

Lakadong Turmeric: Benefits and Uses

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INTRODUCTION

Turmeric powder, often known as 'Haldi' in Hindi, is an important component of any Indian cookery. Turmeric powder is an essential component of any Indian meal. The finest and freshest Lakadong turmeric, noted for its high curcumin content, is available from Zizira. It comes from an area named Lakadong, which is located in Meghalaya's Jaintia foothills. The anti-inflammatory and antibacterial qualities of Zizira Lakadong turmeric powder are substantially enhanced by the high curcumin content, which ranges from 6-9 percent. Turmeric from Lakadong is well-known for its therapeutic properties. Lakadong Turmeric has a Curcumin concentration of 6 to 9 percent, which is one of the highest, compared to 2 to 3 percent in other turmeric kinds.



Benefits:-

- Turmeric has long been recognised as an important anti-inflammatory agent for avoiding and controlling inflammation.
- Turmeric is a spice made from plants that is said to have one of the greatest antioxidant capacities. Curcuminoids in turmeric have been shown in studies to be particularly effective at detecting and neutralising free radicals.

- Turmeric and depression may appear to be a strange pairing. However, you'd be surprised to learn about turmeric's powerful powers in preventing depression and managing it effectively.
- In comparison to the previous decade, there has been an upward tendency in neurological illnesses, particularly Alzheimer's disease. Curcumin is also known to prevent metal-induced neurotoxicity in the brain, which is a common cause of Alzheimer's disease.
- Turmeric has been shown to support healthy joint function, which is important for the body's mobility.
- Turmeric powder can be mixed with water or rose water to make a thick paste that can be applied to the face as a face mask to improve skin tone.
- Turmeric is well-known for promoting heart health and, of course, turmeric's role in memory enhancement is undeniable.
- Turmeric is well-known for its ability to efficiently assist the digestive system's function.
- Turmeric, in addition to being an exterior cleanser, is also known to help cleanse the liver.
- Turmeric, in addition to being an exterior cleanser, is also known to help cleanse the liver.
- Turmeric is a fantastic way to keep your blood pressure in check. A pinch of turmeric in your regular diet will help you feel better.
- Say goodbye to menstruation pain and irregular flow with a tablespoon of turmeric.
- Studies show that turmeric can effectively prevent the beginning of and manage some cancer variations.

Uses:-

1. **Turmeric Tea:** In a cup of boiling water, combine 1 teaspoon turmeric powder and 1/4 teaspoon black pepper powder. 1 tsp virgin coconut oil, 3 raw ginger slices, and cinnamon to taste. Combine the ingredients in a cup of turmeric tea and enjoy.
2. **Toothpaste for teeth whitening:** Instead of searching for a branded product, go straight to the pantry and hunt for an ingredient that naturally whitens teeth.
3. **Face mask:** On combat acne and breakouts, apply pure turmeric paste to your face. Acne, scars, and irritation can all be cleared up with regular use. It works as an exfoliant and provides the skin a youthful glow.
4. **Soaps and shampoos:** Making turmeric soap can be fun. Turmeric, as well as other natural components such as calendula, coconut, lemongrass, amla, and others, can be used. These ingredients are good for your hair as well as your skin.
5. **Heal bruises:** Apply a very basic turmeric paste to your eye if you have a black eye, bruises, or swelling, and you will notice a dramatic change within an hour, especially a reduction in swelling.
6. **Turmeric cake:** If you enjoy baking, turmeric cake is a must-try. It's a quick and easy cake to make, especially if you're vegan. You should give it a shot and see what happens. Steam rice with grated coconut, rice, and jaggery wrapped in turmeric leaves to make turmeric leaf cakes.
7. **First aid for pets:** Organic turmeric can help your pets recover from illness. Feed this therapeutic spice to your pets if they require medical attention for cuts or stomach problems. It will heal your pet before you get to the veterinarian.