

Haridra

- **Botanical Name:** *Curcuma longa* Linn.
- **Family:** Zingiberaceae
- **Synonyms:** Kanchani, Peeta, Nishakhya, Varavarini, Yoshitpriya
- **Vernacular Name:** Commonly known as "Haldi" in Hindi, "Turmeric" in English, and "Manjal" in Tamil.
- **Classification:** A perennial herbaceous plant belonging to the Zingiberaceae family.
- **Habitat:** Native to tropical South Asia, including India. It thrives in warm, humid climates and well-drained soils.
- **Morphology:** A rhizomatous herb that grows up to 1 meter in height. It has long, lance-shaped leaves and yellowish-orange rhizomes, which are the primary usable part. The flowers are pale yellow and borne on spikes.
- **Useful Parts:** Rhizomes (primarily), leaves.
- **Chemical Composition:** Contains curcuminoids (curcumin, demethoxycurcumin, bisdemethoxycurcumin), volatile oils, and polysaccharides. It is rich in antioxidants and bioactive compounds.
- **Pharmacological Action:** Known for its anti-inflammatory, antioxidant, antimicrobial, hepatoprotective, and wound-healing properties. It is widely used in treating skin disorders, digestive issues, and inflammatory conditions.
- **Formulation:** Used in Ayurvedic preparations like Haridrakhand, Haridradi Churna, and herbal ointments for skin and joint health.

Rasa: Katu , Tikta

Guna: Laghu , Ruksha

Virya: Ushna

Vipaka: Katu