



Cruising Review

Curcumin: Publications and Research from SwissMixIt



This webpage QR code

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Turmeric, a spice that has long been recognized for its medicinal properties, has received interest from both the medical/scientific world and from culinary enthusiasts, as it is the major source of the polyphenol curcumin. It aids in the management of oxidative and inflammatory conditions, metabolic syndrome, arthritis, anxiety, and hyperlipidemia. It may also help in the management of exercise-induced inflammation and muscle soreness, thus enhancing recovery and performance in active people. piperine is the major active component of black pepper and, when combined in a complex with curcumin, has been shown to increase bioavailability by 2000%. Curcumin combined with enhancing agents provides multiple health benefits.

First shown to have anti-bacterial activity in 1949, curcumin has since been shown to have anti-inflammatory, anti-oxidant, pro-apoptotic, chemopreventive, chemotherapeutic, anti-proliferative, wound healing, anti-nociceptive, anti- parasitic, and anti-malarial properties as well.

PDF Version of the webpage (first pages)

## Curcumin Botanical Information

Turmeric, a spice that has long been recognized for its medicinal properties, has received interest from both the medical/scientific world and from culinary enthusiasts, as it is the major source of the polyphenol curcumin. It aids in the management of oxidative and inflammatory conditions, metabolic syndrome, arthritis, anxiety, and hyperlipidemia. It may also help in the management of exercise-induced inflammation and muscle soreness, thus enhancing recovery and performance in active people. piperine is the major active component of black pepper and, when combined in a complex with curcumin, has been shown to increase bioavailability by 2000%. Curcumin combined with enhancing agents provides multiple health benefits. First shown to have anti-bacterial activity in 1949, curcumin has since been shown to have anti-inflammatory, anti-oxidant, pro-apoptotic, chemopreventive, chemotherapeutic, anti-proliferative, wound healing, anti-nociceptive, anti-parasitic, and anti-malarial properties as well. curcumin, turmeric, antioxidant, anti-inflammatory, anti-tumor activity, polyphenol, molecular docking, inflammatory skin diseases, psoriasis, atopic dermatitis, iatrogenic dermatitis, wound care, skin aging, skin cancer, skin infections, cosmetic formulation

Keywords: curcumin, turmeric, antioxidant, anti-inflammatory, anti-tumor activity, polyphenol, molecular docking, inflammatory skin diseases, psoriasis, atopic dermatitis, iatrogenic dermatitis, wound care, skin aging, skin cancer, skin infections, cosmetic formulation

Description and Research Abstract: Turmeric, a spice that has long been recognized for its medicinal properties, has received interest from both the medical/scientific world and from culinary enthusiasts, as it is the major source of the polyphenol curcumin. It aids in the management of oxidative and inflammatory conditions, metabolic syndrome, arthritis, anxiety, and hyperlipidemia. It may also help in the management of exercise-induced inflammation and muscle soreness, thus enhancing recovery and performance in active people. piperine is the major active component of black pepper and, when combined in a complex with curcumin, has been shown to increase bioavailability by 2000%. Curcumin combined with enhancing agents provides multiple health benefits. First shown to have anti-bacterial activity in 1949, curcumin has since been shown to have anti-inflammatory, anti-oxidant, pro-apoptotic, chemopreventive, chemotherapeutic, anti-proliferative, wound healing, anti-nociceptive, anti-parasitic, and anti-malarial properties as well.

The flowers of curcuma longa contains a significant amount of curcumin, antioxidant activity and phenol contents.

Curcumin scavenges the superoxide radical, hydrogen peroxide and nitric oxide, and inhibits lipid peroxidation. These actions may be the basis for many of its pharmacological and therapeutic properties.

Curcumin's antiinflammatory effects and apparent effectiveness in keeping Alzheimer's disease at bay are attracting the notice of more and more medical researchers.

The activity of curcumin reported against leukemia and lymphoma, gastrointestinal cancers, genitourinary cancers, breast cancer, ovarian cancer, head and neck squamous cell carcinoma, lung cancer, melanoma, neurological cancers, and sarcoma reflects its ability to affect multiple targets.

Moreover, the reactive oxygen species (ROS) scavenging potential of curcumin limits the risk of lipid peroxidation that triggers inflammatory responses causing cardiovascular diseases (CVD) and atherosclerosis. Taken together, curcumin could be used as a safe and well-tolerated adjunct to statins to control hyperlipidaemia more effectively than statins alone.

Curcumin and curcumin-rich Curcuma longa L. extract promoted recovery from CCl4-induced hepatic toxicity in both stress conditions. For both stress-associated hepatic dyslipidemia, curcumin and Curcuma longa L. extract might be recommendable to recover liver activity.

Anticancer activity of curcumin is due to negative regulation of inflammatory cytokines, transcription factors, protein kinases, reactive oxygen species (ROS) and oncogenes.

While the effectiveness of oral curcumin is hindered by its low bioavailability and poor absorption by the oral route, this is not the case for topical curcumin. In this review, we discuss the mechanisms for its anti-inflammatory and anti-apoptotic activity based on its inhibitory activity on the enzyme, phosphorylase kinase, and present evidence for its salutary effects on burns, wounds, surgical scars, photo-damaged skin and psoriasis.

An increasing amount of evidence suggests that curcumin may represent an effective agent in the treatment of several skin conditions.

The formulations developed in this study enabled penetration of curcumin limited to the superficial layers of the skin and then possibly without a risk of systemic action, thus permitting local use as a topical anti-inflammatory.

Curcuminoids obtained from Curcuma longa have properties like photoprotection, antiaging, anti-wrinkle, moisturizing, antioxidant, astringent, anti-irritant, antimicrobial and anti-inflammatory activities.

Curcumin enhances the anticancer effect of 5-FU against gastric cancer in vitro and in vivo. The possible molecular mechanism may be, at least in part, related to down-regulation of COX-2 and NF- $\kappa$ B pathways.

In vitro studies with RPE cells show the treatment significantly reduces oxidative stress in cells while increasing cell viability, thus indicating that curcumin has potential to both treat and prevent age related macular degeneration (AMD).



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