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## CURCUMA LONGA – TURMERIC



**Turmeric** (*Curcuma Longa*), a **true wonder of folk medicine**, is indigenous across southern Asia. It is related to ginger botanically, but also shares the same qualities as a spice and potent healer. In Sanskrit it is known as “**Haridra**”, which translates to mean “**elixir for the skin**”. This bright orange root has been used since the birth of the Asian healing arts to successfully treat illness of all kinds, and shall continue to do so into the future.

What the masters of Ayurveda knew thousands of years ago is now being **proven by modern scientific research**: turmeric **balances all three constitutions vata, pitta and kapha**, and so strengthens and harmonizes all bodily systems. Mainly, turmeric is used to strengthen the immune system as a whole, but it also has a number of uses based on specific symptoms.

Turmeric increases bile content and its secretion. It is used to treat build up in the gallbladder, liver and in the intestines, as well as to **strengthen the individual organs**. It is also used to **support digestion** and to **increase digestive flora**. Due, in part, to turmeric’s **liver healing qualities** it also has a potent healing effect on the blood. On the one hand it is a **blood purifier**, but it also increases the production of blood, and raises its hemoglobin content. This is especially useful for fevers, during which many people suffer from low hemoglobin levels. Turmeric can also help to lower the body’s blood sugar count, and is so used in the treatment of diabetes.

Turmeric’s essential oils, especially the coloring agent curcumin found there in, **drastically accelerate the healing process of wounds and skin diseases**. This is due to their antibiotic properties. Curcumin is also



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one of the **strongest anti-oxidants**, and so **reduces the aging process** either when consumed or applied **externally to the skin and hair**.

Present day clinical results point towards the **preventative and healing properties** of curcumin in the **treatment of cancer**. This is due to the fact that turmeric strengthens the immune system, but also because curcumin disrupts many of the communication pathways of a cancer cell.

## USE

Traditionally turmeric, **both fresh or as a powder**, is boiled in water and served as a tee with honey. The use of turmeric to treat all respiratory illnesses, flues and bronchitis has been proven successful to this day. Pain in the limbs and joints, sinus infections, and pain cause by nerve damage are also treated with *Curcuma longa* in the ayurvedic tradition. Therefore turmeric is able to simultaneously cleanse and strengthen the whole organism, and so proves itself to be a true **wonder of folk medicine**.

## PRODUCTION

Turmeric (*Curcuma longa*) has been successfully cultivated at OneWorld's own herb farm the "Land of the Medicine Buddha" in Nepal. It has been cultivated using bio-dynamic farming methods, and after careful inspection and finally certification by the IMO Switzerland and Demeter International, our produce carries the **Organic and Demeter logos**. Carefully picked by hand, and gently dried in the shade the plant retains all of its healing properties. The root is selected and added to noble tea mixtures by **OneWorldalc Nepal**. OneWorld is a german-nepali cooperation for bio-dynamic agriculture that adheres to **Fair Trade** standards in all its operations and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**). We are happy to be able to offer you Tumeric root of the highest quality as a true **LOHAS** product.

## OUR PRODUCTS CONTAINING TURMERIC

*Curcuma longa* a superior part of our r **Ayurveda herbal tea series**

It is contained in our Demeter teas „**Leichter Leben**“; „**Vegan mit Elan**“; „**Gut Drauf Sein**“ and „**Hormonie**“.