

Haridra / *Curcuma longa*

Part consumed –
Rhizome

Form consumed -
Powder, Decoctions,
Fresh Juice

**Maximum daily
consumption by adults -**
Powder - 5 g
Juice - 15 ml
Decoction - 30 ml

Composition

- Curcumin
- Curcuminoids
- Desmethoxycurcumin
- Bisdemethoxycurcumin
- Curdione
- Bisacurone



Indications as per Ayurveda

- Diabetes
- Skin Diseases
- Intestinal Worms
- Trauma
- Jaundice
- Anaemia

Modern Clinical Studies

- Cholesterol Lowering
- Digestive
- Antimicrobial
- Anti-oxidant
- Anti-inflammatory