



“Turmeric is an Embodiment of Intelligence” & its Role in Homoeopathy

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Abstract: *Curcuma longa* commonly known as turmeric (Haladi) has been in use as a culinary ingredient.

Curcuma longa is a small perennial plant distributed in South Asia and is cultivated extensively throughout warmer parts of the world, including India. It has many rhizomes on its root system which are the source of its culinary spice known as Turmeric and its medicinal extract called Curcumin. It is a lesser known drug in Homoeopathy. It is a drug of wide sphere of action but its chief manifestations are anti-microbial, anti-oxidant, anti-inflammatory, anti-carcinogenic etc.

Keywords: *Curcuma longa*, Curcumin, Turmeric, Homoeopathy.

INTRODUCTION:



Turmeric is a golden spice derived from the rhizome of the *Curcuma longa* plant, which belongs to the Zingiberaceae family & it is a perennial herb.^[1] *Curcuma longa* is considered highly auspicious in India

and the whole turmeric plant with fresh rhizomes is offered as a thanksgiving offering in various Hindu Pujas. Turmeric paste is traditionally used by Indian women to keep them free of superfluous hair and as an antimicrobial. It is also said to improve the skin and is touted as an anti-ageing agent. It is believed to improve skin tone and tan and has a great role in Indian cosmetics. [2] Since ancient times, turmeric has been used as the principal ingredient of dishes for its colour, flavour, and taste. It is also used in social and religious ceremonies in Ayurvedic and folk medicines against various ailments, including gastric, hepatic, gynaecological, and infectious diseases. [1] It is cultivated in Asia including India, China and other tropical countries. It grows to 3-5 ft long having pointed and oblong leaves, funnel shaped yellow flowers. Its root system has many rhizomes which is used as a spice known as turmeric and its medicinal extract curcumin. [2] Rhizome is used as medicine which was introduced in Homeopathy and proved by Augustine, Arya and Balachandra. [3]

COMMON NAMES: Different names in different languages as Halda, Haldi, Hardee, Halad, Halede, Halada, Haldar, Aneshta, Bahula, Halud, Indian saffron, Turmeric, Lidar, Mannal, Halja, Manjal, Mancal. [2]

CLASSIFICATION: [4]

Class Liliopsida

Subclass Commelinids

Order Zingiberales

Family Zingiberaceae

Genus Curcuma

Species Curcuma longa

PART USED: Rhizome is used for medicinal preparation. [2]

HISTORICAL DOSE: Tinctures and all potencies.

CONSTITUTENTS: Curcumin, which gives the yellow colour to turmeric, was first isolated almost two centuries ago, and its structure as diferuloylmethane (C₂₁H₂₀O₆) was determined in 1910. Curcumin contain approximately 77% diferuloylmethane, 18% demethoxycurcumin, and 5% bisdemethoxycurcumin. [2] Curcumin is hydrophobic in nature and frequently soluble in dimethylsulfoxide, acetone, ethanol, and oils. It has an absorption maximum around 420 nm. [5]

Important Components of Turmeric & Their Medicinal Property. ^[6]

Component Name	Medicinal Property
Curcumin	Anti-HIV, anti-EBV, antioxidant, antiadenoma carcinogenic, antiaflatoxin
Bis- desmethoxycurcumin	Antiangiogenic, anti-inflammatory, cytotoxic, anticancer
Desmethoxy Curcumin	Antiangiogenic, anti-inflammatory, anticancer
Tetrahydro Curcumin	Antioxidant and anti-inflammatory
Alpha Curcumene	Antitumor and anti-inflammatory
Ar- turmerone	Anti-inflammatory, antitumor, cox-2 inhibitor
Curcumol	Anticancer, antitumor (cervix) and anti-sarcomic
Curdione	Anti-leukopenic, antisarcomic, antitumour
Dehydro Curdione	Analgesic, anti-inflammatory antipyretic and calcium channel blocker
Zingiberene	Antirhinoviral, antiulcer and carminative

REPERTORY

In a multicentric clinical verification study conducted by CCRH, a concise repertory of the verified symptoms of *Curcuma longa* in accordance with the structure of the Kent's Repertory of the Homoeopathic Materia Medica has been compiled for the purpose of quick reference. The repertory consist of 22 chapters which are arranged in anatomical order from MIND to GENERALITIES., Rubrics and sub-rubrics in italics are the new rubrics i.e. not mentioned in Kent's repertory while rubrics and sub rubrics in roman letters are existing rubrics of the said repertory which were reconfirmed through verification in this study. ^[2]

PATHOGENESIS

Mind-

- Dullness
- Laughing on least account.
- Worries about future *agg.* afternoon.
- Impatient, restless, anxious with sinking in pit of stomach.
- Depression towards evening with anxious and worried look.
- Desires to be left alone, indifferent to friends, irritable, aversion to work or study.

- Concentration difficult with forgetfulness, *agg.* afternoon.
- Fear at night before sleep, hears voices of animals.
- Fear of future.
- Thinks that relatives and friends are against him.
- Thoughts about death of somebody.

Vertigo-

- Vertigo on walking, while rising from seat, *amel.* lying down.

Head –

- Bursting pain in whole right side of head, *agg.* afternoon, night, after sleep.
- Pain in right side of head with pricking sensation in right eye.
- Left side of head heavy and hot.
- Pain in left side of head *agg.* afternoon; *amel.* after sleep.
- Pain in right side of head, *agg.* morning, afternoon, evening, heat of sun; *amel.* night.
- Frequent pain in frontal region with obstruction of nose, sneezing and coughing, *agg.* evening, cold bathing, 11 a.m.; *amel.* night, rest.
- Pain in right eye – brow, *agg.* movement, sound, light; *amel.* lying on left side, evening.
- Throbbing pain in temporal region, *agg.* evening, pressure; *amel.* after sleep.

Eye-

- Burning in eyes with lachrymation, *agg.* morning, afternoon; *amel.* washing the eyes.
- Lachrymation after taking bath, *amel.* closing eyes, rest.
- Sticking of eyelids in morning.
- Redness of right eye with pain and itching at the angles.

Nose –

- Irritation in nose with frequent sneezing and watery discharge from nose.
- Obstruction of nose with headache.

Face –

- Flushed face.
- Itching on right- sided cheek, agg. after shaving, night; amel. cold application.
- Itching sensation on chin.

Mouth –

- Dryness of mouth, with white coated tongue.

Teeth / Gums-

- Toothache, agg. holding cold water in mouth.
- Gums inflamed and painful.

Throat –

- Pain in left side of throat, agg. evening; amel. hot drinks.
- Scraping sensation in throat, as if something is sticking with dull pain.

Stomach –

- Thirst for cold water, little at a time whole day, agg. evening, morning.
- Frequent thirst for large quantity of water, agg. afternoon, night.
- Appetite increased, hungry immediately after eating.
- Appetite diminished.
- Heart burn.
- Desire to chew betel leaves
- Desire for smoking.

Abdomen-

- Cutting pain in abdomen.
- Gripping pain in epigastrium followed by loose stools, agg. morning, evening; amel. hot drinks, pressure.
- Gripping pain in left hypochondrium, agg. evening, night; amel. after passing stool.
- Fullness and heaviness in abdomen after dinner. amel. after sleep, passing flatus.

- Rumbling with distension of abdomen in morning, agg. empty stomach; amel. passing flatus.
- Sensation of coldness with distension of abdomen, agg. after eating.
- Swelling in right inguinal region with throbbing pain.

Rectum –

- Constipation with no urging for stool.
- Unsatisfactory, scanty, hard stool.

Stool –

- Stool hard, scanty, watery, black or yellowish or clay coloured, offensive with undigested food particles with dull pain in abdomen, *agg.* morning, evening.

Urethra –

- Burning pain in urethra during micturition.

Bladder-

- Frequent urination at night, in large quantity, profuse in daytime of normal colour, sometimes high coloured.

Male-

- Sexual desire diminished.
- Sexual excitement increased, involuntary erection during day, afternoon, after sleep.
- Erection incomplete, disappears suddenly, desire to masturbate.

Female –

- Pain in lower abdomen during menses.

Larynx-

- Tickling sensation in larynx with dry cough, *agg.* night, after dinner.
- Dry cough with irritation in throat and pain in chest, *agg.* night, evening, before dinner, at mid-night.

Expectoration –

- Expectoration scanty, yellow; difficult to raise in morning, tastes like pus.

Chest –

- Palpitation with sensation of weight over sternum in afternoon.
- Stitching pain in right side of chest, agg. night, inspiration; amel. lying on left side.
- Dull aching pain in the region of apex of heart, agg. afternoon, pressure; amel. lying on right side.
- Respiration noisy.

Back –

- Pain in lumbar region, agg. morning, evening, night, movement, physical activity, amel. hot application, rest.
- Aching pain in sacral region with shifting pain in hip joint, agg. evening, changing posture, morning.
- Stiffness in cervical region agg. turning head.
- Pain in right supra scapular region, *agg.* deep breathing, pressure; *amel.* rest, hot application.

Extremities –

- Trembling of hands while writing and on exertion.
- Pain in elbow joints, knee joints, amel. rest.
- Pain in left shoulder region, agg. movement.
- Limbs feel tired.

Sleep / Dreams-

- Sleepy in morning, drowsy in afternoon.
- Dreams of child being murdered by stabbing and bloodshed.
- Dreams of quarrel.
- Frightful dreams.

Fever –

- Chill sensation at night.
- Fever in evening with frontal headache, bodyache, running of nose and burning sensation all over.

Skin-

- Itching without eruptions all over the body, *agg.* after taking bath, night; *amel.* cold application.
- Itching on covered parts, *agg.* contact of clothes or hands; *amel.* scratching.
- Macular rashes all over the body, dorsum of hands, buttocks, thighs with burning sensation *agg.* heat of sun.

Generals –

- Bodyache, *amel.* rest, bathing in hot water.
- Fatigue *agg.* morning, day time, *amel.* rest, afternoon, sitting.
- Sensation as if body is hot, in morning and after siesta.
- Great weakness.
- Burning pains in body, *amel.* after taking bath.^[3,7]

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