

# The Promise of Curcumin: A Critical Analysis of It's Medicinal Properties and Clinical Use

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## Abstract

Curcumin is the main bioactive component of turmeric. Turmeric has the potential to positively impact the human body because of its anti-inflammatory and antioxidant properties. There are also links to curcumin being able to prevent and potentially cure different types of cancer. Learning to utilize this powerful compound could be revolutionary to medicine. This study's main objective is to critically analyze the medicinal properties and clinical use of curcumin. Learning more about curcumin and its potential benefits is important because it is cost-effective and has few to no side effects. An in-depth literature search was done using the University of Washington's library database. All research articles used for this study are peer-reviewed scientific journals with an impact score higher than 1.6. During this search, it was found that curcumin has antioxidant and anti-inflammatory properties and might help cure and prevent cancer. However, there is not enough research on this to date, and curcumin has low bioavailability, making it hard to use in medicine. Trials and studies have not yet been conducted on humans. Curcumin can potentially save many lives, but it needs to be researched more.