

BLACK TURMERIC: A HIGH VALUE MEDICINE HERB

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INTRODUCTION

Black turmeric (*Curcuma caesia*) is widely known as 'Kali haldi. It is a perennial herb. It is an important medicinal plant belonging to Zingiberaceae family. It is widely used in the traditional Indian system of medicine and to worship Goddess Kali. The outer part of the rhizome is light brown in color. The inner part of the rhizome is bluish purple in color and emits a pungent smell (like camphor) due to the presence of essential oil rich in camphor and starch. It has deep violet patch on the leaf which runs throughout the lamina. It contains a good percentage of curcumin which possesses many curative properties. Paste made from the rhizome is used to cure – cancer, asthma, skin diseases, sprains, bruises, piles, etc. In India, it is found in West Bengal, Madhya Pradesh, Orissa, Uttar Pradesh, Chhattisgarh, Jharkhand.

BOTANICAL DESCRIPTION

The plant is normally erect with height ranging from 0.5 to 1.0 m. The rhizome is tuberous and emits a pungent smell (like camphor). Brownish long fibrous and tapering adventitious root are found all over the surface of rhizome. The leaves are present in the groups of 10-20. The deep violet color is present in the middle region of the lamina and the variation is parallel in nature. The inflorescence is 15-20 cm long dense spike, which arises before the opening of leaf. Flowers are pale yellow color with reddish border. The plant is widely distributed in – North – east and central India.



VIOLET COLOR IN MIDDLE REGION OF LAMINA

USES:

- The powder of black turmeric powder can be mixed with water to reduce gastric stress.
- Rhizome paste is applied against injury or wounds to control bleeding.
- Rhizome paste of black turmeric is applied during snake bite and scorpion bite
- Fresh rhizomes are used to cure cough, fever, and skin problems.
- Black turmeric is beneficial to treat lung illness like – asthma, bronchitis, etc.
- It is an excellent pain reliever for toothaches, rashes, stomachaches.
- Curcumin present in black turmeric can prevent cancer cells from growing.
- It is an effective herb for the skin and it is used as a face pack for glowing skin.
- It is useful for women because it helps in curbing menstrual disorders like – menopause and leucorrhea.

CONCLUSION:

Black turmeric belongs to the family Zingiberaceae. The rhizome of black turmeric is most economic part due to its multiple medicinal properties. The curcumin present in black turmeric is used to prevent the growth of cancer cells.