

Anti-inflammatory Action

Perhaps curcumin's most well known and most obvious benefit is its anti-inflammatory action. In fact, curcumin has been found to equal, and in many cases exceed, the benefits associated with both cortisone and phenylbutazone treatment. This effect was found both in human and animal studies. Additionally, in clinical trials of persons suffering from rheumatoid arthritis, subjects treated with curcuminoids experienced a significant improvement.