

NATURAL HEALTH PRODUCT

TURMERIC – CURCUMA LONGA Oral

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLA) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- ► Text in parentheses is additional optional information which can be included on the PLA and product labels at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

Date

July 31, 2018

Proper name(s), Common name(s), Source material(s)

Table 1. Proper name(s), Common name(s), Source material(s)

Proper name(s)	Common name(s)	Source material(s)	
		Proper name(s)	Part(s)
Curcuma longa	► Common turmeric	Curcuma longa	Rhizome
	Curcuma		
	► Indian-saffron		
	Jianghuang		
	► Turmeric		
	Yellow ginger		

References: Proper name: USDA 2018; Common names: USDA 2018, McGuffin et al. 2000; Source material: PPRC 2005, ESCOP 2003, Blumenthal et al. 2000.

Route of administration

Oral (ESCOP 2003; Blumenthal et al. 2000)

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.



Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.

Use(s) or Purpose(s)

- ▶ Source of/ Provides antioxidants (ESCOP 2003; Blumenthal et al. 2000; Mills and Bone 2000).
- ▶ Used in Herbal Medicine to aid digestion (ESCOP 2003; Williamson 2003; Blumenthal et al. 2000; Mills and Bone 2000).
- ► (Traditionally) used in Herbal Medicine to help relieve flatulent dyspepsia (carminative) (Mills and Bone 2005; Blumenthal et al. 2000; Wren 1907).
- ▶ Used in Herbal Medicine as a hepatoprotectant/liver protectant (Boon and Smith 2004; Williamson 2003).
- ▶ Used in Herbal Medicine to increase bile excretion by the liver (choleretic) and stimulate contraction of the gallbladder (cholagogue) (Mills and Bone 2005; Boon and Smith 2004; Wichtl 2004; Williamson 2002; Blumenthal et al. 2000; Mills and Bone 2000).
- ► (Traditionally) used in Herbal Medicine as an anti-inflammatory to help relieve joint pain (Winston and Kuhn 2008; Blumenthal et al. 2000; WHO 1999).
- ▶ Used in Traditional Chinese Medicine (TCM) to eliminate blood stasis, promote the flow of qi, relieve pain of menstruation due to blood stasis (PPRC 2005).
- ► Traditionally used in Ayurveda to relieve pain and inflammation (Paranjape 2005; Murthy 2004; API 2001; Kapoor 2001).

The following combined use(s) or purpose(s) is/are also acceptable:

- ► (Traditionally) used in Herbal Medicine to help relieve flatulent dyspepsia (carminative) and aid digestion (Mills and Bone 2005; ESCOP 2003; Williamson 2003; Blumenthal et al. 2000; Mills and Bone 2000; Wren 1907)
- ▶ Used in Herbal Medicine to aid digestion, increase bile excretion by the liver and stimulate the gallbladder (Mills and Bone 2005; Boon and Smith 2004; Wichtl 2004; Williamson 2002; Blumenthal et al. 2000; Mills and Bone 2000).

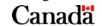
Note

Claims for traditional use must include the term "Herbal Medicine", "Traditional Chinese Medicine", or "Ayurveda".

Dose(s)

Subpopulation(s)

Adults 18 years and older





Quantity(ies)

Antioxidant

Methods of preparation: Dry, powder, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

Not to exceed 9 grams of dried rhizome, per day; For dry extracts, maximum ratio is 25:1 (EMEA 2009; ESCOP 2003; Williamson 2003; Blumenthal et al. 2000).

Methods of preparation: Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

Extract providing up to 35% Curcuminoids; Quantity crude equivalent: no to exceed 9 grams of dried rhizome, per day (Bagchi 2012; EMEA 2009; ESCOP 2003; Williamson 2003; Blumenthal et al. 2000).

Digestive aid; Relief of flatulent dyspepsia; Hepatoprotectant; Bile excretion; Antiinflammatory

Methods of preparation: Dry, Powder, Non-Standardised Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

1-9 grams of dried rhizome, per day; For dry extracts, maximum ratio is 25:1 (EMEA 2009; Mills and Bone 2005; Wichtl 2004; ESCOP 2003; Williamson 2003; Blumenthal et al. 2000)

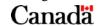
Methods of preparation: Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

Extract providing up to 35% Curcuminoids; Quantity crude equivalent: 1- 9 grams of dried rhizome, per day (Bagchi 2012; EMEA 2009; Mills and Bone 2005; Wichtl 2004; ESCOP 2003; Williamson 2003; Blumenthal et al. 2000)

Ayurveda

Methods of preparation: Dry, powder, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)

1-4 grams of dried rhizome, per day; For dry extracts, maximum ratio is 25:1 (Williamson 2002, API 2001, Kapoor 2001)



TCM

Methods of preparation: Decoction, Decoction concentrate

3-9 grams of dried rhizome, per day; For dry extracts, maximum ratio is 25:1 (PPRC 2005; Bensky and Gamble 1993).

Direction(s) for use

No statement required.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

All products

Consult a health care practitioner/health care provider/health care professional/doctor/ physician prior to use if you are pregnant or breastfeeding, have gallstones, a bile duct obstruction, stomach ulcers or excess stomach acid (ESCOP 2003; Brinker 2001; McGuffin et al. 1997).

All products except for Antioxidants

Consult a health care practitioner/health care provider/health care professional/doctor/ physician if symptoms persist or worsen.

Contraindication(s)

No statement required.

Known adverse reaction(s)

No statement required.





Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

No statement required.

Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.

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