skin ulcer without drying out its natural oil. Clinical tests have established the bactericidal properties of turmeric. Besides inhibiting growth of various bacteria, it also helps contain TB bacteria. Besides the above, it is also used for contraception, swelling, insect stings, wounds, whooping cough, inflammation, pimples, injuries, and as a skin tonic. It has excellent uses in Anaemia, diabetes, diarrhea etc.

**Uses of turmeric in Ayurveda & Siddha Medicine System :** For Inflammatory conditions including asthma, dysmenorrhoea (painful menstruation), psoriasis (an inflammatory skin disease), eczema and arthritis. Also for Hepatic and digestive disorders and Prevention and treatment of cardiovascular (heart related) diseases.

**Uses of turmeric in Unani Medicine System :** In

Unani medicine, it is used to remove liver obstruction, dropsy, jaundice; externally used for ulcers and inflammation.

**Internal Uses of Haldi :** Haldi is one of the best and well known home remedy for various conditions like :

- For cold : sweetened milk boiled with Haldi.
- It is given in liver ailments and in jaundice.
- Juice of fresh Haldi Root is used as an anthelmintic (eliminating parasitic worms).
- It is administered in intermittent fevers.
- It is useful in flatulence, dyspepsia and weak stomach.
- It is used both externally and internally in skin diseases due to impurity of the blood.
- Ghee mixed with powdered turmeric is given to relieve cough.
- A paste of turmeric alone or combined with the pulp of Neem

leaves is used in ringworm, obstinate itching, eczema and other parasitic skin diseases.

**External Uses of Haldi :** Haldi is also used externally for a number of problems like:

- Juice of turmeric's fresh root is applied to fresh wounds, bruises and leech-bites.
- Mixed with gingelly oil it is applied to the body to

prevent skin eruptions.

- Turmeric paste mixed with a little lime and saltpeter (Potassium Nitrate) and applied hot to sprains, bruises, wounds, and inflammatory troubles of the joints.
- In small-pox and chickenpox a coating of turmeric powder or thin paste is applied to facilitate the process of scabbing.
- A piece of rag soaked in it, and kept constantly over the affected eye relieves the burning and moderates the urgency of the symptoms.
- In piles an ointment made of turmeric, hemp leaves, onions, and warm mustard or linseed oil gives great relief when the piles are painful and protruding; also effective in eczema, itches, etc.
- In pemphigus (blisters on the skin and mucous membranes) and shingles, the part is first smeared with a thick coating of mustard oil and then dusted and with turmeric

powder is cured within 3 or 4 days.

- In catarrh and coryza (inflammation of nasal mucous membrane) the inhalation of the fumes of the burning turmeric through the nostrils causes a copious mucous discharge and gives instant relief; the fumes are also used to relieve hysterical fits.

**Skin Care :** Everybody wants to look better and skin plays a major role in it. Haldi helps us in this. Hence, the other use turmeric as a herbal medicine is in beauty care, where its juice is applied to the skin as a raw paste, kept for around thirty minutes and then washed off. It has been used as an herbal cosmetic in India since ancient times and is still in use even today throughout the country. It also gives a glow to the skin and produces a fairer complexion. Turmeric is also prescribed in Indian medicine for various skin ailments where application of the paste regularly is advocated. It is used for spots of pigmentation or blotches that may appear on the skin, and also for diseases like eczema as stated above.

**Uses as Home Remedies :**  
**Anemia:** Everyday take a dose of 1 tsp of turmeric juice mixed with honey.  
**Asthma :** Boil 1 cup of milk with 1 tsp of turmeric powder. Drink warm.  
**Burns :** Mix 1 tsp of turmeric with 1 tsp of aloe gel and apply to burnt area.  
**Conjunctivitis :** Mix 1 tbs of crushed, raw turmeric in 1/3 cup of water. Boil and sieve. 2-3 drops of this mixture may be used

in each eye up to 3 times per day.

**Complexion :** Apply a paste of turmeric on the skin before bed, and wash off after a few minutes. In the morning, remove any remaining yellow tinge with a paste of chickpea flour (besan) and oil.

**Dental problems :** Mix 1 tsp of turmeric with 1/2 tsp of salt. Add mustard oil to make a paste. Rub the teeth and gums with this paste twice daily.

**Diabetes :** 1/2-1 tsp of turmeric should be taken 3 times a day.

**Diarrhea :** Take 1/2 tsp of turmeric powder or juice in water, 3 times per day.

**Pain :** Mix 1 tsp of turmeric and 2 tsp of ginger with water to make a paste. Spread over a cloth, place on the affected area and bandage. Add 1 tsp of turmeric to 1 cup of warm milk and drink before bed.  
**Piles :** Directly apply a mixture of mustard oil, turmeric, and onion juice. Taking Turmeric will work fine to balance an upset digestion. Just take a small spoonful of Turmeric and stir it in a cup of yogurt right after lunch.

(Reference & Sources :  
 Current Science (1999)  
 Page 76, Indian Materia Medica, Page 414-418,  
 Ayurved Nighantu, )

For all chronic or other diseases like migraine, headaches, Obesity, skin diseases, Eczema, leucorrhoea, arthritis, general weakness, diabetes, Anemia, male and female sexual problems and others, consult free and contact Dr. Kumar.

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