

Haldi-Turmeric

Curcuma longa
rhizomes

One Herb Pharmacy
Systemic Restorative
Metabolic Optimization



by Prashanti de Jager ©2013
for more insights into Turmeric read
Aushadhi: Guide to High Himalayan Herbs

Many top Herbalists of various Traditions call Turmeric the World's most valuable all-around herb. This potent antimicrobial anti-inflammatory is a worthy potent Pharmacy. Besides flavoring food, to purify the blood and ensure a vivified radiant complexion is probably the most common use of Turmeric in Ayurveda. The principle organs that it treats are the skin, heart, liver and lungs as it deeply purifies the bodymind.

Names & Etymology

Haldi: yellow run (make everything yellow)

Turmeric: Fr: worthy earth

Curcuma: Pr: kurkum, saffron

Longa: Lt: long

Durlabha: beloved one

Dosha & Energetics

Rasa (taste): pungent, bitter, sweet

Virya (strength): warming

Vipaka (metabolites): pungent

Dosha (constitutions): V= P= K=

Prabhava (Power) Skin, Metabolism

PhytoChemistry

Polyphenol Oleoresin Curcuminoids: Curcumin, Desmethoxycurcumin, and bis-Desmethoxycurcumin; Essential Oil: Turmerone, Caryophyllene, Zingiberene

Actions

Adaptogenic, Antiinflammatory, Allergenic, Analgesic, Immunomodulator, Anti-aging, Hepatoprotective, Antioxidant, Antifatigue, Antihistaminic, Antistress, Hemopoetic

Indications

All Infections, All Inflammation, All Degenerative Diseases, Pain, Allergy, Immune Challenges, Low Energy, Detoxification, Blood Purification, Toxins, Complexion

Which Haldi Turmeric is Superior?

Yes, there is gorgeous organic biodynamic Turmeric coming from Orissan Tribals, and I have never seen the like of high Himalyan Haldi. Simple.