

Haridra



Botanical Name: Curcuma longa Linn.

Family: Zingiberaceae

English : Turmeric

Hindi : Haldi

Kannada : Arisina

Malayalam : Mannal,manjal,varattu mannal, pachamannal

Sanskrit : Haridraa

Tamil : Manzal

Telugu : pasupu

Unani : Zard Chob

Synonyms :

Nisha, Gauri, Kaanchani, Krimighni, Varavarnini, Yoshitapriyaa, Hattavilaasini.

Classical categorization :

Charaka : Lekhaniya, Kustaghna, Kandaghna, Krmighna, Sirövirecana

Susrutha : Haridradi, Mustadi, sheshamama

Vagbhata : Haridradi, Mustadi,

Morphology :

Annual herb; A tall herb with large root stock .

Leaves - Very large up to 1 m long oblong, lanceolate tapering to the base Inflorescence - Spike, Flowering bracts pale green, bracts of coma tinged with pink

Flowers Pale yellow. Corolla tube has funnel shaped upper half which is pinkish white

Useful parts - Rhizome

Distribution-

Cultivated throughout India.

Chemical compositions -

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 : Rüksa, Laghu

Virya : Usna

Vipaka : Katu

Karma : Kapha-vātahara, Lekhana, Visaghna, Varnya

Indication :

Prameha, Kusta, Krimi, Kandu, Vrana, Pandu, Kamala, 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 Formulations :

Haridra Khanda, Vrana sodhana tailam ,Nisamalaki,Haridraddidhuma varti

Therapeutic Uses :

Vyanga, Slipada & Dadru Kutha, Pitameha

Varieties -

Haridra (turmeric *Curcuma longa*),

Amragandhi Haridra (*Curcuma amada*) Karpura Haridra, Vana haridra (*Curcuma aromatica*) and Daru Haridra (*Berberis aristata*).

Therapeutic uses-

Haridra Pramehaharaanam - useful in diabetes.

Vishanut -is useful in toxic conditions.

Mehanut- useful in diabetes and urinary tract infections

Kanduhara - relieves itching sensation due to allergy

Ksuhtahara - used in a wide variety of skin diseases

Vranahara useful for quick wound healing

Dehavarna vidhayini - improves skin complexion

Vishodhini- natural detoxifier.