

The Golden Healer: Agricultural and Medicinal Perspectives of Turmeric

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Article Info	ABSTRACT
Article History: Received: 18th Sep 2025 Accepted: 02nd Oct 2025 Published: 17th Oct 2025 Keywords: Turmeric, Ayurveda, Modern Medicine	Turmeric is an herb found in the Indian subcontinent, which has been used in Ayurveda, proven, and Greek medicine methods for thousands of years. The main biological ingredients found in the turmeric, the curcum, have inflammation-resistant, pesticides, and antibiotic properties. Turmeric medications are used in various ailments, such as wounds, digestion improvement, dermatitis treatment, and arthritis. Modern medicine is undergoing research on medicinal properties of turmeric, and her effectiveness on cancer, diabetes, heart disease, and neurological disorders is being tested. This dissertation will review the traditional and modern medication of turmeric, the scientific explanation of its medicinal properties, and future research opportunities.

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Introduction:

Turmeric (*Curcuma longa*), a perennial herb native to the Indian subcontinent, has been a cornerstone of traditional medicinal systems for millennia. Its use in Ayurveda, Siddha, and Unani medicine underscores its historical significance in treating a wide array of ailments, ranging from wound healing and digestive disorders to dermatitis and arthritis (Prasad & Aggarwal, 2011). The bioactive compound curcumin, derived from turmeric, has garnered significant attention in modern scientific research due to its potent anti-inflammatory, antioxidant, and antimicrobial properties (Hewlings & Kalman, 2017). These properties have positioned turmeric as a promising candidate for addressing chronic diseases, including cancer, diabetes, cardiovascular disorders, and neurological conditions (Menon & Sudheer, 2007).

The resurgence of interest in turmeric within the realm of modern medicine is driven by its multifaceted therapeutic potential. Recent studies have explored its efficacy in modulating molecular pathways involved in inflammation, oxidative stress, and cellular proliferation, thereby offering insights into its potential applications in contemporary healthcare (Gupta et al., 2013). Despite its widespread use in traditional medicine, the scientific validation of turmeric's medicinal properties remains an area of active investigation, with ongoing research aiming to bridge the gap between empirical knowledge and evidence-based medicine.

This paper seeks to provide a comprehensive review of turmeric's traditional and modern medicinal applications, elucidate the scientific mechanisms underlying its therapeutic effects, and identify future research directions. By synthesizing existing literature, this study aims to highlight the potential of turmeric as a versatile therapeutic agent while addressing the challenges and opportunities in its integration into modern medical practice.

Research objective: -

1. To study the traditional and modern use of turmeric in Indian medicines

Use of traditional therapy methods of turmeric

1. Ayurveda and proven medical methods

Turmeric is considered to be destroyed in Ayurveda and is used as follows:

1. Wounds and dermatitis: Turmeric coating is applied to wounds, roasted places, and dermatitis.
2. Rheumatoid arthritis and pain: Turmeric consumption relieves arthritis (earthlysis) and joints.
3. Digestive improvement: Turmeric consumption has a beneficial effect on indigestion, gas, and acidity.
4. Respiratory diseases: turmeric milk is considered useful on asthma, bronchitis, and colds.
5. Blood purification and liver protection: Turmeric is considered to be blood purification by putting out toxins in the body.

2. Unnani and folklore therapeutic methods

Medicinal properties: The properties of anti-in-inflammatory, antibiotic and immunomodulatory (immunomodulatory) are found in turmeric.

Use:

- Digestion Improvement: Turmeric helps digestion and is useful for eliminating digestive tract.
- Inflammatory qualities: Turmeric is useful for relieving muscle aches and reducing inflammation.
- Wound healing: Applying turmeric paste on wounds and injuries reduces the risk of infection and protects the skin.

Turmeric in folklore therapy method

Skin and beauty:

- Skin problems: Traditional remedies are considered beneficial to put turmeric paste acne, stain or other skin problems.
- Akne and heat control: Natural antiseptic properties of turmeric help to reduce the swelling of the skin.

Homemade solution:

- Mix with milk: Turmeric and milk combination are used as a natural cosmetic, which brightens the skin and prevents infection.
- Ayurvedic includes great importance in Ayurveda for purification, reducing infections and improving blood circulation.

Overall

With the use of both turmeric therapy methods, it is useful for many ailments and problems. Nevertheless, it would always be worthwhile to consult an expert before starting any medicinal remedies or home treatment

3. Religious and social

Religious use

- purification and blessings: Turmeric is considered a symbol of purity and purity. In many religious rituals, turmeric coating or powder is planted on the idol of the deities, which gives the atmosphere auspicious energy.
- The importance of marriage: In the pre-marriage 'turmeric' rituals, turmeric coating is applied to the bride and groom. The purpose of this ritual is to purify both, enhance beauty and start marriage life.
- festivals and religious ceremonies: Diwali, Ganesh Chaturthi, and other religious festivals are used in many ways. Worship is performed by decorating the place of worship in the house or coating the turmeric on the idol of the deities.

• **Social use**

Ceremony and celebrity: Turmeric is used as cosmetics in marriage, festivals, and other social

events. Traditionally, turmeric coating gives a natural glow on the skin and is considered to be a sign of goodwill.

- **traditions and unity:**

The location of turmeric in different societies is considered to be a symbol of solidarity and cultural identity. Social strength is strengthened by the use of turmeric, as it is an integral part of the lives of people in many ages and community.

- **Cultural heritage:**

Different forms of turmeric and uses are seen in traditional stories, songs, and social ceremonies. This cultural heritage is an important part of transferring the next generation.

Use of modern medication of turmeric

1. Sleep-resistant and pain prevention Turmeric: crocus is an inflammatory-resistant component, useful for arthritis, bone disorders, and muscle aches. In scientific research it has been found that the curcumin works like non-steroidal anti-inflammatory drugs (NSAIDs).

2. Anti-oxidal and cancer prevention: Turmeric anti-oxidant components protect the cells from damaging the free radicals in the body. Curcumin can prevent the growth of cancer tumors, as well as increase the effect of chemotherapy.

3. Heart disease control: Turmeric is considered to be beneficial for the heart because:

- It reduces LDL cholesterol.
- It improves circulation and protects against blood clots.
- It helps to control blood pressure.

4. Health and neurological benefits: Turmeric can be useful on neurological disorders:

- Alzheimer's disease: Turmeric factors help maintain the neuron structure in the brain.
- Depression and anxiety: Improve mental health by increasing turmeric serotonin and dopamine.

5. The health of the digestive tract and the intestines

Turmeric is used on intestinal disorders:

- IBS (irritable Bowel Syndrome) and Crohn Disease: Turmeric intake reduces intestinal inflammation.
- Gastric ulcer: Turmeric Destruction-Psychiatric qualities *H. Pylori* prevents bacterial growth.

6. Treatment of dermatitis and beauty

- Pimples and acne: Turmeric coating is beneficial for the skin because of anti-bacterial.
- Wounds filling: Turmeric ingredients help to fill the wound quickly.

7. Diagnosis Control

Turmeric increases insulin sensitivity and helps control blood sugar levels. She can

prevent the complexity of diabetes.

Challenges of turmeric medicine and future research -

1. Breeding availability the problem-cucumber in the murmurine is absorbed in the body. Taking black pepper (Piparin) increases its absorption.
2. As the recognition of the murmur in the drug is naturally changing, it is difficult to keep its definitive proportion in the drug.
3. Treason side effects-Turmeric is the risk of indigestion, gallbladder problem, or blood thinning.

4. Research in the future

- Developing a formulation with high biofuels.
- To perform a large number of clinical tests to check the effects of various diseases.
- Taking initiative to include turmeric drugs in modern medicine.

Conclusion

Turmeric plays an important role in traditional and modern medicine. She is useful for many ailments due to her inflammation, antibiotics, and anti-oxidant properties. Although more research on turmeric medicinal uses, its therapeutic capacity is incomparable. In the future with the help of proper research and technology, turmeric can be even more effective in pharmaceuticals

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