Science Confirms Turmeric As Effective As 14 Drugs

By: Sayer Ji, Pro Health

Turmeric is one the most thoroughly researched plants in existence today. Its medicinal properties and components (primarily curcumin) have been the subject of over 5600 peer-reviewed and published biomedical studies. In fact, our five-year long research project on this sacred plant has revealed over 600 potential preventive and therapeutic applications, as well as 175 distinct beneficial physiological effects. This entire database of 1,585 ncbi-hyperlinked turmeric abstracts can be downloaded as a PDF at our Downloadable Turmeric Document page, and acquired either as a retail item or with 200 GMI-tokens, for those of you who are already are members and receive them automatically each month.

Given the sheer density of research performed on this remarkable spice, it is no wonder that a growing number of studies have concluded that it compares favorably to a variety of conventional medications, including:

Lipitor/Atorvastatin(cholesterol medication): A 2008 study published in the journal *Drugs in R & D* found that a standardized preparation of curcuminoids from Turmeric compared favorably to the drug atorvastatin (trade name Lipitor) on endothelial dysfunction, the underlying pathology of the blood vessels that drives atherosclerosis, in association with reductions in inflammation and oxidative stress in type 2 diabetic patients. [i] [For addition curcumin and 'high cholesterol' research – 8 abstracts]

Corticosteroids (steroid medications): A 1999 study published in the journal *Phytotherapy Research* found that the primary polyphenol in turmeric, the saffron colored pigment known as curcumin, compared favorably to steroids in the management of chronic anterior uveitis, an inflammatory eye disease.[ii] A 2008 study published in *Critical Care Medicine* found that curcumin compared favorably to the corticosteroid drug dexamethasone in the animal model as an alternative therapy for protecting lung transplantation-associated injury by down-regulating inflammatory genes.[iii] An earlier 2003 study published in *Cancer Letters* found the same drug also compared favorably to dexamethasone in a lung ischaemia-repurfusion injury model.[iv] [for additional curcumin and inflammation research – 52 abstracts]

Prozac/Fluoxetine & Imipramine (antidepressants): A 2011 study published in the journal *Acta Poloniae Pharmaceutica* found that curcumin compared favorably to both drugs in reducing depressive behavior in an animal model.[v] [for additional curcumin and depression research – 5 abstracts]

Aspirin (blood thinner): A 1986 in vitro and ex vivo study published in the journal *Arzneimittelforschung* found that curcumin has anti-platelet and prostacyclin modulating effects compared to aspirin, indicating it may have value in patients prone to vascular thrombosis and requiring anti-arthritis therapy.[vi] [for additional curcumin and anti-platelet research]

Anti-inflammatory Drugs: A 2004 study published in the journal *Oncogene* found that curcumin (as well as resveratrol) were effective alternatives to the drugs aspirin, ibuprofen, sulindac, phenylbutazone, naproxen, indomethacin, diclofenac, dexamethasone, celecoxib, and tamoxifen in exerting anti-inflammatory and anti-proliferative activity against tumor cells.[vii] [for additional curcumin and anti-proliferative research – 15 abstracts]

Oxaliplatin (chemotherapy drug): A 2007 study published in the *International Journal of Cancer* found that curcumin compares favorably with oxaliplatin as an antiproliferative agenet in colorectal cell lines.[viii] [for additional curcumin and colorectal cancer research – 52 abstracts]

Metformin (diabetes drug): A 2009 study published in the journal *Biochemitry and Biophysical Research Community* explored how curcumin might be valuable in treating diabetes, finding that it activates AMPK (which increases glucose uptake) and suppresses gluconeogenic gene expression (which suppresses glucose production in the liver) in hepatoma cells. Interestingly, they found curcumin to be 500 times to 100,000 times (in the form known as tetrahydrocurcuminoids(THC)) more potent than metformin in activating AMPK and its downstream target acetyl-CoA carboxylase (ACC). [ix]