

Curcuma longa

Scientific classification

Kingdom	: Plantae
Clade	: Angiosperm
Order	: Zingiberales
Family	: Zingiberaceae
Genus	: <i>Curcuma</i>
Species	: <i>C. longa</i>
Part used	: Rhizome



Description

The greatest diversity of *Curcuma* species by number alone is in India, at around 40 to 45 species. Turmeric is a perennial herbaceous plant that reaches up to 1 m (3 ft 3 in) tall. Highly branched, yellow to orange, cylindrical, aromatic rhizomes are found. The leaves are alternate and arranged in two rows. They are divided into leaf sheath, petiole, and leaf blade. From the leaf sheaths, a false stem is formed. This plant is most noted for its thick, branched rhizomes which are the source (after unearthing, boiling, drying and grinding) of the bright yellow-orange powdery spice known round the world as turmeric.

Medicinal uses

The turmeric plant is used as a traditional medicine and remedy for various diseases including a coughs, diabetes, dermatological conditions, respiratory problems, cardiovascular diseases, arthritis, peptic ulcers, psoriasis, and atherosclerosis. It have anti-inflammatory, antioxidant and anticancer, antiviral, anti-inflammatory, antibacterial, antifungal, antidiabetic, anticoagulant, antifertility, cardiovascular protective, hepatoprotective, and immunostimulant properties.