

**HARIDRA (*Curcuma longa*)**

**Family** - Zingiberaceae

**Synonyms:**

- **Krimighni**-Acts as antimicrobial.
- **Gauri**: Provides good complexion.
- **Nisha**: Having the synonyms of night.
- **Mehaghatini**: Treats Prameha.

**Rasa-Panchak**

- **Guna** - Laghu, Rooksha
- **Rasa** - Tikta, Katu
- **Vipaka** - Katu
- **Veerya** - Ushna

**Chemical Constituent:** Curcuminoids, Phytosterol

**Part used** - Rhizome

**Dose** - Churna: 1 to 3 gm; Swarasa: 10 to 20 ml

**Formulation** - Haridrakhand

