



Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001
HARIDRA

Botanical Name: *Curcuma longa* Linn.

Family: Zingiberaceae

Introduction : It used for skin diseases & prameha. It is considered as an important anti-diabetic and anti-oxidant drug.

Scientific Classification : Gingers make up the family Zingiberaceae in the order Zingiberales. The flavoring ginger is classified as *Zingiber officinale*, East Indian arrowroot as *Curcuma angustifolia*, and turmeric as *Curcuma longa*. The banana belongs to the family Musaceae and is classified as *Musa paradisiaca*. The traveler's tree, classified as *Ravenala madagascariensis*, and the bird-of-paradise flower, classified as *Strelitzia reginae*, belong to the family Strelitziaceae (sometimes Musaceae). The false bird-of-paradise belongs to the genus *Heliconia* of the family Musaceae (sometimes Heliconiaceae).

Names in different Indian languages :

English : Turmeric

Hindi : Haldi

Kannada : Arisina

Malayalam : Mannal, manjal, varattu mannal, pachamannal

Sanskrit : Haridra

Tamil : Manzal

Telugu : pasupu

Unani : Zard Chob

Synonyms :

Priyaka, Haridruma, Kshanda, Gauri, Kaanchani, Krimighna, Varavarnini, Yoshitapriyaa, Hattavilaasini, Naktaahvaa, Sharvari, *Curcuma domestica* Val.

Classification according to Charaka, Susrutha & Vagbhata :

Charaka : Lekhaniya, Kustaghna, Kandaghna, Krmighna, Sirövirecana

Susrutha : Haridrādi, Mustādi,

Vagbhata : Haridrādi, Mustādi,

Varieties & adulterants – (CV – controversy, AD – adulterants) :

1. *C. Domestica*

2. Amragandhi Haridra (*Karpura Haridrā*)


3. Vana Haridrā

Morphology :

Annual herb; root stock large, ovoid; sessile tubers thick, cylindrical, bright yellow inside.

Leaves— long petiole; oblong, narrow at the base.

Flower— bracts pale green; flowers as long as the bracts, pale green. Flowers during rainy season.



**Distribution & Habitat:**

Cultivated throughout India.

**Chemical constituents :**

1% volatile oil, resin, curcumin is responsible for its colour. Turmeric oil has a peculiar odour and taste. Curcumene, Curcumenone, curcone, curdione, cineole, curzerenone, epiprocurcumenol, eugenol, camphene, camphor, borneol, procurcumadiol, procurcumenol, curcumins, ukonan A, B & D, sitosterol etc.

**Properties :**

Rasa : Tikta, Katu

Guna : Rūkṣa, Laghu



Virya : Usna

Vipaka : Katu



Karma : Kapha-vātahara, Lekhana, Visaghna, Varnya



Anti-inflammatory, anti diabetic, cholagogue, hepatoprotective, blood-purifier, antioxidant, detoxifier and regenerator of liver tissue, antiasthmatic, anti-tumour, anticutaneous, antiprotozoal, stomachic, carminative

**Indication :**

Prameha, Kusta, Krimi, Kandu, Vrana, Pāndu, Kāmalā



Diabetes, skin disease, skin disease, fungal infection, wounds, ulcers, anaemia, jaundice, epilepsy, syphilis

**Part used :**

Rhizome

**Dosage :**

Fresh juice 10-20 ml, powder 2-4 g.

**Important Yogas or Formulations :**

Haridrā Khanda, Vrana sōdhana tailam ,Nisamalaki,Haridrādidhūma varti

**Therapeutic Uses :**

1. Vyanga— Haridra and Rakta Cañdana are made into paste with buffalo's milk and applied externally (R.R.S.).



2. Slipada & Dadru Kutha— Haridra powder is taken with jaggery and Cow's urine (V.M. & B.P.).



3. Pitameha— Haridrā and Dāruharidrā Kasāya (S.S.Ci. 11).

