Curcumin Has the Potential to Reduce Breast Inflammation

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This natural remedy could be extremely beneficial since its use has been linked with a range of health benefits.

(Newswire.net -- June 5, 2017) Orlando, FL -- Inflammation has been linked with the development of a wide range of diseases and disorders. The good news is that there are natural remedies believed to be helpful against it.

Curcumin has the potential to reduce breast inflammation, such as Mastitis. This condition is characterized by the inflammation of the breast tissue, which is often caused by an infection.

When it develops, it results to symptoms such as redness, pain, and swelling of the breast tissue. It normally affects women who are breastfeeding, and can develop within 6 to 12 weeks after delivery.

One of the factors believed to cause the condition is milk stasis or the blockage of the milk duct. This happens when the breast milk drains improperly during feeding. When it develops, it can lead to a bacterial infection.

The infection can be initiated by bacteria, such as Staphylococcus, Streptococcus or E.coli. When the condition is in its late stage, it can result in symptoms like those that appear when fever and flu develop.

This condition can even lead to a collection of pus called abscess. There are antibiotics as well as pain relievers that are prescribed for the condition. Sufferers may resort to remedies, such as changing their breast feeding technique as well as having sufficient rest.

Despite of the development of the condition, it is beneficial for sufferers to continue breastfeeding. It is considered safe for the baby and can aid in the removal of blockage.

Turmeric is one of the spices that are thought to offer a myriad of health benefits. It contains a variety of therapeutic agents, which include its antibacterial, anti-inflammatory, antioxidant, antiseptic, antiviral, anticarcinogenic, and antibiotic properties.

The anti-inflammatory properties of turmeric are thought to aid in cases of lactational mastitis.

In a study featured in the Oman Medical Journal, the researchers investigated the effects of topical curcumin on lactational mastitis.

The study involved 63 breast feeding women who had lactational mastitis and who suffered from moderate inflammation. They were divided into two groups, namely the curcumin group and the topical moisturizer group.

At the end of the study, it was found that the 72-hour treatment resulted in the reduced rate of mild to moderate mastitis. It also led to the significant reduction in a variety of symptoms, such as breast tension, pain, and redness.

Women who suffer from this condition may incorporate curcumin supplements in their diet. This natural remedy could be extremely beneficial since its use has been linked with a range of health benefits.

(https://www.amazon.com/Turmeric-Curcumin-Complex-BioPerine-Bio-availability/dp/B00JA4TLTI/)

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