

Review Article

Anti-inflammatory Properties of Curcumin, a Major Constituent of *Curcuma longa*: A Review of Preclinical and Clinical Research

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Abstract

Curcuma longa (turmeric) has a long history of use in Ayurvedic medicine as a treatment for inflammatory conditions. Turmeric constituents include the three curcuminoids: curcumin (diferuloylmethane; the primary constituent and the one responsible for its vibrant yellow color), demethoxycurcumin, and bisdemethoxycurcumin, as well as volatile oils (turmerone, atlantone, and zingiberone), sugars, proteins, and resins. While numerous pharmacological activities, including antioxidant and antimicrobial properties, have been attributed to curcumin, this article focuses on curcumin's anti-inflammatory properties and its use for inflammatory conditions. Curcumin's effect on cancer (from an anti-inflammatory perspective) will also be discussed; however, an exhaustive review of its many anticancer mechanisms is outside the scope of this article. Research has shown curcumin to be a highly pleiotropic molecule capable of interacting with numerous molecular targets involved in inflammation. Based on early cell culture and animal research, clinical trials indicate curcumin may have potential as a therapeutic agent in diseases such as inflammatory bowel disease, pancreatitis, arthritis, and chronic anterior uveitis, as well as certain types of cancer. Because of curcumin's rapid plasma clearance and conjugation, its therapeutic usefulness has been somewhat limited, leading researchers to investigate the benefits of complexing curcumin with other substances to increase systemic bioavailability. Numerous in-progress clinical trials should provide an even deeper understanding of the mechanisms and therapeutic potential of curcumin. (*Altern Med Rev* 2009;14(2):141-153)

Introduction

Turmeric (the common name for *Curcuma longa*) is an Indian spice derived from the rhizomes of the plant and has a long history of use in Ayurvedic medicine as a treatment for inflammatory conditions. *C. longa* is a perennial member of the Zingiberaceae family and is cultivated in India and other parts of Southeast Asia.¹ The primary active constituent of turmeric and the one responsible for its vibrant yellow color is curcumin, first identified in 1910 by Lampe and Milobedzka.² While curcumin has been attributed numerous pharmacological activities, including antioxidant³ and antimicrobial properties,⁴ this article focuses on one of the best-explored actions, the anti-inflammatory effects of curcumin. Curcumin's effect on cancer (from an anti-inflammatory perspective) is also discussed; however, an exhaustive review of its many anticancer mechanisms is outside the scope of this article. Based on early research conducted with cell cultures and animal models, pilot and clinical trials indicate curcumin may have potential as a therapeutic agent in diseases such as inflammatory bowel disease, pancreatitis, arthritis, and chronic anterior uveitis, as well as certain types of cancer. Numerous clinical trials are currently in progress that, over the next few years, will provide an even deeper understanding of the therapeutic potential of curcumin.

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Anti Inflammatory Properties Of Curcumin A Major

Mark Stengler



Anti Inflammatory Properties Of Curcumin A Major:

Medicinal Plants and their Bioactive Compounds in Human Health: Volume 1 Mohammad Azam Ansari, Shoaib Shoaib, Najmul Islam, 2024-10-18 This book delves into the vital role of plants and their bioactive compounds in human health emphasizing their medicinal and nutritional significance It highlights the growing concern of drug resistance in anticancer and antimicrobial medications compelling clinicians and researchers worldwide to seek alternative solutions Plants offer a diverse array of compounds serving as a promising resource for novel and safe drug candidates and potentially enhancing drug efficacy while being easily metabolized in the human body Their cost effectiveness safety profile and minimal side effects make them an ideal source for developing new drug regimens The book aims to attract students teachers and researchers across various disciplines covering topics such as biochemistry pharmacology botany medicinal chemistry virology nutrition clinical biochemistry and biomedicine The book will explore the medicinal and nutritional importance of plants and their products showcasing their applications in medicine industries cosmetics therapeutics and preventive measures

The Molecular Targets and Therapeutic Uses of Curcumin in Health and Disease Bharat B. Aggarwal, Young-Joon Surh, S. Shishodia, 2007-08-06 Curcumin is derived from the root of the plant *Curcuma longa* also called turmeric and its medicinal uses have been described for over 5000 years More than 1500 papers published within last half a century has revealed that curcumin has a potential in the treatment of wide variety of inflammatory diseases including cancer diabetes cardiovascular diseases arthritis Alzheimer psoriasis etc through modulation of numerous molecular targets This is the first monograph to deal specifically with this subject

Nutrition Applied to Injury Rehabilitation and Sports Medicine Luke R. Bucci, 2020-10-25 This timely and exciting new book brings together for the first time the readily available choices of dietary supplements and their relationship to injury rehabilitation Nutrition Applied to Injury Rehabilitation and Sports Medicine supports the rational use of specific nutrients for specific healing conditions Guidelines for nutritional programs applied to specific conditions are provided for practical application

Die Big Five der Ernährung Wie fünf Lebensmittelgruppen Ihr Immunsystem stärken und für neue Energie sorgen Paul Schulz, 2025-09-06 Gesund essen muss weder kompliziert noch teuer sein im Gegenteil Schon fünf einfache Lebensmittelgruppen reichen aus um den Körper mit allen wichtigen Nährstoffen zu versorgen und das Immunsystem nachhaltig zu stärken In Die Big Five der Ernährung präsentieren TV Spitzenkoch Andi Schweiger und Ernährungsexperte Dr Stephan Leck ein revolutionäres Konzept Hinsichtlich Vollkorngetreide Kartoffel und Wurzelgemüse Zwiebel und Kohlgemüse bilden die Basis einer vitalen Ernährung Mit Körnern Nüssen Eiern Milchprodukten und ab und zu Fleisch oder Fisch entstehen daraus berraschend einfache und doch raffinierte Rezepte voller Geschmack Kraft und Inspiration Dieses Buch bietet Ihnen praxisnahe Rezepte für den Alltag fundiertes Hintergrundwissen und einen klaren Leitfaden wie Sie sich ohne Berforderung gesund und genussvoll ernähren können Ob schnelle Mahlzeiten oder kreative Kombinationen Die Big Five machen es leicht sich fit energiegeladen und gesund zu fühlen

Entdecken Sie wie wenig es braucht um mehr Wohlbefinden Vitalit t und Lebensfreude auf den Teller zu bringen

Supplements in Dermatology. Part II Ayşe Serap Karadağ, Ümit Tursen, 2023-08-03 Today interest and curiosity in herbal and natural treatments are increasing and patients want to be treated with natural methods for their diseases There is a lot of interest in this subject for skin diseases It is claimed that many plants and natural ingredients have therapeutic effects for skin diseases Some of them have scientifically proven data In this 2nd book we prepared about supplements we tried to gather scientific data about natural supplements and ingredients The plants that are claimed to be effective for skin diseases in phytotherapy were compiled according to the diseases Plants with therapeutic effects for viruses and cancer were examined Sunscreen dietary recommendations were written In addition scientific literature on the therapeutic properties of miraculous foods that we interact with in daily life was searched Care was taken to include information about daily practice in our book I hope it will be useful and be a light for future studies Chemistry and Bioactive Components of Turmeric Sreeraj Gopi, Sabu Thomas, Ajaikumar B Kunnumakkara, Bharat B Aggarwal, Augustine Amalraj, 2020-10-15 Turmeric belongs to the family Zingiberaceae and is a yellow spice of high economic importance due to its medicinal value Cultivated in tropical and sub tropical regions around the world it is used extensively as a colouring flavouring and preserving agent In recent years several drugs derived from natural products have been developed and current drug research is actively investigating the possible therapeutic roles of many Ayurvedic medicines most notable among those being examined is turmeric The wide range of pharmacological activities attributed to turmeric come mainly from curcuminoids and two related compounds demethoxycurcumin and bisdemethoxycurcumin This comprehensive book brings together the research carried out on constituents obtained from turmeric and highlights their chemical and biological activities Comprising 17 chapters each written by experts in their respective field and curated by authorities it will be invaluable to all those who are involved in the production processing marketing and the use of turmeric Appealing to researchers and professionals in natural products nutraceuticals and food chemists this book is exposing some of the myths and showing areas for possible future use

Your Skin, Younger Alan Logan, Phillip Levy, Mark Rubin, 2010-01-01 The Easiest Action Plan for Naturally Younger Skin The glowing wrinkle free complexion you ve always dreamed of is within your reach You can prevent and limit the visible signs of aging without synthetics cosmetics Botox or surgery Based on the latest scientific research Your Skin Younger shows you how nutritional skin care will make your skin radiant healthy and age defiant Unlike other books or websites Your Skin Younger offers affordable accessible ways to achieve gorgeous skin and explains exactly why these natural methods will work This go to guide for younger skin includes Over thirty skin healthy recipes Wrinkle free sleep habits An in depth dietary supplement review including what to take and how much How to curb the newest discovery in skin damaging molecules Advanced Glycation and products AGEs Which foods are power foods and which are collagen destroyers The truth about sunscreen Stress busters Synthetic chemicals to avoid An in depth natural topicals review including which ingredients to use

Relaxation techniques Ways to reduce inflammation and redness And much much more A clear and concise guide that will help to protect the skin and improve overall health This multidimensional resource will surely provide valuable lifestyle information Ron Moy MD President Elect American Academy of Dermatology Past President of the American Society for Dermatology Surgery Inflammation, Oxidative Stress, and Cancer Ah-Ng Tony Kong, 2016-04-19 Increasing scientific evidence suggests that the majority of diseases including cancer are driven by oxidative stress and inflammation attributed to environmental factors These factors either drive genetic mutations or epigenetically modify expression of key regulatory genes These changes can occur as early as gestational fetal development and Bioactive Ingredients for Healthcare Industry Volume 2 Dibyajit Lahiri, Moupriya Nag, Debasmita Bhattacharya, Siddhartha Pati, Tanmay Sarkar, 2025-05-10 This book provides in depth knowledge on the use of various bioactive compounds obtained from natural sources as therapeutics and healthcare solutions The chapters emphasize on the role of bioactives in managing various types of chronic diseases and emerging healthcare challenges comprising of neurodegenerative disorders cardiovascular diseases and various metabolic syndromes The book presents various advanced techniques for bringing about optimization in the bioactivity enhancement of the delivery systems and ensuring the efficiency of the therapeutics Aimed at researchers healthcare professionals and industry stakeholders Volume 2 serves as a comprehensive resource to understand the application of various types of bioactive compounds in mitigating various health associated problems **Curcumin in Health and Disease** Beatrice E. Bachmeier, 2019-10-11 The plant derived polyphenol curcumin has been used in promoting health and combating disease for thousands of years Its therapeutic effects have been successfully utilized in Ayurvedic and Traditional Chinese Medicine in order to treat inflammatory diseases Current results from modern biomolecular research reveal the modulatory effects of curcumin on a variety of signal transduction pathways associated with inflammation and cancer In this context curcumin's antioxidant anti inflammatory anti tumorigenic and even anti metastatic activities are discussed On the cellular level the reduced activity of several transcription factors such as NFkB or AP 1 and the suppression of inflammatory cytokines matrix degrading enzymes metastasis related genes and even microRNAs are reported On functional levels these molecular effects translate into reduced proliferative invasive and metastatic capacity as well as induced tumor cell apoptosis All these effects have been observed not only in vitro but also in animal models In combination with anti neoplastic drugs like Taxol kinase inhibitors and radiation therapy curcumin potentiates the drugs therapeutic power and can protect against undesired side effects Natural plant derived compounds like curcumin have one significant advantage They do not usually cause side effects This feature qualifies curcumin for primary prevention in healthy persons with a predisposition to cancer arteriosclerosis or chronic inflammatory diseases Nonetheless curcumin is considered safe although potential toxic effects stemming from high dosages long term intake and pharmacological interactions with other compounds have yet to be assessed This Special Issue examines in detail and updates current research on the molecular targets protective effects and modes of action of natural

plant derived compounds and their roles in the prevention and treatment of human diseases *Natural Products and Human Diseases* Amirhossein Sahebkar, Thozhukat Sathyapalan, 2022-01-03 Natural products have a long history of use as folk medicines in several systems of traditional medicine Extensive evidence from modern pharmacological studies has confirmed traditional applications and unveiled the vast potential of naturally occurring compounds particularly plant derived phytochemicals in the management of chronic human diseases The past decade has witnessed a surge of findings from randomized controlled trials testifying the safety and efficacy of natural products as adjuncts or alternatives to standard of care medications for several illnesses Biomolecular studies have unveiled hundreds of cellular and molecular targets for phytochemicals including key transcription factors receptors enzymes hormones neurotransmitters cytokines lipids and non coding RNAs Extensive research on the preventative and therapeutic effects of natural products necessitates regular updating of the literature as to the developing potential roles of these compounds in different human diseases This new book provides an overview of the current pharmacological and clinical features of natural products and the role of phytopharmaceutical compounds in health and diseases Chapters cover a wide scope from cancers to chronic and age related disorders and are written by leading international subject experts Collectively chapters will provide useful insights on the regulatory effects of phytochemicals and nutraceuticals on pathogenic molecular signatures associated with pathologies disease biomarkers and aging related pathways *The Natural Physician's Healing Therapies* Mark Stengler, 2010-01-05 An updated and revised edition from a leader in the new wave of true healers From fast acting natural cures for arthritis viruses and hardened arteries to fatigue burns and injuries and more this revised edition of one of the most trusted books on natural remedies includes more than 50 new entries as well as updates throughout **Current Advances for Development of Functional Foods Modulating Inflammation and Oxidative Stress** Blanca Hernandez-Ledesma, Cristina Martinez-Villaluenga, 2021-12-03 Current Advances for Development of Functional Foods Modulating Inflammation and Oxidative Stress presents the nutritional and technological aspects related to the development of functional foods with anti inflammatory and antioxidant effects Specifically analytical approaches for the characterization of anti inflammatory and antioxidant properties of healthy foods and functional constituents as well as technological strategies for the extraction of compounds and fractions from raw materials to produce anti inflammatory and antioxidant ingredients are addressed In addition the molecular mechanisms by which foods and their components can modulate inflammation and their oxidative stress effects on disease prevention are explored Finally clinical research addressing nutritional needs in pathological subjects with inflammatory diseases are considered Covers methods of analysis and extraction of anti inflammatory and antioxidant compounds Offers an overview of the main anti inflammatory and antioxidant compounds in foods Provides a guide on the mechanisms of action and health benefits of anti inflammatory and antioxidant dietary bioactives **Natural Products as Sources of Innovative Approaches in Psychiatry** Elaine Elisabetsky, Chun-Tao Che, Elizabeth Anne

Olson,Zhang-Jin Zhang,2022-08-29 **Unleashing the Power of Functional Foods and Novel Bioactives** Tanmay Sarkar,Slim Smaoui,Anka Trajkovska Petkoska,2025-01-27 Unleashing the Power of Functional Foods and Novel Bioactives guides readers to understand how the physiological effects of functional foods can optimize health and aid in specific disease outcomes and prevention The book examines the impact of functional foods on various aspects of health including but not limited to cardiovascular digestive cognitive metabolic bone and joint and ocular Other sections examine functional foods can boost sports performance and manage inflammation Finally the book explores lesser known bioactives derived from natural compounds and explores their potential health benefits while providing education on sustainable production methods and the safety and toxicity Examines the relationship between functional foods and bioactives Explores functional foods and bioactives for specific health conditions Offers strategies for incorporating functional foods into everyday life to optimize health and nutrition Assesses the safety and toxicity of functional foods and nutraceuticals Discusses sustainable production practices including farming labeling and certification **Curcumin for Neurological and Psychiatric Disorders** Tahira Farooqui,Akhlaq A. Farooqui,2019-03-16 Curcumin for Neurological and Psychiatric Disorders Neurochemical and Pharmacological Properties focuses on the different molecular mechanisms underlying curcumin mediated beneficial effects in neurological diseases The book s editors discuss the neurochemical and pharmacological properties of curcumin followed by the effect of curcumin in neurotraumatic diseases neurodegenerative diseases and neuropsychiatric diseases The book also offers a perspective on future studies on the treatment of neurological disorders The beneficial effects of curcumin have been observed both in cultured cells and in animal models thus paving the way for ongoing present and future human clinical trials Curcumin produces antioxidant and anti inflammatory effects not only by blocking oxidative stress and neuroinflammation in neurotraumatic and neurodegenerative diseases but also by restoring cellular homeostasis and rebalancing redox equilibrium Identifies molecular mechanisms of curcumin effects in neurological diseases Includes effects on neurotraumatic neurodegenerative and psychiatric diseases Covers the antioxidant anti inflammatory and immunomodulatory effects of curcumin Examines curcumin s potential in developing new therapeutic drugs Chronic Inflammation Sashwati Roy,Debasis Bagchi,Siba P. Raychaudhuri,2012-09-17 Although acute inflammation is a healthy physiological response indicative of wound healing chronic inflammation has been directly implicated in a wide range of degenerative human health disorders encompassing almost all present day non communicable diseases including autoimmune diseases obesity diabetes and atherosclerosis Chronic Inflammation **The Truth About Heart Disease** Mark Houston,2022-08-05 You can prevent coronary heart disease in yourself but you need to have the knowledge of the risk factors the presenting symptoms and take early actions with aggressive and proper diagnostic testing Start a prevention program for your heart health with The Truth About Heart Disease In this book Dr Mark Houston provides you with scientific prevention and treatment programs to reduce your risk of coronary heart disease and myocardial infarction These programs

include optimal and proper nutrition nutritional supplements vitamins antioxidants anti inflammatory agents minerals exercise weight and body fat management and other lifestyle changes The Truth About Heart Disease is suitable for patients wanting to adopt preventive measures at home and anyone wanting to better manage their heart health It will be of great value to all health care practitioners cardiologists and dietitians Ethnobotany José L. Martinez, Amner

Muñoz-Acevedo, Mahendra Rai, 2018-12-07 Ethnobotany includes the traditional use of plants in different fields like medicine and agriculture This book incorporates important studies based on ethnobotany of different geographic zones The book covers medicinal and aromatic plants ethnopharmacology bioactive molecules plants used in cancer hypertension disorders of the central nervous system and also as antipsoriatic antibacterial antioxidant antiurolithiatic The book will be useful for a diverse group of readers including plant scientists pharmacologists clinicians herbalists natural therapy experts chemists microbiologists NGOs and those who are interested in traditional therapies **Recent Advances in Natural Products**

Science Ahmed Al-Harrasi, Saurabh Bhatia, Tapan Behl, Mohammed F. Aldawsari, Deepak Kaushik, Sridevi Chigurupati, 2022-07-21 This book provides a summarized information related to the global herbal drug market and its regulations ethnopharmacology of traditional crude drugs isolation of phytopharmaceuticals phytochemistry standardization and quality assessment of crude drugs Natural products science has constantly been developing with comprehensive data contemplating different parts of natural drugs such as global trade quality control and regulatory concerns traditional medicine systems production and utilization of drugs and utilization of medicinal and aromatic plants This broad information about crude drugs gives rise to a subject that is now recognized as advance natural products science By contemplating all of this thorough knowledge of the areas this book is intended to provide considerably to the natural products science The area of natural products science involves a broad range of topics such as the pharmacognostical phytochemical and ethnopharmacological aspects of crude drugs Each chapter gives a sufficient understanding to academicians and researchers in the respective topic This book includes 40 illustrations and descriptions of roughly 80 medicinal plants used for herbal medicine The book is an imperative source for all researchers academicians students and those interested in natural products science **FEATURES** Includes advance knowledge and detailed developments in natural products science Discusses the most important phytopharmaceuticals used in the pharmaceutical industry Explores the analysis and classification of novel plant based medicinal compounds Includes standardization quality control and global trade of natural products Gives a deep understanding related to recent advances in herbal medicines to treat various ailments Discusses national and WHO regulations and policies related to herbal medicines Covers the complete profile of some important traditional medicinal plants especially their historical background biology and chemistry

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