



[www.whyayur.com](http://www.whyayur.com)  
[info@whyayur.com](mailto:info@whyayur.com)



## Curcumin capsules

Among the best known herbal remedies to mankind, Curcumin maintains its unique place. Commonly it is famous by name of Turmeric. Use of this herb to treat the various ailment is famous in Ayurveda since ages. It is one of the most ancient and commonest herbs used in medical sciences. It is used as a staple food product across all the continents. Owing to its rich medicinal properties it is a component of various remedies. It is also used by people as an herb for the rich health benefits it comes along with.

### What are the practical uses of curcumin capsules?

Curcumin benefits are remarkable and indeed a nature's blessing to mankind.

**Anti-Inflammatory properties** – Use of this herb is quite effective in various inflammatory conditions like rheumatoid arthritis, osteoarthritis, joint pains etc. Curcumin, bio active compound found in turmeric is loaded with anti-inflammatory and anti-arthritic properties which help to alleviate pain and inflammation.

**Anti-oxidant action** - Curcumin is a potent antioxidant that neutralizes free radicals damage to body. It helps to slow down the signs of ageing.

**Anti-cancerous properties** – Curcumin or turmeric has the amazing effects to stop the growth of cancerous cell as well as contributing to the death of cancerous cells.

**Detoxifying action** – It acts as wonderful body detoxifier and blood cleanser. It eliminates all the waste materials and toxins from body.



[www.whvavur.com](http://www.whvavur.com)

**Cardiovascular properties** – Cardiovascular properties support the good heart health by improving the vascular functions.

**Alzheimer's disease** – Curcumin helps to slow down or even reverse the progression of Alzheimer's disease.

**Anti-diabetic action-** In diabetes, it helps to lower down the elevated blood sugar levels.

**Allergies** - Use of this herb is quite good to manage the allergies because of its anti-oxidant and anti-inflammatory properties. It acts in a wonderful way to manage the symptoms like skin itching, red rashes, hives, itching in nose, eyes or roof of the mouth etc.

**Asthma** - Turmeric relieves inflammation of the air ways and tightness of chest associated with asthma.

### **Planet Ayurveda's Curcumin capsules?**

Curcumin capsules are prepared from the standardized extract of herb Curcumin. These capsules are used to treat the wide range of ailments. Use of Curcumin capsules is completely safe as they are free from any color, starch, preservatives, and chemicals.

### **Indications**

- Arthritis of All types – Osteoarthritis, Rheumatoid, Ankylosing, Psoriatic
- Recurrent Sinusitis
- Allergies
- Asthma
- Chronic Rhinitis
- Eosinophilia



[www.whyayur.com](http://www.whyayur.com)  
[info@whyayur.com](mailto:info@whyayur.com)

- Diabetes
- Strains
- Sprains
- Sports injuries
- Cancers of All types
- Alzheimer's disease
- Prostate enlargement
- Inflammatory conditions of any organ

**Dosage** – One to two capsules twice daily with plain water after meals.