



A brief review on – Role of turmeric and tulsi in prevention and treatment of chronic disease

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•Abstract

Tulsi (holy basil) has many benefits for the blood

Tulsi is an excellent remedy for respiratory problems. The juice of its leaves relieves cold, fever, bronchitis and cough. Scientifically known as *Curcuma longa*, turmeric is a golden-colored, aromatic spice belonging to the Zingiberaceae family. Due to its antiseptic and disease-killing properties, it has been frequently used in medicine and cosmetic products throughout history in Southeast Asia, China and India. Turmeric

Widely used in soaps and creams to treat skin conditions like acne, prevent tanning and shine. Flavorings, preservatives, colorants. It has anti-inflammatory, anti-HIV, antibacterial, antioxidant, nematocidal, antiparasitic, antispasmodic and anticancer activities. Tulsi and Curcumin in Soap Recipes can improve overall health and skin appearance with their protective and beautifying properties.

•Introduction

Herbal soap preparations are medicines or drugs containing antibacterial and antifungal substances, which generally use plants such as leaves, stems, roots and fruits to treat injuries or diseases. The preparation contains antibiotics, can be used topically and can be used in many ways such as creams, ointments, gels, soaps, solvents or lotions. pain. Most skin infections are caused by fungi, Staphylococcus aureus and Streptococcus. In ethnomedicine, the juice and extracts of the leaves of the plant are used topically as an antibacterial and anti-inflammatory agent to treat skin conditions such as eczema, ringworm and itching. Natural preparations of herbal soap soften the skin epidermis, increase the penetration and cleansing of pimples, promote healing and recovery over time.

Curcumin, a natural substance derived from plants, has been studied more and is safer than other drugs in preventing many diseases, including heart disease, inflammatory cancer, diabetes, The research provides evidence that phytochemicals, including alkaloids, flavonoids, polyphenols, and terpenes, have significant potential in reducing NDs in vitro, in vivo, and in vivo. Research. Inhibition of oxidative stress, inflammatory response, cell death, neuronal activation, and stimulation of angiogenesis and neurogenesis are well-known protective mechanisms for the development of NDs and can be achieved by the main bioactive drug isolated from plants. Extensive research conducted over a decade has shown that curcumin, a potentially bioactive compound isolated from turmeric, helps treat almost all diseases in humans. These phytochemicals are known to have anti-inflammatory, anti-atherosclerotic, anti-bacterial, anti-inflammatory antibiotics and many more.

•Advantages and Disadvantages

•Advantages -1. Tulsi and curcumin have strong anti-inflammatory properties.

2. Their combination may be effective in managing conditions like arthritis, asthma, and inflammatory bowel diseases

3. Tulsi promotes digestive health and has anti-ulcer properties, while curcumin aids in maintaining gut flora balance and reducing inflammation

4. Their combined use could enhance the efficacy of natural therapies

5. Tulsi has purifying properties, and curcumin aids in reducing scars, acne, and pigmentation.

6. Their combination can be beneficial in skincare products for a radiant and clear complexion.

•Disadvantages

1. Allergic Reactions: In rare cases, tulsi can cause allergic reactions like skin irritation or swelling.

2. Blood-Thinning Effects: It may increase the risk of bleeding when taken with blood-thinning medications.

3. Lowered Blood Sugar: Tulsi might reduce blood sugar levels, which could be harmful for people with diabetes if not monitored properly.

• Chemical Constituent

Common Name – Tulsi

Scientific Name- *Ocimum tenuiflorum*



Family- Lamiaceae

Kingdom- plant

Tulsi is called Holy Basil in India, where it is mentioned in the Bible. It originated in India and has been cultivated for about 2000 years. Doctors call it the queen of herbs tulsi, meaning "one of a kind", and it is famous in Ayurveda and Hinduism for its many medicinal uses. In skin care, its properties include antioxidant benefits and stress-relieving role. Anti-Inflammatory Properties

Tulsi helps the skin by preventing blackheads, acne, and reducing skin infections etc. Hair growth and other benefits for hair. .

Tulsi is good for skin and hair. Contains camphene which acts as a natural toner and removes excess oil from the skin. :a)

1. Ursolic acid
2. Rosmarinic acid

Benefits and beneficial properties of Neem and Tulsi Soap:-

Natural soap is very moisturizing. Animal friends.





- Curcumin

Scientific name: haldi family -zingeraceae

Part name -Root

- Uses -

1. Apply a good treatment.
3. Helps in the treatment of psoriasis.
4. If acne occurs, diseases can be treated. Curcuminoids found in turmeric are the main curcuminoids investigated for their health activities. Many health benefits such as treatment of heart disease, arthritis, Alzheimer's disease, stomach disease

- Effect in chronic disease

- 1.Rheumatoid Arthritis -

A clinical study found that curcumin improved disease activity and American College of Rheumatology scores in patients with rheumatoid arthritis.

2. Heart disease - Curcumin may help reduce the risk of heart disease by improving the function of the endothelium (blood vessel lining).

3. Neurodegenerative Diseases - Curcumin has anti-inflammatory, antioxidant, and anti-protein aggregation properties that may help treat neurodegenerative diseases.

- 4.Gumitis - Curcumin may reduce the inflammatory response of oral epithelial cells, which may help with gingivitis and periodontal disease. 5.Curcumin...

- 5.Diabetes -

Tulsi leaves may help control blood sugar and improve metabolism.

6.Cancer-

Drinking Tulsi tea or extract will help prevent cancer, but it should not replace the way it prevents cancer.

7.Bronchitis

Tulsi contains secondary metabolites such as linalool, apigenin, and ursolic acid, which may help protect against bacteria that cause bronchitis.

8.Kidney Stones

Tulsi may help reduce uric acid, cleanse the kidneys, and prevent kidney stones.

Tulsi may help cure acne, reduce skin inflammation, and promote hair growth.

9.High Cholesterol

Tulsi may reduce total cholesterol and triglyceride levels. It has adaptogenic properties, which means it can help combat the effects of stress on the body. Tulsi is also recommended for many ailments, including anxiety, cough, asthma, diarrhea, fever, abdominal pain, arthritis, eye problems, earache, stomach indigestion, hiccups, vomiting, stomach, heart and urinary problems with pregnancy, back pain, skin diseases, ringworm, insect bites, snake and scorpion bites, and malaria. Turmeric is a spicy Asian spice with a fascinating heritage. One of the most famous compounds in turmeric is curcumin. Turmeric (*Curcuma longa*) has long been used to treat many diseases. Curcumin also exhibits indirect effects by reducing many cytoprotective proteins such as catalase, glutamylcysteine ligase, glutathione S-transferase, glutathione reductase, heme oxygenase, superoxide dismutase enzymes and glutathione peroxidase antioxidant effects

and oxidative damage is involved in the pathophysiology of many inflammatory and degenerative diseases, therefore a deterioration in health and the possibility of chronic diseases such as cancer, atherosclerosis and Alzheimer's disease. The development and maintenance of pain is associated with an increase in these inflammatory diseases. This allergy is a proinflammatory disease, mediated mainly by inflammatory cytokines such as T helper 2 CD4 T (Th2) cells and Th2-associated cytokines and IL-17-associated neutrophils. Airway Inflammation

10.Chronic Kidney Disease

Chronic kidney disease (CKD) is an inflammatory disease characterized by increased atrophy of the glomerular filtration rate (GFR) and/or the presence of white blood cells. proteins in the urine and red blood cells have abnormalities such as Diabetes. Type 2 diabetes is a chronic disease that causes insulin resistance in cells, leading to long-term complications such as high blood sugar and

heart, kidney, and liver disease. Many studies in recent years have revealed that oxidative stress and inflammation play an important role in diabetes.

Conclusion-

No plant can ever have the efficacy and healing properties of Holy Basil (Tulsi). Tulsi is revered as the sacred tree of India in Hinduism. Due to the health benefits of this plant, our ancestors in India wanted every family to plant a Tulsi tree. Due to its many health benefits, Tulsi constituents should be isolated and characterized for their biological and biopharmacological effects. This plant has been found to have many medicinal properties, indicating that it can be used to treat many conditions. Future research should focus on holy basil for the treatment of many diseases. Effectively prevent and treat many chronic diseases such as cancer, heart disease, metabolic, neurological, skin, liver and infectious diseases.

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