

Susan Kundrat, MS, RDN, CSSD, LDN shares evidenced-based information on how three Indian spices can positively impact health.

TURMERIC



- **Benefits:** Curcumin found in turmeric (curcuminoids) is an antioxidant and anti-inflammatory agent that can aid in the management of arthritis, depression, GI concerns, dyslipidemia and many others
- **Origin:** Turmeric is native to and cultivated in India (produces 90% of all turmeric powder) but also China, Thailand, Cambodia, Malaysia, Indonesia and the Philippines^{1,2}
- **Recent Evidenced-based Results:** Preliminary research suggests curcumin may aid in the management of ulcerative colitis³, arthritis^{4,5} and depression^{6,7}
- **Practical Recommendations:** 500 mg – 2,000 mg curcuminoids
 - Equates to approximately 1-4 tbsp of turmeric powder
 - Best absorbed with black pepper and fat at a meal²

GINGER



- **Benefits:** Ginger is an antioxidant and anti-inflammatory agent that is thought to aid in several medical conditions such as dysmenorrhea, vertigo and nausea
- **Origin:** Ginger is native to tropical Asia^{1,2}
- **Recent Evidenced-based Results:**
 - Research shows ginger effective in reducing pain and disability in those with osteoarthritis⁸
 - Mild side effects include upset stomach and affected taste
- **Consumption Recommendations:** 500 - 1,000 mg ginger extract or 3 g powdered ginger²

FENUGREEK



- **Benefits:** Fenugreek is an antioxidant and anti-inflammatory agent used for diabetes, loss of appetite, indigestion, gastroesophageal reflux disease (GERD), gastritis, constipation, PCOS and hyperlipidemia
- **Origin:** Fenugreek is mainly cultivated in India, Mediterranean countries and North Africa^{1,2}
- **Recent Evidenced-based Results:**
 - Research shows that approximately 6.3 g of fenugreek can help manage blood sugar in those with type 2 diabetes or prediabetes⁹
 - Fenugreek supplementation can potentially cause diarrhea, indigestion and nausea
- **Consumption Recommendations:** 5-30 g capsules three times a day with meals²

KEY TAKEAWAYS

- Indian spices, such as turmeric, ginger, fenugreek and cinnamon^{10,11}, serve as antioxidants and have potential to aid in the management of many health conditions
- These spices have the potential to react with other medications, so it is advised to consult with a doctor about medication interactions
- More research is needed regarding the use of Indian spices to improve athletic performance

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INDIAN SPICES AND HEALTH

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Not all spices or supplements are safe for everyone to consume – especially among pregnant or nursing women and those with chronic illnesses. Before taking or recommending any supplement, speak with your physician, registered dietitian and/or healthcare provider to determine its safety and efficacy.

You can find more information on supplements at the [NIH Center for Complementary and Integrative Health](https://www.nccih.nih.gov/) or the [Natural Medicines Database](http://naturalmedicines.com/).

