

Summary

The use of turmeric dates back nearly 4000 years to the Vedic culture in India..Turmaric is called golden spice of India. Turmeric has played an important role in Hindu spiritualism. The active compound curcumin is believed to have a wide range of biological effects including anti-inflammatory, antioxidant, antitumour, antibacterial, and antiviral activities, which indicate potential in clinical medicine.

Ginger contain a substance called 6-gingerol,which may have protective effects against cancer. Oxidative stress and chronic inflammation can accelerate the aging process.

Ginger does contain numerous other anti-inflammatory and antioxidant compounds beneficial to health such as gingerols, beta-carotene, capsaicin, caffeic acid, curcumin and salicylate.So these species are golden spice of India.