Health Canada Santé Canada

NATURAL HEALTH PRODUCT

TURMERIC – *CURCUMA LONGA*

Topical

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 August 13, 2021

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

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

Proper name(s)	Common name(s)	Source information		
		Source material(s)	Part(s)	Preparation(s)
Curcuma longa	▸ Common turmeric ▸ Curcuma ▸ Indian-saffron ▸ Jianghuang ▸ Turmeric ▸ Yellow ginger	*Curcuma longa*	Rhizome	Dried

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

Route of administration

Topical (Paranjape 2005; Williamson 2002)

Dosage form(s)

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)

- Traditionally used in Ayurveda to relieve pain and inflammation (Paranjape 2005; Murthy 2004; API 2001; Kapoor 2001).
- Traditionally used in Ayurveda to assist healing of minor wounds such as cuts and burns (Paranjape 2005; Murthy 2004; API 2001; Kapoor 2001).
- Traditionally used in Ayurveda to assist healing of minor skin irritations (Paranjape 2005; Murthy 2004; API 2001; Kapoor 2001).

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

Traditionally used in Ayurveda to relieve pain and inflammation, assist healing of minor wounds such as cuts and burns, and/or assist healing of minor skin irritations (Paranjape 2005; Murthy 2004; API 2001; Kapoor 2001).

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)

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

5 - 100% of dried rhizome or extract in the finished product (Jamali et al. 2020; API 2001; Nadkarni and Nadkarni 1976)

Note:
For dry extracts, above a concentration of 5%, the maximum extract ratio allowed is 25:1.

Direction(s) for use

Apply to affected area as needed.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

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

Must be established in accordance with the requirements described in the *Natural Health Products Regulations* (NHPR).

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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