

HARIDRA - A Wonder Product of Nature**Dipak Dhone¹**

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Abstract –

Turmeric, commonly known as Haldi in India, is a spice with multiple uses. It is widely used in India and China for curing many diseases, this yellow spice, which is part of the ginger family, is used to make Curry. Though the main usage still remains as being the chief ingredient in Indian culinary tradition, this article is review on HARIDRA wonder product of nature, which surely has much more impressive qualities. Turmeric is used in innumerable ways as from generations it has a lot of benefits for skin and hair. Turmeric, both in the raw as well as the powdered form is widely used for cooking and many forms of skincare. Turmeric has been known to contain numerous antioxidants as well as antibacterial properties.

Keyword :Haridra, Turmeric, Curcuma longa.

Introduction-

Haridra also called Curcuma Longa scientifically is one of the important herbs of Ayurveda medical science. Its spice can be recognized by dazzling yellow colour known as “haldi” in Hindi. This seed can be used in dry as well as fresh form and has a myriad of medical benefits. The plant grows to a height of 0.9 to 1.5 m and bears large, oblong leaves and funnel-shaped, dull-yellow flowers. The thick rhizome is yellowish on the outside and deep orange or reddish brown inside. The lateral rhizomes contain more yellow coloring than the bulb. The dried primary bulb and secondary lateral rhizomes are collected, cleaned, boiled, and dried for use in medicinal and food preparations. It is very useful in enhancing complexion and is an ideal skin tonic. It is also used to deal with ulcers and respiratory disorders. Scientists and researchers have studied a lot about the benefits of **Haridra**'s principle constituent. It is popularly known as KasturiManjal or Manjal in the Indian subcontinent. Haridra is katu and tikta in taste. It is ushna in quality. It is rooksha in property. It acts against vitiated kapha and pitta dosha. It is helpful in improving and strengthening complexion. Haridra is useful in skin diseases, diabetes, oedema, anaemia and wound healing.

Aim & objectives –To review study the Haridra as per Modern & classical literature .

Synonyms of Haridra –Haridra, Kanchani, Peeta, Nisha, Varvarnini, Krimighni, Haldi, Yoshitpriya and Hattvilasini are the Sanskrit synonyms of Haridra.

Name – Curcuma Longa

Family – Zinziberaceae

Classical Categorization –

- **Charak**– lekhaneya, kushthaghna and vishaghna
- **Sushrut**- Shesmaha, Haridradi ,mustadi
- **Vagbhat**– Haridradi ,mustadi

Medicinal Properties-

- **Rasa** –Tikta ,Katu
- **Veerya** – Ushna

- *Vipak – Katu*
- *Guna – Ruksha ,Laghu*
- *Doshaghanata – Tridoshashamak.*

Active constituents:

Haridra contains a pale yellow to orange-yellow volatile oil (6%) composed of a number of monoterpenes and sesquiterpenes, including zingiberene, curcumene and α - and β - turmerone, among others. The coloring principals (5%) are curcuminoids, 50–60% of which are a mixture of curcumin, monodesmethoxycurcumin and bisdesmethoxycurcumin. The curcuminoids contribute towards the antioxidant, anti-inflammatory and cytoprotective properties of Haridra.

Part used – Rhizome .

Dose –

- *Churna – 1-3 gms*
- *Kwath – 10 -20 ml*

Yoga-

Haridrakhand ,Khadiradivati ,Nisha-aamlakiChurna .

Uses of haridra –

Varnya – In a study in “Advances in experimental medicine and biology”, Curcumin was shown to have anti-inflammatory properties along with protecting the skin by increased collagen deposit, angiogenesis and improved wound healing.

Lowering cholesterol -Haridra’s cholesterol-lowering actions include preventing intestinal cholesterol absorption, increasing the conversion of cholesterol into bile acids and increasing the excretion of bile acids, due to its choleric properties.

Hepatoprotective -The curcuminoids present in Haridra prevent the increase in the liver enzymes SGOT and SGPT which are elevated in the case of liver disease. This validates the use of Haridra as a hepatoprotective drug in liver disorders.

Anti-ulcer - The herb decreases gastric acid secretion, increases the mucin content of gastric juices and exerts gastroprotective effects against stress-, alcohol- and drug-induced ulcer formation.

Anti-inflammatory -Haridra acts as an anti-inflammatory herb in both acute and chronic inflammation. Haridra prevents the release of inflammatory mediators such as TNF- α . The volatile oil, curcumin and its derivatives, are the active anti-inflammatory constituents of the herb.

Anti-allergic - The herb is extremely helpful in soothing allergic respiratory disorders like allergic rhinitis, allergic bronchitis and skin allergies.

Natural detoxifier -Haridra is a natural blood detoxifier and anti-microbial which helps alleviate skin diseases and enhances the complexion.

Neuroprotective - Haridra’s excellent antioxidant activity renders it a potent neuroprotective herb, helpful in the management of diseases such as Alzheimer’s and Parkinson’s.

Cytoprotective - Haridra exhibits significant cytoprotective activity which helps to counteract hepatotoxic and nephrotoxic conditions.

Antioxidant - Haridra’s ability to reduce oxidative stress makes it helpful in the management of conditions such as leukoplakia, diabetes mellitus, chronic eye disease and tissue injury.

Indications:

- Allergic skin disorders
- Allergic respiratory disorders including allergic rhinitis and allergic bronchitis

Discussion –

Haridra is anti-inflammatory properties act as a remedy to internal inflammation. It helps soothe a disorders caused due to allergy related to respiration. It also protects in skin allergy. It works as natural detoxifier and helps purify blood. It is also Neuroprotective and helps in diseases such as Alzheimer's and Parkinson's. **Haridra** is useful in lowering cholesterol. It absorbs cholesterol by increasing its conversion into bile acids. It is helpful to cure liver diseases. In liver disorders, it is used as hepato-protective drug. It is used to combat ulcers. It decreases secretion of gastric acids and helps curb stress caused due to excessive consumption of alcohol.

Conclusion –

1. *Haridra* is an herb that has a distinct yellow color and a pungent flavor.
2. Its versatility in medical application makes it one of the most researched herbs of this era.
3. Unlike synthetic drugs, *Curcuminoids*, a key ingredient in *Haridra*, work against any type of inflammation in the body by targeting multiple pathways of inflammation at the cellular level.
4. *Haridra* also helps overcome allergic/ inflammatory skin conditions.
5. The anti-inflammatory and antioxidant properties of *Haridra* assist in preventing the progression of diabetes related changes in organs like the kidneys, retina, nerve cells and minute blood vessels in the body.

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