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KU research shows turmeric spice helps prevent arthritis

By [Sophia Maines](#) ([Contact](#))

Monday, October 30, 2006

For centuries, people have believed that turmeric, an Asian cooking spice, could fight inflammation. Scientists now are confirming it.

“People have used this product for years and years,” Kansas University researcher Barbara Timmermann said. “Now we are demonstrating with research that there is some truth to it.”

New findings, published in the November issue of Arthritis and Rheumatism magazine, report that a version of turmeric extract is effective in preventing rheumatoid arthritis in animals. The version of the extract also was most closely matched to the kind found in commercial supplements.

The research was led by Timmermann, a distinguished professor and chairwoman of medicinal chemistry at KU, and Janet Funk of the University of Arizona.

Turmeric has been used for centuries to treat inflammation, particularly by practitioners of Ayurvedic medicine, the traditional medicine of India.

Subsequent research has explored the spice, which typically is used in curries and other dishes. But Timmermann said much of the previous research had not been done in a scientific manner.

“What we are doing is showing the safety and effectiveness of this botanical, using modern techniques of research,” she said.

The research also reveals how the spice works: It inhibits the proteins that turn on the production of genes responsible for inflammation.

The researchers say further study is needed.

“People who are herbalists would look at our work and say, ‘I knew this,’” Funk said. “But in fact they just believed it. There was no proof. This is really the first proof that this is really efficacious in preventing arthritis.”

But, Funk noted, clinical trials need to be conducted.

Comments

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Posted by [superduper](#) ([anonymous](#)) on October 30, 2006 at 7:03 a.m. ([Suggest removal](#))

I bet the big pharma companies/government/fda will debunk the theory/tests before it even goes to trial. This has been happening for years. Why do you think the whole supplement/herb market is so screwed up. As the FDA has told us, only meds can treat, cure, or prevent a disease. No food, herb, or supplement can do this. Someone will try and patent freaking turmeric :)

I hope this research can provide some relief for those out there ailing from arthritis.

Posted by [kansasdaughter](#) ([anonymous](#)) on October 30, 2006 at 7:37 a.m. ([Suggest removal](#))

There is no need to wait for the FDA, there are plenty of clinical trials on curcumin from Canada, etc. Click on the links on the side of the article and you can read all day long about the research. The FDA is about DRUGS and keeping us coming back for more...a tidbit of info for those of us who love numbers...US population=5% of the world population, consumes 60% of the prescribed drugs. (Numbers taken from CBS This Morning Show 10/22/06)

Posted by [just another bozo on this bus](#) ([anonymous](#)) on October 30, 2006 at 7:50 a.m. ([Suggest removal](#))

I've been using curcumin for my abused old knees for a couple of years. It's admittedly only anecdotal evidence, but it does seem to relieve inflammation as well as ibuprofen or other liver-killing OTC drugs, with no noticeable side effects.

Can I say that it's available at the Merc?

Posted by [kansasdaughter](#) ([anonymous](#)) on October 30, 2006 at 7:53 a.m. ([Suggest removal](#))

Bozo,
Do you notice any lasting effects, do you take it daily or just when you are in pain from inflammation?

Posted by [compmd](#) ([anonymous](#)) on October 30, 2006 at 8:38 a.m. ([Suggest removal](#))

"As the FDA has told us, only meds can treat, cure, or prevent a disease. No food, herb, or supplement can do this. "

So where do you think aspirin and hydrocodone come from?

I've been fighting a [mostly winning] battle against arthritis since my teenage years. Reading this article today sure made me feel good.

Posted by [just another bozo on this bus](#) ([anonymous](#)) on October 30, 2006 at 8:49 a.m. ([Suggest removal](#))

I don't take it on a daily basis-- maybe I should.

I usually take it before I'm going to engage in an activity that will stress my knees-- whether that's a sport or work. That's usually all I need.

Occasionally, if I've particularly aggravated them (not much cartilage left in there,) I'll take it till pain/inflammation goes away.

Posted by [Jamesaust](#) ([anonymous](#)) on October 30, 2006 at 8:58 a.m. ([Suggest removal](#))

And cancer ...

<http://www.usnews.com/usnews/health/brie...>

Posted by [feeble](#) ([anonymous](#)) on October 30, 2006 at 9:45 a.m. ([Suggest removal](#))

Actually, the government of India has been, and continues to try, to secure patents for medicines derived from Ayurvedic medicine. Their claim uses history and culture to establish prior art.

Posted by [Bone777](#) ([anonymous](#)) on October 30, 2006 at 5:37 p.m. ([Suggest removal](#))

Swweeeet!!!! I know what I am handing out to trick-or-treaters.....

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