

Turmeric (Curcumin)

Botanical name: *Curcuma longa*

Energetics/Actions: Bitter, warm, drying, antiinflammatory, antidepressant, antimicrobial

Description

Turmeric has been used as a culinary herb in India for over 4000 years. According to Susruta's Ayurvedic compendium, turmeric was used to treat food poisoning. It also was used in religious ceremonies. Curcumin (one of the active components of Turmeric) is one of the most powerful antiinflammatories we know and can also be an effective treatment for mild-moderate depression.



Uses

Anti Inflammatory: Decreases inflammation throughout the entire body. Good for all inflammatory conditions (think chronic diseases). Well studied.

Antidepressant: For mild-moderate depression without concurrent mental illness. Shown to be more effective than placebo and as effective as fluoxetine in numerous studies.

Dose

Capsule: 500 mg twice a day.

Culinary: Turmeric is commonly used in Indian food and gives food a yellow color. Use freshly grated or powdered. Be aware that the powdered herb loses its strength after 6 months.

****Curcumin is not well absorbed on it's own. It requires "enhancement" by chemical processing or you can do what Indian cooks do, cook it with black pepper. Black pepper increases the absorption of curcumin significantly.**

Safety Information

Generally safe, but talk to your health care provider if you are taking anticoagulants. ****If using for mild-moderate depression, remember that it can take several weeks to take effect (like pharmaceutical antidepressants).**