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A Review on Medicinal and Pharmacological Actions of Turmeric

Mrunal Mahajan, Sana Maniyar, Santosh Ghule
Research Student, Samarth College of Pharmacy, Belhe, Pune India

Abstract: *The Indian subcontinent is home to vast cultivation of the spice turmeric (Curcuma longa Linn). The turmeric plant has been used in traditional medicine as a treatment for a number of illnesses, such as diabetes, hepatic disorders, and cough. The pharmacological effects of turmeric and its derivatives have been the subject of substantial research over the last few decades. Turmeric's primary chemical constituent, curcumin, has been shown to have a variety of beneficial physiological effects, including those for treating cancer, diabetes, hepatoprotection, expectoration, and inflammation. This review provides an updated look at turmeric's pharmacological properties, its extracts, and potential medical uses, along with an assessment of their safety.*

Keywords: Turmeric; Haridra; Curcuma Longa Linn; Medicinal Plant; Dravyaguna.

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