

Anti-inflammatory Properties of Curcumin, a Major Constituent of *Curcuma longa*: A Review of Preclinical and Clinical Research

Julie S. Jurenka, MT(ASCP)

Abstract

Curcuma longa (turmeric) has a long history of use in Ayurvedic medicine as a treatment for inflammatory conditions. Turmeric constituents include the three curcuminoids: curcumin (diferuloylmethane; the primary constituent and the one responsible for its vibrant yellow color), demethoxycurcumin, and bisdemethoxycurcumin, as well as volatile oils (turmerone, atlantone, and zingiberone), sugars, proteins, and resins. While numerous pharmacological activities, including antioxidant and antimicrobial properties, have been attributed to curcumin, this article focuses on curcumin's anti-inflammatory properties and its use for inflammatory conditions. Curcumin's effect on cancer (from an anti-inflammatory perspective) will also be discussed; however, an exhaustive review of its many anticancer mechanisms is outside the scope of this article. Research has shown curcumin to be a highly pleiotropic molecule capable of interacting with numerous molecular targets involved in inflammation. Based on early cell culture and animal research, clinical trials indicate curcumin may have potential as a therapeutic agent in diseases such as inflammatory bowel disease, pancreatitis, arthritis, and chronic anterior uveitis, as well as certain types of cancer. Because of curcumin's rapid plasma clearance and conjugation, its therapeutic usefulness has been somewhat limited, leading researchers to investigate the benefits of complexing curcumin with other substances to increase systemic bioavailability. Numerous in-progress clinical trials should provide an even deeper understanding of the mechanisms and therapeutic potential of curcumin. (*Altern Med Rev* 2009;14(2):141-153)

Introduction

Turmeric (the common name for *Curcuma longa*) is an Indian spice derived from the rhizomes of the plant and has a long history of use in Ayurvedic medicine as a treatment for inflammatory conditions. *C. longa* is a perennial member of the Zingiberaceae family and is cultivated in India and other parts of Southeast Asia.¹ The primary active constituent of turmeric and the one responsible for its vibrant yellow color is curcumin, first identified in 1910 by Lampe and Milobedzka.² While curcumin has been attributed numerous pharmacological activities, including antioxidant³ and antimicrobial properties,⁴ this article focuses on one of the best-explored actions, the anti-inflammatory effects of curcumin. Curcumin's effect on cancer (from an anti-inflammatory perspective) is also discussed; however, an exhaustive review of its many anticancer mechanisms is outside the scope of this article. Based on early research conducted with cell cultures and animal models, pilot and clinical trials indicate curcumin may have potential as a therapeutic agent in diseases such as inflammatory bowel disease, pancreatitis, arthritis, and chronic anterior uveitis, as well as certain types of cancer. Numerous clinical trials are currently in progress that, over the next few years, will provide an even deeper understanding of the therapeutic potential of curcumin.

Julie Jurenka, MT (ASCP) - Associate Editor, *Alternative Medicine Review*; technical assistant, Thorne Research, Inc. - the manufacturer of Meriva Curcumin Phytosome
Correspondence address: Thorne Research, Inc., PO Box 25, Dover, ID 83825
Email: julie@thorne.com

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