

Super Spice Turmeric: Learn Simple And Effective Ways To Improve Your Mental And Physical Health

By: [Deane Alban](#)



Turmeric is a spice commonly used in Indian cuisine. Find out the best ways to get therapeutic benefits for a variety of mental and physical conditions.

Historically, spices are treasured for the unique flavors they bring to food and for their healing properties.

Most spices provide some health benefits.

But one spice that shines for its medicinal benefits is turmeric.

You may have seen turmeric in the news as a potential

treatment for diseases as diverse as arthritis, cancer, diabetes, heart disease, psoriasis, and Alzheimer's.

But does this spice live up to its press?

And can you get the benefits of turmeric from food alone or should you take a turmeric supplement?

Turmeric and curcumin are often used interchangeably. What's the difference between them?

Here's everything you need to know about the health benefits of turmeric.

[Related Article: 7 Turmeric Teas And Elixirs: A Great Way To Boost Your Health](#)

Traditional Health Benefits of Turmeric

Turmeric is a spice that comes from the root of *Curcuma longa*, a beautiful flowering tropical plant native to India.

Turmeric has been used for healing for thousands of years in Ayurveda, India's 5,000-year-old natural healing system.

Cooking residue found on pottery shards shows that people in parts of Asia cooked with turmeric 4,500 years ago.

It is one of several spices used to make curry powder, an essential ingredient in south Asian cuisine.

It's usually used dry, but the root can also be grated fresh like ginger.

This versatile spice was used traditionally to improve digestion, dissolve gallstones, relieve arthritis, and alleviate symptoms of allergies and colds.

It was applied externally for wounds and skin conditions.

It was also used as a beauty treatment.

Soaps and creams containing turmeric are experiencing a surge in popularity today.

Turmeric paste is still applied to the skin of both the bride and groom in a ceremony before marriage in some parts of India, Bangladesh, and Pakistan to beautify skin and as a form of good luck.

Related Article: [10 Turmeric Health Benefits: Is It Superior To Medications?](#)

The Relationship Between Turmeric and Curcumin

Many websites, even authoritative medical sites, incorrectly use the terms turmeric, curcumin, and even curry powder interchangeably.

This makes it hard to understand the information on turmeric.

Let's clear up any confusion.

Curry powder is a mix of many spices including the spice turmeric.

Turmeric contains hundreds of compounds, each with its own unique properties.

But of all the compounds in turmeric, curcumin is by far the most promising and is the most widely studied.

Curcumin is not unique to turmeric, it is also found in ginger, another spice with a long history of medicinal use.

[Read the rest of the article...](#)