OPEN ACCESS Freely available online

Natural products chemistry and research

Editorial

Clinical Overview Of Curcumin And Its Uses, Dosing, Contraindications

G Scott Weston

Associate Professor, Department of Pharmaceutical Sciences Harding University, USA

Curcumin is a bright yellow chemical produced by plants of the Curcuma longa species. It is the principal curcuminoid of turmeric (Curcuma longa), a member of the ginger family, Zingiberaceae. It is sold as an herbal supplement, cosmetics ingredient, food flavoring, and food coloring.use:

curcumin (turmeric) as a pharmacologic specialist is restricted because of its low foundational bioavailability following oral dosing. Curcumin is utilized as a flavor in curry powders and mustard. It is promoted with cases of intense cell reinforcement action, working on bone and joint wellbeing, and decreasing irritation, however clinical preliminaries are restricted. Its adequacy in treating various diseases has been researched. Curcumin has been displayed to give stimulant and anxiolytic impacts in individuals with significant burdensome problem; notwithstanding, clinical preliminaries are restricted.

Dosing: Curcumin is essentially accessible in case structure from business makers. The most widely recognized routine is one to three 500 mg cases day by day with or without food. In one review, patients took one 500 mg case two times day by day with or without nourishment for a considerable length of time for treatment of significant burdensome issue. Powdered turmeric root has customarily been utilized as an energizer and carminative at doses of 0.5 to 3 g/day. Measurements of 3 to 6 g/day have been researched for defensive impacts against ulcers. Pain relieving impacts have been accounted for with portions of 1.5 to 2 g/day. Day by day oral portions of 3,600 mg have been regularly utilized in clinical preliminaries, yet measurements of up to 8 g/day have likewise been utilized. Higher dosages are related with unfavorable GI impacts.

Stay away from use if excessively touchy to any of the parts of curcumin. Avoid use during pregnancy and lactation because of emmenagogue and uterine energizer impacts. The spice ought not be utilized in patients with nerve stones or bile pipe or section deterrent.

Stay away from use. Reported emmenagogue and abortifacient impacts.

Clinical preliminaries report not many unfavorable responses (eg, dyspepsia, pruritus). Interesting instances of contact dermatitis and hypersensitivity have been accounted for.

Limited clinical data are available. The oral median lethal dose (LD50) of curcumin in rats and mice was higher than 2,000 mg/kg body weight.

The genus Curcuma L. may contain more than 100 species, with Curcuma longa L. probably the best known. Synonymous with Curcuma domestica Val, turmeric is a perennial plant found throughout Southeast Asia, as well as China, Australia, and the South Pacific. India and Thailand have the highest diversity with at least 40 species in each country. The plant grows to a height of 0.9 to 1.5 m and produces large, oblong leaves and funnel-shaped, dull-yellow flowers. The thick rhizome is yellowish in color externally and deep orange to reddish-brown internally. The lateral rhizomes contain more yellow coloring than the bulb. The dried primary bulb and secondary lateral rhizomes are collected, cleaned, boiled, and dried for use in medicinal and food preparations.

The rhizome contains up to 7% of an orange-yellow, unstable oil. Tumerone and artumerone together contain around 60% of the oil, and zingiberene includes around 25%. Cineole, d-phellandrene, d-sabinene, and borneol are available in low focuses. The significant yellow color has been distinguished as curcumin (diferuloylmethane), a phenolic cancer prevention agent. Not at all like most regular cell reinforcements that contain beta-diketone or polyphenolic practical gatherings, curcumin has both dynamic moieties. Its better cancer prevention agent movement has been ascribed than this primary mix. Curcumin regulates the Nrf2-keap1 pathway in the cell and dilemmas to cancer prevention agent responsive components in DNA that lessen the receptive oxygen species.

Correspondence to: G Scott Weston, Associate Professor, Department of Pharmaceutical Sciences Harding University, USA, Tel: 410-402-6060; E-mail: scott_western@wsu.edu

Received: November 06, 2021**; Accepted:** November 17, 2021**; Published:** November 26, 2021

Citation: G Scott Weston (2021) Clinical Overview Of Curcumin And Its Uses, Dosing, Contraindications. Nat Prod Chem Res. 9:e425.