

Cumerone[®]/Turmeric

Curcuma longa

(Internal use only)
Part used: Rhizome

Main Actions

Anti-inflammatory, antioxidant, hepatoprotective, hypolipidemic, antiplatelet, antimicrobial, carminative, depurative, choleric, cholecystokinetic, Cox-2 inhibitor.

Indications

Joint pain/disorders - Provides relief of muscular aches and pains, joint inflammation, joint stiffness and swelling. Fast acting for temporary relief of arthritic pain associated with osteoarthritis and rheumatoid arthritis. Liver dysfunction, Non-alcoholic fatty liver disease. Dyspeptic complaints/mild digestive disturbances/minor biliary dysfunction/Stomach ulcers, Hypercholesterolemia, Antioxidant activity, Adjuvant therapy for precancerous conditions, Allergic Rhinitis, Dysmenorrhea, Endometriosis
Depression.

Active Constituents

Curcuminoids: A mixture of Dicinamoylmethane derivatives such as:
1. Curcumin (diferuloylmethane (TNF- α inhibition)

2. Monodemethoxycurcumin (p-coumaroylferuloylmethane)
 3. Bisdemethoxycurcumin (di-p-coumaroylmethane) also referred to as Curcumin I,II,III (antioxidant).
- Volatile oil: Sesquiterpenes (Zingiberene, Curcumol, α and β -turmerone).
Sugar: Polysaccharides.
Resin, Vitamin C, Potassium, Carotene.

Dosage

5-60mL/daily
35-420mL/weekly
Can take 5mL up to six times daily or 20mL 3 times daily.

Contradictions

Turmeric is contraindicated in biliary obstruction and should be used only after seeking professional advice if gallstones are present.

Special Warnings and Precautions

High dose should not be given to patients on antiplatelet or anticoagulant drugs. Caution with patients with a history of hyperacidity and a functional irritable stomach – may act as a gastric irritant. Use with care in women wanting to conceive and patients with hair loss.

Herb/Drug Interactions

Moderate - Alkylating agents, Antidiabetic drugs (may reduce), Talinolol (human research: decreases bioavailability), Amlodipine (animal research: may increase effects and side effects), CYP450 3A4 substrates, Hepatotoxic drugs and Sulfasalazine (may increase). High doses of Turmeric - greater than 15g per day, should not be given to patients taking antiplatelet or anticoagulant drugs.

Pregnancy and Lactation

Although there is no evidence that dietary consumption of Turmeric as a spice adversely affects pregnancy or lactation, the safety of curcumin supplements in pregnancy and lactation has not been established, avoid in high doses.

Side Effects/Adverse Reactions

May cause gastrointestinal disturbances such as constipation, diarrhoea and reflux. Monitor for any abnormal side effects.