

**Turmeric** – Curcuma longa (ginger family)  
Parts Used – Organic Roots  
Origin – India | Spagyrics Made in Colorado  
Planetary Influence - Moon  
Day of the Week - Monday



Turmeric is from the ginger family and is also known as Haridra or Haldi. It holds a place of honor in Ayurvedic medicine. One of its main healing components is curcumin.

Properties: Turmeric is warm, bitter, pungent, astringent. It is a carminative, vulnerary, antiseptic, and antibacterial. It reduces Kapha & Vata and increases Pitta.

#### Uses

- Skin disorders, wounds, and bruises. Ringworm and leprosy
- Diabetes, poor circulation, anemia, and anorexia
- For arthritis and osteoarthritis (especially knees)
- Asthma, bronchitis, hay fever, runny nose, sneezing and itching
- Reduces depression for people already using an antidepressant
- Reduces high cholesterol or other lipids in the blood and lowers triglycerides
- Aids nonalcoholic fatty liver disease
- Inflammation and mouth sores (including sores for radiation therapy)

#### Indian Uses

- Circulatory, blood purifying, liver stimulant
- Conjunctivitis
- Antiseptic and antiparasitic
- For gastrointestinal issues

***Side Effects -Safe for short-term use up to 2-3 months***

***Do not use if you have hepatitis or gallbladder issues, may cause liver damage in high amounts***

***May lower blood sugar***

***May slow clotting – stop using at least two weeks before surgery***

***May reduce fertility. Do not use if you have a hormonal condition, are pregnant or breastfeeding***

***Do not take if you are on anticoagulants, meds for diabetes, Talinolol, Sulfasalazine, Tacrolimus, Warfarin, cancer meds, Norvasc or hepatotoxic drugs.***

***If you have a medical emergency, please contact your health care professional.***

***Please confer with your health care professional before taking.***

***Not all of the uses listed above have been subject to modern clinical studies.***