



PRODUCT SHEET

Curcuma or Tumeric (Curcuma longa)

FAMILY : Zingiberaceae

Common names: "curcuma", "tumeric", "turmeric" . **Spanish:** *Colombia y Peru*: "curcuma", "palillo. **German** "lange kurkuma" **Italian:** "curcuma d'indiano", "curcuma di levante". Other: "Ukon", "Goeratji", "Kakoenji", "Koenjet", "Kondin", "Kunir", "Kunyit", "Oendre", "Rame", "Renet", "Temu kuning", "Temu kunyit", "Tius" .

DESCRIPTION: Curcuma longa is a perennial plant with roots or tubers oblong-palmate, and deep orange inside. Leaves about 2 feet long, lanceolate, long, petioled, tapering at each end, smooth, of a uniform green. Flowers are dull yellow, three or five together surrounded by bracteolae. It is propagated by cuttings from the root. In fresh state, the roots have an aromatic and spicy fragrance, which by drying gives way to a more medicinal aroma.

ORIGIN AND DISTRIBUTION: South America (specially Peru), Sothern asia, Southern China, India (especially Bengal, Madras), Indonesia, other countries with a tropical climate .

USED PARTS: Root, rhizome

PROPERTIES: Anti-inflammatory, Antioxidant, Chologogueue, Depurative, Diuretic, Fumitory, Hemostatic, Hepatoprotective, Lactagogue, Stomachic, Tonic, Vulnerary , dyeing material, used in preparing curry.

PHYTOCHEMICALS: 1,8-cineole, 2-bornanol, 2-hydroxy-methyl-anthraquinone, 4-hydroxycinnamoyl-(Feruloyl)-methane, Alpha-atlantone, Alpha-pinene, Alpha-terpineol, Ar-turmerone, Arabinose, Ascorbic-acid, Ash, Azulene, Beta-carotene, Beta-pinene, Beta-sesquiphellandrene, Bis-(Para-hydroxy-cinnamoyl)-methane, Bis-desmethoxycurcumin, Bisabolene, Borneol, Boron, Caffeic-acid, Calcium, Caprylic-acid, Caryophyllene, Chromium, Cineole, Cinnamic-acid, Cobalt, Copper, Cumylalcohol, Curcumene, Curcumenol, Curcumin, Curdione, Curlone, Curzerenone, Curzerenone-c, Cyclo-isoprenemyrcene, D-alpha-phellandrene, D-camphene, D-camphor, D-sabinene, Dehydroturmerone, Desmethoxycurcumin, Di-p-coumaroyl-methane, Dicinnamoylmethane, Didesmethoxycurcumin, Diferuloyl-methane, Dihydrocurcumin, EO, Eugenol, Feruloyl-p-coumaroyl-methane, Gamma-atlantone, Guaiacol, Isoborneol, L-alpha-curcumene, L-beta-curcumene, Limonene, Manganese, Monodesmethoxycurcumin, Niacin, Nickel, O-coumaric-acid, P-coumaric-acid, P-cymene, P-methoxycinnamic-acid, P-tolymethylcarbinol, Phosphorus, Protocatechuic-acid, Resin, Riboflavin, Syringic-acid, Terpinene, Terpineol, Thiamin, Turmerone, Ukonan-a, Ukonan-b, Ukonan-c, Ukonan-d, Vanillic-acid, Zingiberene