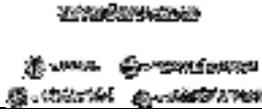




Official Name		Haridra	
Botanical Name		<i>Curcuma longa</i> Linn	
English Name		Turmeric	
Family		Zingiberaceae family	
Taxonomical Classification		<b>Kingdom:-</b> plantae <b>Sub kingdom:-</b> tratheobionts <b>Super division:-</b> spermatophyta <b>Divisionlonga:-</b> mangoliophyta <b>Order:-</b> zingiberales <b>Family:-</b> zingiberaceae <b>Genus:-</b> curcuma <b>Species:-</b>	
Synonyms		<b>हरिद्रा</b> -it is a small herb with yellow rhizome and flowers <b>कृमिघ्ना</b> -antifungal <b>पीता</b> (yellow rhizome and flowers <b>योषित्त्रिया</b> -it is also popular among women as cosmetics <b>रञ्जनी</b> -used for dyeing <b>मंगलय</b> (it is used at all auspicious occasions	
Habitat		Plant is a native of South Asia and is cultivated extensively throughout warmer parts of the world, including India. Haridra is a tropical returning plant, native to India and is cultivated throughout the tropics around the world.	
Botanical Identification	Habit	Herbaceous perennial, aromatic, and rhizomatous.	

	Root	Large ovoid sessile tubers thick cylindrical bright yellow inside		
	Stem/Bark	The stem of turmeric is called the rhizome. A rhizome is a mass of underground stem modification whose nodes bear out roots and shoots. Turmeric and ginger are examples of rhizomes.		
	Leaves	Phyllotaxy	Alternate	
	Simple/Compound	Simple		
	Lamina	The simple leaf blades are usually 76 to 115 cm (30–45 in) long and rarely up to 230 cm (7 ft 7 in). They have a width of 38 to 45 cm (15 to 17+1/2 in) and are oblong to elliptical, narrowing at the tip.		
	Texture	Gloccus		
	Tip	Cuspidate		
	Base	cuadate		
	Margins	Wavy		
	Venation	Reticulate		
	Petiole	The petiole is		

		50 to 115 cm (20–45 in) long	
Inflorescence		Hermaphrodite (zygomorphic)	
Flower		Bract white or white with light green upper half, 5–6 cm long, each subtending flowers, bracteoles up to 3.5 cm long. Pale yellow flowers about 5 cm long; calyx tubular, unilaterally split, unequally toothed; corolla white, tube funnel shaped, limb 3-lobed.	
Floral formula/ Diagram		Br, $\Phi$ , O K(3), C (3), A. G (3)	 

	Fruit		: Haridra fruit has Capsule, dehiscent, globose, membranous, 3 – valved.	
	Seed		It is mainly in Ovoid, oblong, usually axillae.	
Types		The four varieties of haridra: haridra, amaraharidra, vanaharidra, daruharidra		
Rasapanchaka		रस -तिक्त ,कटु गुण -रुक्ष ,लघु वीर्य -उष्ण विपाक -कटु प्रभाव -कफपित्तहर , लेखन , विषघान		
Chemical Constituents		Plants parts extract(used)	Phytoconstituents	
		Rhizome oil	Arturmerone(31.7%) $\alpha$ -turmerone (12.9%) $\beta$ -turmerone (12.0%) (Z)- $\beta$ -ocimene (5.5%)	
		Leaf oil	$\alpha$ -phellandrene (9.1%) terpinolene (8.8%) 1, 8-cineole (7.3%) undecanol (7.1%) p-cymene (5.5%).	
Market information		Haridra being used traditionally in spices Haridra herbal extracts:-1400rupee/kg Haridra powder:-140rupee/kg Haridrakhand:-270rupees/kg		
Adulteration/Substitution		Turmeric is also adulterated by mixing artificial colors and dyes, such as Metanil Yellow. This provides a smooth and perfect texture so that it can be mixed well with raw Turmeric. In some cases, even powdered chalk is used to increase the turmeric quantity.		
Cultivation		Well managed turmeric crop is ready for harvest in seven to nine months depending on the variety and time of sowing. The crop is generally harvested during January to March. On maturity, the leaves turn dry and are light brown to yellowish in colour.		

Flowering season	Turmeric prolifically produces rhizomes that are ready for harvest generally in late fall or early winter; you'll know it's ready when the plant goes dormant	
Harvesting	during spring season this makes the plant ready to harvest with in 7 to 8 months.	
Present Status- Not concerned/ Endangered/ Extinct	Not concerned	
Main Uses	It is used as an antioxidant and possesses various beneficial properties such as anti-inflammatory, anti-allergic, antiseptic, blood cleansing etc.	
Part used	Rhizomes	
Dose	Medicinal Dose	2-4gm
	Toxic Dose	Turmeric is not toxic even at high doses
	Fatal Dose	No
Toxicity (if any)	No	
Antidote or treatment (if any)	No	
Purification (if any)	Authenticated raw turmeric (rhizome) samples purified through different sodhana processes by using medias such as cow's urine, Panchaplava (five different plants tender leaves), the inflorescence of Mundi (Sphaeranthusindicus, Linn) decoction, and water and buttermilk. Resultant samples undertook microscopy (TS) then dried, pulverized and accepted for powder microscopy, image-processing (L*a*b color based image segmentation), physicochemical and quantification of curcumin by High-performance thin layer chromatography finally methanolic extract examined for inhibitory effect on $\alpha$ -amylase and $\alpha$ -glucosidase	
<b>Formulations</b>	<b>Rogadhikar</b>	<b>Reference</b>
1)हरीदराखंड 2)जात्यादितेल 3)चन्द्रप्रभावटी	कृमिरोग नाशक हिक्का श्वास शारंगधर संहिता	भै०र० /56-63 शा म् ळरज्ञटड(ज्ञठ० शा .म ळरज्ञ०(ज्ञठ
Special information (if any)	It is a well known drug in Ayurveda which is auspicious and also has cosmetic and religious importance. Haridra has a great importance to prevent and control Prameha. It is widely used in the diseases like Krimi, Aruchi, Apachi, Pandu, visa etc	