Turmeric Is Nature’s Wonder Drug Against Flu

Cathy Briggs  November 07, 2017

Turmeric is nature’s wonder drug against flu. This viral infection is common and it usually mainly affects the respiratory system. It is not the same as stomach flu, which results in diarrhea and vomiting.

There are people who are susceptible to flu, such as young children, the elderly, pregnant women, and those with a weakened immune system.

Some of the common symptoms of flu are dry cough, sweats, chills, runny nose, sneezing, high fever, sore throat, aching muscles and joints, and fatigue. It also causes sweats and nasal congestion.

According to experts, it is imperative that sufferers take the right medication within 48 hours after the symptoms develop. This could be extremely helpful in preventing complications as well as reducing the duration of the flu.

It is important to remember that flu can actually spread through the sneeze or cough of an infected person. When left untreated, it could progress to bronchitis, pneumonia, as well as ear and sinus infections.

There are natural remedies for flu, such as having plenty of rest, drinking fluids, and taking antiviral medications. Turmeric has also been believed to be an effective remedy for the condition.

Turmeric is a popular natural remedy in traditional Chinese and Ayurvedic medicine. This spice is believed to be extremely therapeutic due to its phytochemical called curcumin.

Curcumin contains a variety of therapeutic ingredients, namely its antiviral, antiseptic, antibiotic, antioxidant, antibacterial, anti-inflammatory, anti-fungal, and anticancer properties.

Researchers have long been investigating the techniques in containing a flu pandemic, especially in countries that are overpopulated and still developing. One of the best ways to do it is to simply have sufficient supplies of antiviral agents and vaccines.

Turmeric is believed to be one of the inexpensive antiviral agents that are widely being studied today. It is thought to have the ability to contain an infection.

Curcumin has been found to have cell signaling effects, which could be beneficial. In laboratory studies, it was found that curcumin has helped decrease viral replication of 90 percent and more of the cells infected by influenza virus.

This powerful healing phytochemical has been found to prevent infection from spreading to other cells. Due to its ability to stop the replication of viruses and microbes, it is easy to assume that turmeric could be a beneficial treatment for flu.

Its antioxidants also have the potential to fight free radicals, which are damaging to the immune system.

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