

Curcuma Longa: Study of an Indian drug**Dr .Saba Khan (PG scholar)****Abstract**

It is commonly known as turmeric. It is a house hold remedy in India and has been used in Indian System of Medicine since centuries to aid digestion and liver function, relieve arthritis, pain, and regulate menstruation. Turmeric has also been applied directly to the skin for eczema and wound healing. Other indications include heartburn, stomach ulcers, and gallstones and recent researches revealed it to be useful to prevent and treat cancer. It was introduced and proved by Arya, Balachandran and Augustine. The homoeopathic mother tincture is prepared from rhizome. An extended proving was recently done by Central Council for Research in Homoeopathy⁽¹⁾

Botanical Name: Curcuma longa**Common name:** Turmeric, Indian saffron**Family:** Zingiberaceae**Parts used:** root and rhizome ⁽²⁾**Use:** (a) Anti-inflammatory, (b) Antiarthritic, (c) Antioxidant, (d) Topical antibacterial and antifungal, (e) Antifertility action, (f) Hypotensive, (g) Anti-atherosclerotic, (h) Tumor-preventing activity, (i) Cholagogue, (j) Choloretic, (k) Emmenagogue, (l) Lowers cholesterol, (m) Stimulates digestive enzymes, (n) Carminative, (o) Hepatoprotective, (p) Vulnerary, (q) Anticoagulant. (3)**Guiding indications****Mind**

Dullness. Worries about future. Depression towards evening with anxious and worried look. Desires to be left alone, indifferent to friends, Aversion to work or study. Difficult concentration with forgetfulness. Fear of future. Thinks that relatives and friends are against him, Thoughts about death of somebody.

Head

Bursting pain in whole right side of head, worse afternoon, night, after sleep. Pain in right side of head with pricking sensation in right eye. Frequent pain in frontal region with obstruction of nose, sneezing and coughing, worse evening, cold bathing, 11 a.m., better night rest. Pain in right eyebrow, worse movements, sound, light; better lying on left side, evening.

Eyes

Burning in eyes with lachrymation, worse morning, afternoon, better washing the eyes. Lachrymation after taking bath, better closing eyes, rest

Nose:ading severity of acne)

rritation in nose with frequent sneezing and watery discharge from nose.

Face

Flushed face. Itching of right cheek, worse after shaving, night, better cold application. Itching of chin.

Mouth

Dryness of mouth, with white-coated tongue. urton's scale of grading severity of acne)

Tooth

Toothache, worse holding cold water in mouth. Gums inflamed and painful.

Throat

Pain in left side of throat, worse evening; better hot drinks. Scraping sensation in throat, as if something is sticking with dull pain

Stomach

Thirst for cold water in small quantity, whole day, worse evening, morning. Frequent thirst for large quantity of water, worse afternoon, night.

Abdomen

Cutting pain in abdomen. Gripping pain in epigastrium followed by loose stools, worse morning, evening, better hot drinks, pressure. Gripping pain in left hypochondrium, worse evening, night, better after passing stool.

Rectum

Constipation with no urging for stool. Unsatisfactory, scanty, hard stool.

Stool

Stool hard, scanty, watery, blackish or yellowish or clay coloured, offensive with undigested food particles, with dull pain in abdomen, worse morning, evening

Urethra

Burning pain in urethra during micturition

Bladder

Frequent urination at night, in large quantity, profuse in daytime of normal colour, sometimes high coloured.

Male

Sex desire diminished. Sexual excitement increased, involuntary erection during day, afternoon, after sleep. Erection incomplete, disappears suddenly, desires to masturbate.

Female

Pain in lower abdomen during menses.

Chest

Palpitation with sensation of weight over sternum in afternoon. Stitching pain in right side of chest, worse night, inspiration; better lying on left side. Dull aching pain in the region of heart, worse afternoon, pressure, better lying on right side. Respiration noisy.

Back

Pain in lumbar region, worse morning, evening, night, movement, physical activity, better hot application, rest. Aching pain in sacral region with shifting pain in hip joints, worse evening, changing posture, morning. Stiffness in cervical region worse turning head. Pain in right supra scapular region, worse deep breathing, pressure, better rest, hot application

Sleep and Dreams

Sleepy in morning, drowsy in afternoon. Dreams of child being murdered by stabbing and bloodshed. Dreams of quarrel. Frightful dreams.

Fever

Chilly sensation at night. Fever in evening with frontal headache, bodyache, running of nose and burning sensation all over.

Skin

Itching without eruptions, all over the body, worse after taking bath, night, better cold application. Itching on covered parts, worse contact of clothes or hands; better scratching. Macular rashes all over the body, dorsum of hands, buttocks, thighs with burning sensation worse heat of sun.

Generalities

Bodyache, better rest, bathing in hot water.

Fatigue, worse morning, day time, better rest, afternoon, sitting.

Sensation as if body is hot, in morning and after siesta.

Great weakness. Burning pain in body, better after taking bath.(4&5)

References:

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