

# Turmeric Anti-inflammatory Benefits: 10 Amazing Inflammation Facts

**Turmeric for Inflammation: Discover the Anti-Inflammatory Effects of this Wonder Supplement including 10 Biochemical Super-Effects and a Typical Turmeric Anti-inflammatory Dosage**

Studies show how Turmeric can have an amazing positive effect on inflammation in the body. Many common modern diseases and illnesses that plague people worldwide are tied to chronic inflammation in the body. [Inflammation is normally tightly regulated by the body.](#) Too little inflammation could lead to progressive tissue destruction by the harmful stimulus (e.g. bacteria) and compromise survival. In contrast, chronic inflammation is tied to a host of diseases, such as hay fever, periodontitis, atherosclerosis, rheumatoid arthritis, cardiovascular disease, plaque in arterial sclerosis, asthma, chronic peptic ulcers, tuberculosis, rheumatoid arthritis, chronic periodontitis, ulcerative colitis, Crohn's disease, chronic sinusitis, erectile dysfunction, chronic active hepatitis and even cancer (e.g., gallbladder carcinoma). And while inflammation is normally closely regulated by the body, these serious illnesses are associated with out of control inflammation in the body.

At its basis inflammation is [part of the body's healing process](#), an immune system response that seeks to return the body to normal function. For centuries, Asian and Indian medicine have used Turmeric's anti-inflammatory, antimicrobial and antioxidant properties. Now, modern science has taken a serious look at this useful root spice and many studies have provided a strong basis for claims of Turmeric's anti-inflammatory effects to aid the body's healing and inflammation response.



The reason why the body generates an inflammatory response. Inflammation is the natural reaction of the immune system to heal the body and protect against infections caused by microorganisms or other foreign substances and injuries to the body from internal and external sources. It is the body's regular healing mechanism.

Acute inflammation is a swift response your body implements to quickly distribute immune cells to a site of trauma. The trigger may be an infection, infectious toxins, trauma, certain physical or chemical causes, tissue death, foreign bodies or other immune responses. A bruise caused by bumping your elbow is a simple example of a situation where the body reacts with an acute inflammatory response. During acute inflammation, the configuration of your blood vessels changes to facilitate the accumulation of white blood cells at the injury site. Then these white blood cells, help eradicate the offending agent and begin healing.

Chronic Inflammation is a condition in which active inflammation, tissue destruction and attempts at repair all occur at the same time. Other characteristics include the formation of blood vessels and scar tissue. Possible triggers of chronic inflammation include persistent infections, prolonged exposure to toxic agents and auto-immune disorders. Chronic inflammation can last for weeks, months, or years and can escalate quickly into a serious situation if left unchecked.

Chronic inflammation is behind the tissue damage in such disorders as rheumatoid arthritis, atherosclerosis, tuberculosis and other chronic lung diseases. In addition, a wide-range of degenerative diseases are tied to chronic

inflammation including: heart disease, diabetes, IBS, Fibromyalgia, liver and kidney diseases, Alzheimer's, [stroke](#), [migraines](#), [thyroid issues](#), and many more.

Inflammation involves various enzymes and proteins which trigger other factors' activity. Prostaglandins are hormones released in response to injury which can prompt inflammation. Thromboxanes are hormone activators and they control activities like platelet mass and clot formation. Arachidonic acid is a by-product of inflammation that is released in injured tissue. It gets converted into prostaglandins and thromboxanes by means of cyclooxygenase enzyme (COX).

Turmeric is an [anti-inflammatory agent](#) and a dual inhibitor of arachidonic acid. It [serves as a strong anti-inflammatory](#) because of its effect on prostaglandin metabolism. It has an effect on the cyclooxygenase -5 -lipoygenase enzyme and helps to curbs its activity. As a result, arachidonic acid metabolism that is responsible for inflammation and pain inducing prostaglandins can be minimized. With a reduced amount of prostaglandins, inflammation and pain may also subside.

The major components of Turmeric are curcumin, curcuminoids and essential oils. Curcumin is one of the most studied active ingredients of Turmeric's famous biological effects, including anti-inflammation. Some recent [studies](#) have shown that other components of turmeric such as tumerone, elemene, tumerin may also be beneficial for anti-inflammatory purposes. And while science has not specifically studied most of the over two dozen anti-inflammatory compounds in Turmeric, studies show that use of Turmeric for inflammation at safe dosage limits is highly beneficial because of its ability to control multiple pathways responsible for inflammation.

Dr. Andrew Weil recommends a full-spectrum Turmeric supplement, not just the single ingredient Curcumin due to the

fact that there are many other beneficial components in Turmeric. It is important to realize the full benefits of Turmeric supplementation may not be realized for up to eight weeks and it is important to continue use while the condition is active until advised otherwise by your knowledgeable natural supplement medical professional.

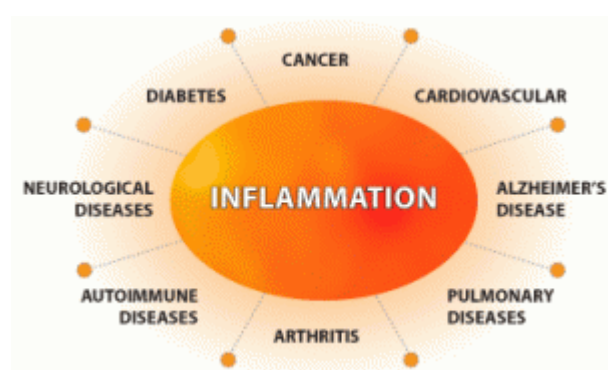
**Turmeric dosage for inflammation:** Typical doctor recommendations for active inflammatory conditions are 1 gram to 1.5 grams taken three times per day. A gram is 1,000 mg (milligrams). This works out to three 500mg capsules, three times per day. However, if you have an active disease condition, you may require more or less depending on your specific conditions. Always check with your qualified medical professional for your specific dose. Dose recommendations on the label are for healthy individuals without active disease conditions.



Painkillers or Non Steroidal Anti Inflammatory drugs (NSAIDS) are the more commonly prescribed pharmaceutical drugs for inflammatory pain. NSAIDs are known to block COX enzymes to produce a pain relieving effect. Though these drugs help in dealing with pain, they are known to have side effects. They can cause damage to the gastric tissue, delay muscle regeneration, intestinal bleeding, formation of ulcers, adversely affect kidney function and also reduce white blood cell counts.

Turmeric Curcumin is suggested as an alternative to NSAIDS because it brings about the same effect as painkillers minus the side effects. It is also less expensive than any other pharmaceutical drugs used to treat inflammation and reduce pain and swelling. Turmeric Curcumin can fight inflammation by preventing neutrophils from functioning, and by tampering with the synthesis of various signaling molecules that play a role in the development of fever, pain and inflammation.

It may also particularly inhibit leukotrienes, which are directly involved in the development of atherosclerosis and asthma. In addition to suggesting Turmeric's activity in suppression of the signaling molecules, one study also found that it may repress the inflammatory response by blocking the production of various enzymes and other immune system proteins. These proteins regulate your body's inflammatory response—the greater their number, the stronger the inflammation



Various medical conditions are associated with inflammation and [studies](#) have shown that the use of Turmeric Curcumin may be beneficial in the treatment of them.

**Cardiovascular diseases:** Inflammation is a factor in a majority of cardiovascular diseases such as atherosclerosis and ischemia. Use of Turmeric may protect the heart from ischemia and reperfusion by preventing drop in heart rate and blood pressure. It may also prevent the surge of certain enzymes such as lactate dehydrogenase that rise following ischemia. Additionally, it could reduce the risk of inflammation and heart failure by suppressing the appearance of inflammatory genes.

**Diabetes:** Turmeric could play a role in alleviating diabetes and associated symptoms by helping to regulate the expression of factors and enzymes responsible for the progression of diabetes. It also can aid in free radical scavenging, an antioxidant property that aids in controlling diabetes. Taken orally, it may assist in correcting the glycemic control in people suffering with obesity, which helps to prevent diabetes. By preventing oxidative stress and inflammation it also may help to prevent diabetic retinopathy. The anti-

nociceptive activity of curcumin along with insulin could reduce diabetic neuropathic pain. It may also speed up the wound healing process that normally gets suppressed in diabetics.

**Wound Healing:** In India, Johnson & Johnson markets a BandAid (TM) infused with Turmeric because it is so widely known as a wound healing agent.

**Neuropathic pain:** Caused by damage to the nervous system, it can cause abnormal sensations or even pain from instances which are not generally considered painful. Mechanisms involved in pain transmission of this sort can be related to the level of nerve endings or to that of the entire nervous system or even changes at a cellular level. The curcumin component in Turmeric can act as an inhibitor of certain proteins that cause neuropathic pain. In one study, it was suggested that curcumin brought about a decrease in recruitment of these proteins and in turn reduced the sensation of pain.

**Allergy, bronchitis and asthma:** curcumin properties may help to treat inflammation associated with asthma, allergy and bronchitis by regulating the manifestation of inflammatory enzymes and by increasing the levels of antioxidants in the body. It could assist in treating allergy associated inflammation by increasing the synthesis of IgG antibodies.

**Rheumatoid arthritis:** it helps to treat inflammation and pain associated with arthritis by helping to regulate the expression of Cox-2 inhibitors and PG2 production.

The anti-inflammatory action of this Queen of Spices is also utilized in the treatment of renal ischemia, psoriasis, inflammatory bowel disease, cancer and scleroderma.

Turmeric supplements are suggested as natural analgesics but should be consumed as per prescribed dose by a health practitioner. They are sometimes prepared in a manner to increase their bio-availability in the body by the inclusion of piperine which is common table black pepper, and could have interactions with other medications. To avoid such effects and effects due to a higher dose than that suggested for a particular condition it is always advisable to buy a supplement without piperine so you can control whether you want the supplement to act on your digestive system, or beyond.

Pain is a major symptom of most ailments and though it is integral to body's defense mechanism. It is the most common reason for consulting a doctor even in advanced countries. Commercially available painkillers are reported to have adverse effects on long term use.

Turmeric is one of the most common natural remedies that is being studied for its effect on pain and inflammation. Stress alone can be an inflammatory catalyst and it is well known that the body does not differentiate between good stress and bad stress. Studies indicate that the active [anti-inflammation effects induce heme oxygenase-1](#) and protect against oxidative stress at the cellular level. Research studies generally confirm that it may eventually replace commonly used analgesics. Opting for this solution may not only provide relief from pain without adverse effects, but could also let us make the most of Turmeric's numerous medicinal and health benefits.



- [Turmeric Benefits – 2015](#)
- [Turmeric Anti-inflammatory Benefits: 10 Amazing Inflammation Facts](#)
  - [Can You Guess Which Common Ingredient May Be](#)

## As Effective as Several Drugs?

- Secrets of a Superstar Herb
- Video: The Anti-Inflammatory Benefits of Turmeric
- Pain and Inflammation from Working Out? A Surprising Secret to Fast Relief and Better Results
- The (Amazing) Antibacterial, Antiseptic, and Antibiotic Properties of Turmeric Based on Scientific Studies