



Haridra

Common name: Turmeric

Botanical Name: *Curcuma longa*

Part used: roots

This herb is considered a symbol of prosperity and is a common cooking spice with numerous therapeutic effects. This herb can be taken as a capsule supplement or can be used as a spice in the diet to maintain health.

- Strong anti-oxidant properties protects against damage by free radicals
- Anti-inflammatory by reducing histamine levels(in conditions such as eczema, psoriasis, asthma, arthritis, osteoarthritis, colitis)
- It is a blood purifier and helps the function of the heart, by increasing blood flow and reducing total cholesterol. Prevents blood clots by anti-coagulation properties
- It helps maintain healthy skin via blood purification and aids wound healing
- Useful in common cold and had anti- allergic actions
- Useful in treating and maintaining liver and gallbladder functions
- Helps to clear mucous in lower abdomen and reduce the congestion that causes menstrual dysfunctions

Useful tip: The anti-bacterial action of Haridra means that it can be applied directly to any cuts, grazes or wounds after its has been cleaned.

Note: not to be used in conditions of gallstones and care should be taken in pregnancy.