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Miracle of golden spice-curcumin: An insight through ayurvedic history and recent discovery

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Ayurveda the knowledge of life science deals with the positive way or healthy way of life with the history of thousands of years and it is a part of great Indian Vedic tradition with main eight branches. It has the long record of clinical experience not only in the conventional way but also science of longevity; Primordial elements, Theory of dhoshas, body and mind constitution (prakrti) which explains or to understand an individual as whole. Latest research in Natural products has high focus on traditional wisdom/knowledge. The 2017 Nobel Prize was for the discoveries of molecular mechanisms controlling the circadian rhythm and recorded these observations in 'Dinacharya' and 'Ritucharya'. The daily ritual and the activities or the self-care come under 'Dinacharya' incorporating changes according to the seasons is called 'Ritucharya'. Ayurvedic science which uses more plants and animal products as a medicine uses curcuma as a plant which is more popular and make effective in the life style disorders and even .

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