



Egyptian Herbal Monograph

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Volume 2

Medicinal plants used in Egypt

Egyptian Drug Authority (EDA)

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Medicinal Plants Used in Egypt

Curcuma longa L.

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1. Names & Synonyms (1)

Curcuma longa L.

Family: Zingiberaceae

Syns. *Curcuma domestica* Valetton

Arabic: Kurkum كركم

English: Turmeric

2. Parts used for medicinal purpose

The dried rhizome (1-3).

3. Major chemical constituents (1)

-Curcuminoids: A mixture of curcumin, monodesmethoxycurcumin and bisdesmethoxycurcumin (1, 4).

-Essential oil: Composed of a number of monoterpenes and sesquiterpenes, including sesquiphellandrene, ar-turmerone, curcuminol, *cis*- β -elemenone, zingiberene, curcumene, α - and β - turmerone (1, 4, 5).

-Others: Acidic polysaccharides (4).

4. Medicinal uses (Indications)

- A. Relief of digestive disturbances, such as feelings of fullness, flatulence, acid dyspepsia and aid digestion (1-3).
- B. Relieve pain and inflammation due to rheumatoid arthritis and help relieve joint pain (1, 3).

5. Herbal preparations correlated to medicinal use (2)

1. Comminuted herbal substance as herbal tea for oral use.

0.5-1.0g comminuted herbal substance in 150 ml of boiling water as an infusion (1)

2. Powdered herbal substance (1).

3. Tincture (ratio of herbal substance to extraction solvent 1:10), extraction solvent ethanol 70% (V/V).

4. Tincture (ratio of herbal substance to extraction solvent 1:5), extraction solvent ethanol 70% (V/V).

5. Dry extract, extraction solvent ethanol 96% (V/V).

6. Dry extract, extraction solvent ethanol 50% (V/V).

Herbal preparations (2-6) are in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.

6. Posology and method of administration correlated to medicinal use

Indication A (2)

Adults and elderly:

Preparation 1: 0.5-1.0 g in 150 ml of boiling water as an infusion, 2-3 times daily (1)

Preparation 2: 0.5-1 g, 2-3 times daily, 1.5–3.0g daily (1).

Preparation 3: 0.5-1 ml, 3 times daily (1).

Preparation 4 : 10 ml once daily or 5 ml in 60 ml water, 3 times daily.

Preparation 5: 90-162 mg, divided in 2-5 doses daily.

Preparation 6: 100-200 mg, 2 times daily.

Indication B

Adults and elderly:

Preparation 1: 0.5-1.0 g oral infusion 3 times daily.

Preparation 2: 1.5–3.0g daily (1).

Preparation 3: 0.5–1 ml 3 times daily (1).

Duration of use (2)

For indication A, if the symptoms persist longer than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration: Oral use (2).

It should be taken on an empty stomach (6).

7. Contraindications

- Hypersensitivity to active substances and to other plants of the same family.
- Due to possible stimulation on bile secretion *Curcuma longa* is not recommended in case of obstruction of the bile duct, cholangitis, liver disease, gallstones and any other biliary diseases (1-3).

8. Special warnings and precautions for use

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- The use in children and adolescents under 18 years of age is not recommended (1, 2).
- Coagulation studies should be monitored in the case of long-term treatment of turmeric (6).
- Physician should be consulted prior to use in case of liver disorders
- Stop use and physician should be consulted if the patient experiences any new symptoms including yellowing of eye or skin, dark urine, nausea, vomiting and fatigue, stomach pain, abdominal pain or jaundice (7, 8).

9. Interactions with other medicinal products and other forms of interaction (6)

- Use of turmeric with anticoagulants, antiplatelets, NSAIDs and anticoagulant/antiplatelets herbs may result in an increased risk of bleeding; concurrent use should be avoided.
- Turmeric may decrease the effectiveness of immunosuppressants (cyclosporine); concurrent use should be avoided.

10. Fertility, pregnancy and lactation (1, 2)

- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended.
- No fertility data available.

11. Effects on ability to drive and use machines (2)

No studies on the effect on the ability to drive and use machines have been performed.



12. Undesirable effects

- If adverse reactions occur, a doctor or a pharmacist should be consulted.
- Mild symptoms of dry mouth, flatulence, gastric irritation (2).
- Hypersensitivity reactions, including contact dermatitis (6).

13. Overdose

- Gastrointestinal ulceration (6).

14. Relevant biological activities

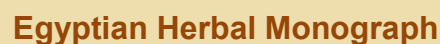
Not required as per Egyptian guidelines for registration of herbal medicines.

15. Additional Information

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16. Date of compilation/last revision

11/03/2026.



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| 1 | WHO monographs on selected medicinal plants (1999). Monographs on selected medicinal plants, 1 , 115-124. |
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| 3 | Natural Health Product Turmeric – <i>Curcuma longa</i> (2018). Health Canada, http://webprod.hc-sc.gc.ca/nhp-id-bdipsn/monoReq.do?id=216 |
| 4 | Niranjan, A. and Prakash, D. (2008). Chemical constituents and biological activities of turmeric (<i>Curcuma longa</i> L.) - A review. <i>J. Food Sci. Technol.</i> , 45 (2), 109–116. |
| 5 | Abdel-Lateef, E., Mahmoud, F., Hammam, O., El-Ahwany, E., El-Wakil, E., Kandil, S., Abu Taleb, H., El-Sayed, M. and Hassenein, H. (2016). Bioactive chemical constituents of <i>Curcuma longa</i> L. rhizomes extract inhibit the growth of human hepatoma cell line (HepG2). <i>Acta Pharm.</i> , 66 (3), 387-98. doi: 10.1515/acph-2016-0028. |
| 6 | Skidmore-Roth, L. (2010). Mosby's Handbook of Herbs & Natural Supplements. 4 th ed. ISBN 9780323057417. |
| 7 | https://www.canada.ca/en/health-canada/services/drugs-health-products/medeffect-canada/health-product-infowatch/january-2026.html |
| 8 | https://dhpp.hpfb-dgpsa.ca/review-documents/resource/SSR1758121117867 . |