

## Curcumin

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Curcumin : Golden herb for human

Curcumin is a well-known nutraceutical found in rhizomes of turmeric (*Curcuma longa* Linn.). The commonly use as spice in Asian food and widely use as medicinal herb in traditional medicine indicated the safety and efficacy of the curcumin. Modern scientific research also guaranteed the benefits of curcumin in human by extensive in vitro, in vivo, and clinical studies. The recent knowledge disclosed the interesting effect of curcumin on some chronic diseases such as cancer, diabetes, arthritis, and Alzheimer's disease.