Curcumin Believed to Be Beneficial for Liver Disease

Cathy Briggs  July 28, 2017

Curcumin is believed to be beneficial for liver disease. The liver is one of the most important organs of the body. While the body has its own defense mechanism, the liver is still susceptible to a variety of threats.

A clinical trial featured in the journal called BMC Complementary and Alternative Medicine revealed the potential regenerative and liver-protective properties of turmeric.

South Korean researchers from the Clinical Trial Center for Functional Foods, Chonbuk National University Hospital, conducted a test based on their hypothesis that the ancient spice turmeric could potentially enhance liver function.

A fermented form of turmeric was administered to the study participants, who were 20 years old and above. The participants were diagnosed with mild to moderate elevated alanine aminotransferase (ALT) levels, which is a marker for liver dysfunction.

In the study, 60 of the participants were randomly selected to receive 3.0 g of fermented turmeric powder (FTP). There was also a placebo group that received 3.0 g per day for 12 consecutive weeks. Two capsules of FTP were provided to the treatment group three times a day.

It was found that FTP was able to significantly decrease ALT levels in participants. They also experienced a reduction in serum aspartate transaminase (AST) as well as gamma-glutamyl transpeptidase (GGT).

The AST and GGT are two enzymes that are linked with liver damage when they rise or elevate. It was also found that the effects stayed the same as long as the participants received the treatment.

In addition to all of these potentially therapeutic effects, it was also found that FTP was tolerated well by the participants without significant adverse effects.

Turmeric is one of the most popular spices today. It contains a phytochemical called curcumin, which contains a variety of unique properties. Some of these agents are believed to contain antibacterial, antiseptic, antiviral, antibiotic, anti-carcinogenic, anti-tumor, and anti-inflammatory properties.

Individuals who want to take advantage of the potential health benefits of curcumin may turn to the use of supplements. There are many consumers who prefer curcumin supplements with black pepper extract. Black pepper is thought to be effective in increasing curcumin absorption inside the body.

(http://www.amazon.com/tumeric-with-black-pepper/dp/B0166KAW8M)

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