



King herb – Turmeric
Traditionally used since 659 AD for pain relief, promoting flow of Qi and blood. Modern scientific research has proven many of its effects such as anti inflammatory and antioxidant etc. (1).

1.Krup et al. (2013) Pharmacological Activities of Turmeric (Curcuma longa linn): A Review. *J Homeop Ayurv Med* **2**, 133.