

Importance of Haridra (Turmeric): A Short Communication

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HARIDRA

Description-

Botanical Name – *Curcuma longa* Linn. (*C.domestica* Val.)

Family – SCITAMINAE (ZINZEBERCEAE)

Vernacular Name – Marathi-Halad,

Hindi – Haldi,

English – Turmeric

Classical Categorization-

According to Charakasamhita- Described as Lekhaniya, Kushthghna, Kandughna, Krimighna, Shirovirechana

According to Sushrutasamhita- Described in Haridradi and Mustadi ganas and useful as Shleshmasamshamana

According to Vagbhatasamhita- Described in Haridradi and Mustadi ganas

Different Varieties- Haridra is only one but we come across the description of two Haridrads in the texts viz., Haridra and Daruharidra. Sodhala considered both Haridrads as the **Best Anti-dotes for various poisons**. (Hereafter there is description about Haridra only).

Major Chemical Constituents- Curcumene, Curcumenone, Curcone, Cutdione, Cineole, Curzerenone; Epiprocurcumenol, Eugenol, Camphene, Camphor, Borneol, Procurcumadiol, Procurcumenol, Curcumins, Ukonan A, B & D, P-Sitosterol Etc.

Properties-

Rasa- Tikta, Katu

Gunas- Ruksha, Laghu

Virya- Ushna

Vipaka- Katu

Karma- Kaphavatahara, Lekhana, Vishaghna, Varnya

Indications- useful in Prameha, Kushtha, Krimi, Kandu, Vrana, Pandu and Kamala

Therapeutic Uses-

Part Used- Rhizome

Dosage- Fresh juice 10-20 ml, Powder 1-3 g.

Important Preparations- Haridra Khanda, Vrana Shodhana Tailam.

Previous Research-

(1)Curcuma powder has been found to increase appreciably the mucin content of gastric juice in rabbits and thus may be useful in Gastric Disorders (Mukherjee et al., 1961).

(2)The Alcoholic and Etheral extracts showed Hypocholes- Terolenic effect (Pachauri & Mukherjee, 1970)

(3)It was found that the Antibacterial Activity of *C. longa* against Gram-positive and Gram-negative organism was lesser in degree as compared to Pencillin and Streptomycin (Basu, 1971).

(4) The PE, Alcoholic and Aqueous extracts of rhizome showed 80%, 60% and 100% Antifertility Activity in albino rats at a dose of 100 mg/kg body weight respectively (Garg, 1971).

(5) Its Antiinflammatory Activity is investigated with reference to the inhibition of activated proteases responsible for Acute Inflammatory Processes. The volatile oil of the plant was found to inhibit Trypsin as well as Hyaluronidase Enzymes (Tripathi et al., 1973).

(6) A clinical trial with *C. longa* was conducted in 114 patients of Respiratory Diseases (71 cases of Bronchitis, 13 cases of Bronchiectasis, 18 cases of Bronchial Asthma and 12 cases of Tropical Eosinophilia). The drug was administered in gradually increasing doses from 4-32 g daily for a period of 15-45 days. Significant improvement in signs and symptoms was observed (Shankar, 1974).

(7) Hypolipidaemic activity of *C. longa* (50% ethenol) extract was studied in Hyperlipidaemic rabbits. The increased Cholesterol levels were brought to normal by administration of *C.longa*. Similarly, Phospholipids and Triglyceride levels were also reduced (Purohit & Daradka, 1999).

My observations-

1. 100 ml Koshna Haridrasiddha dugdha(Lukewarm milk with turmeric) advised in 50 patients in OPD's and IPD's of M.A.Podar (Govt) Hospital, Worli, Mumbai-18 of Maharashtra state. They have shown remarkable results in Pharyngitis within 1 week. (Patients were investigated and screened before this treatment and seen that they were not suffering from any major complications.)

2. Haridra patta bandhan(simple bandage with turmeric) advised in 30 patients in OPD's and IPD's of M.A.Podar (Govt) Hospital, Worli, Mumbai-18 of Maharashtra state. They have shown significant improvement in Lacerated Wound-healing. (Patients were investigated and screened before this treatment and seen that they were not suffering from any major complications like Diabetes Mellitus.)

References -

Dr. J.L.N.Sastry, Illustrated Dravyaguna vijñana. Reprint edition 2010, Published by Chaukhamba Orientalia, Varanasi, Pages 513.