

Turmeric Production in India: An Overview

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Abstract

The Turmeric is a very important spice in India, which produces nearly the world's crop and uses 80% of it turmeric usage, dates back nearly 4000 years, to the culture in India, when turmeric was the principal spice and also the religious significance. The turmeric is still added to nearly every dish, it meat or vegetables turmeric is part of all curry powders. Due to Indian influence, turmeric has also made in India. The land of spices from time immemorial, and holds the premier position in terms of the number of spices grown, the area under cultivation, and the volume of spices produced. Among the spices is turmeric, an integral component. This paper aims to present the origin of turmeric, production in India, production in Tamil Nadu, Uses, and Medicinal Value, Natural benefits and side effects.

Keywords: Spices, Turmeric Cultivation, Medicinal Value of Turmeric

Introduction

The turmeric is one of the most important and ancient spices of India traditional crop having very good commercial value of spice oils and oleoresins. It is used for daily extensively by all classes of people in the preparation of tasty curried dishes. Turmeric not only adds its typical flavor but its cooler also, thereby helping to bring out the best in curries. It is also used as a dye in medicine and in cosmetics regarded sacred by the Hindus, and is used in ceremonial and religious function.

The India has been estimated variously from 60,000 to 10, 0000 acres, and the production is nearly 100,000 tons of rhizomes per annum. The over 1, 50,000 tones of cured turmeric is produced annually, of which 92-95 per cent is consumed within the country and remaining 58 per cent is exported yielding foreign exchange ranging from 40 to 110 million rupees annually. The turmeric is a flowering plant, curcuma longed of the ginger family the plant is a perennial, herbaceous plant, native to the Indian subcontinent and Southeast Asia. The roots plants have good economic value.

The used as a coloring and flavoring agent in many Asian cuisines, especially for curries, as well as for dyeing turmeric powder has a warm, bitter, black pepper- like flavor and earthy, mustard like aroma. Turmeric contains several chemical compounds such as the active cur cumin

in turmeric responsible for its therapeutic properties is cur cumin. The standard turmeric is only about 3-6 per cent turmeric is main spice in practically all India.

It has a place for importance in many Hindu religious ceremonies, offerings and festivals. Owing the increasing demand of pure, organic food products, turmeric is an important food coloring agent. The turmeric is a spice made from the root of the mustard yellow color comes from orange flesh of the plant, has a bold, spicy flavor that tastes like a combination of orange, ginger and peppers. Turmeric is a popular ingredient in many Indian, Caribbean and Asian dishes and has many nutritional benefits. Magnesium and iron and most prominent nutrients, and you can use it as spice or take in capsule.

Origin of Turmeric

The exact of turmeric is unidentified but it is originated in the parts of western India. The turmeric used in India for 5000 years now initially production as a dye as its bright yellow color works as a coloring agent. Then with time people came to know about its developed uses and started using for cosmetic purpose and then medicine. Turmeric reached China by 700AD, East Africa by 800AD and West Africa by 1200 AD and stared becoming popular throughout the world.

The traders took turmeric of Europe in 13th Century. Turmeric was known as Indian saffron. Marco polo was so impressed by turmeric that he mentioned as a vegetable that has properties of saffron, but not really. Ancient Indian medical literature, Ayurveda also mentions about turmeric extremely effective herby stomach disorders and food poisoning.

Turmeric Production in India

The turmeric spice major part in Indian culinary dating back to 3000. Turmeric was production in India the turmeric plant requires hot climate with light soil. The hot and humid climate of India suits the growth of tropical turmeric plant. In Sanskrit, turmeric is known as "Harridan". Turmeric was not only used in Indian delicacies but used extensively in Ayurveda. The India largest producer and exporter of Turmeric in the world. The all country accounts for 80% of the world production and 60% of global trade. Turmeric is produced in many states in India. Andhra Pradesh is the single largest producer of turmeric spice in the country followed by Tamil Nadu, Karnataka and Orissa. Maharashtra, West Bengal, Uttaranchal, Uttar Pradesh, Tripura, Kerala, Mizoram, Meghalaya, Gujarat, Bihar, Assam and Arunachal Pradesh the other turmeric growing states in India. The Naziabad, Warangal, Cuddapah, Karimnagar, Adilabad, Medak, Rangareddy West Godavari, East Godavari, Guntur, Krishna and Kurnool are the turmeric growing areas in Andhra Pradesh. In Tamil Nadu, turmeric is grown areas in Erode, Salem, Vellore, Villuppuram, Namakkal, and Coimbatore, and other states Karnataka, it is produced in Belgaum, Mysore, Chamrajnagar, and Baglkot region. Koratput, Klahanie. Phulbani, Nayagarh, Bales war, Cuttack, and Kendujhargarh are the turmeric producing areas in Orissa, the other major producer of turmeric in India. Single and satara are the major turmeric producing areas in Maharashtra, a major market for turmeric for domestic as well export purpose.

State wise Turmeric Production (000 Tones)

States	Production (000 Tones)
Telangana	184.29
Maharashtra	136.87
Tamil Nadu	132.40
Andhra Pradesh	121.12
Karnataka	76.78
Gujarat	69.25
West Bengal	42.41

Orissa	30.00
Mizoram	27.82
Haryana	23.84
Total Production	844.78

Source: Department of Agriculture 2018.

Turmeric Production in Tamil Nadu

Erode and Salem district are the prominent place for turmeric production in Tamil Nadu. In Tamil Nadu the important varieties cultivated are Erode local, Roma, Suguna, Sugarcane and Salem local, among these varieties, 70-75 per cent is occupied the local varieties. India also exports turmeric in powder and oleoresin.

Ingredients of Turmeric

- ✓ Iron: 1.88 milligrams
- ✓ Vitamin B: 0.08 milligrams
- ✓ Dietary Fiber: 0.96 grams
- ✓ Potassium: 114.48 milligrams
- ✓ Manganese: 0.36 grams

Uses of Turmeric

The root underground stem of the plant is crushed and powdered in turmeric. The turmeric used worldwide as a seasoning ingredient to make curry, and its medicinal properties, cur cumin, composing 3% of turmeric, the herbs most biologically active photochemical compound. It is extracted and researched for renowned range of therapeutic effects.

The potent anticancer properties lowers cholesterol levels in kidney and liver tissue helps protect against or lessen of kidney lesions increase the production of digestive fluids and reduce gas protected against free radical damage medicinal uses value increases catabolism of cholesterol into bile acids the reduces excess gas in the stomach intestines and helps prevent oxidation of blood cholesterol the possesses anti-thrombotic activity all relieves pain inflammation in mucosal tissue as a possesses viral, microbial, and anti-parasitic activity.

Medicinal Value of Turmeric

The turmeric numerous medicinal values in India Turmeric is used Ayurvedic Medicines it used for whole body cleansing medically, it's used aid for digestive disturbances and treatment for fever, infections, dysentery, arthritis, jaundice and other liver problems. The presence of free radicals lack of exposure to sun, smoking and

unhealthy diet the main culprits' free radicals can cause damage to leading to premature cell death. The naturally fights antioxidants always produce in providing antioxidants is one of **the many health benefits of turmeric supplements of extremely high concentration of increases the leading to slower aging.**

(I) Cancer

The cur cumin also properties, turns out that can slow the growth of cancer cells. It can also prevent then for spreading around the via metastasis. **Most importantly, can target cancer cells without damaging healthy cells** to more than effective for the certain types of cancers. These include colorectal cancer and breast cancer.

(II) The Brain Function

The major health supporter of brain health, function for example. It can increase the bioavailability to docosahexaenoic the vital energy source for the brain, allowing making new neural connections in very acid the fist brain function.

Natural Benefits of Turmeric

The important to know that the vast majority of studies on turmeric have not examined the spice itself, but rather one constituent called cur cumin. About the benefits of turmeric on a website or on health news report on television, and mostly likely hearing benefits. The aspect health research can be very confusing turmeric root can be fairly small.

The turmeric in used for antiquity inflammatory carminative and microbial properties. The natural benefits essential oils such as turmerone, zingiberene, cineole, the primary pigment that imparts in natural benefits and turmeric per day either in the powder, crushed root or fresh can provide enough nutrients to help you keep memory disorders and offer protection against cancers, infectious diseases, high blood pressure, stokes and natural benefits in value.

The natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns combined with cauliflower, has shown to prevent prostate cancer and stop existing prostate cancer. Has shown promise in slowing the progression of multiple sclerosis in mice is a natural painkiller and cox-2 inhibitor. The boosts effects of chemo drug paclitaxel and reduces its side effects has long been used in Chinese medicine as a treatment for depression studies the positive effects of turmeric on multiple

myeloma. The natural help in the treatment of psoriasis benefits and other inflammatory skin conditions.

Side Effects

The turmeric does provide potential health benefits creates some risks that the worth considering before consuming large money.

1. Upsetting the stomach
2. Blood thinning properties
3. Stimulating contraction
4. The cancer very effect

Conclusion

In India land of spices and largest production, largest savings in turmeric time immemorial, and holds the premier position in terms of the number of spices grown, area under production, and the volume of spices produced. One among the spices in turmeric, integral component the cultural, religious and culinary Practices in the country. India is the largest producer Turmeric is the native of the tropical lands of South-East Asia. It is an important condiment and is used in dyes and medicines also. India is an important producer of turmeric in the world. About 90 per cent of the total production is consumed within the country and only 10 per cent is exported. The leading buyers of Indian turmeric are the USA, Russia, Japan, Sri Lanka and Singapore. Turmeric is a popular ingredient in many Indian, Caribbean and Asian dishes and has many nutritional benefits.

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