

Explained | Are turmeric supplements advisable?

By IASToppers | 2023-08-22 16:05:00



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Australia's regulator of medicines has recently issued a **medical advisory** against **turmeric supplements** or **curcuma longa (turmeric)**.



[ref-permaculture research]

Issues with the turmeric supplements:

- It increases the risk of **liver injury** including by the intake of its **active ingredient, curcumin**.
- Very little part of **curcumin** is **absorbed**, or made '**bioavailable**', by the Human body.
 - **Piperine**, the major active component of **black pepper**, improves bioavailability.
- Turmeric has "**choleretic**" **properties**, which means it stimulates the **secretion** of **bile** to improve **digestion**.
 - Thus, those that have **bile duct disease** should avoid **turmeric**.
- Curcumin can also interact with **medications** such as **anticoagulants**, **cancer drugs** and **immunosuppressants**, which reduces its **safety** and **effectiveness**.

Health benefits of the turmeric supplements:

- **Daily intake** of **180 mg** of curcumin per day for a **60 kg adult** is the **safe level** of consumption.
- It is a staple ingredient in **South** and **South East Asian cuisine**, and so it is used in **Ayurvedic** and **Chinese-medicine concoctions**.
- It has **anti-oxidant properties** that can help with **inflammation** including **arthritis** and **infections**.
- **Curcumin** along with the **drug Artemisinin** was found effective in treating **malaria** when tested on **mice**.