



Curcuma aromatic Salisb

White KASTHURIMANJAL

Scientific name :	Curcuma aromatica Salisb.	Family	: Zingiberaceae
English	: Wild Turmeric	Hindi	: Jangli haldi
		Sanskrit	: Aranyaharidra

Curcuma aromatica Salisb. mentioned as 'Vanaharidra' in Ayurveda, belongs to the 'ginger family' Zingiberaceae. It is a perennial herb with characteristic aromatic rhizomes used in many traditional systems of medicines in India, China and other Southeast Asian countries. The rhizome of the plant is rich in alkaloids, flavonoids, curcuminoids, tannins and terpenoids which are reported to be the reasons for its various pharmacological properties. The extraction of compounds in different solvents shows that the plant contains curdione, neocurdione, germacrone as its major components. Extensive literature survey showed that the plant has anticancerous, anti-obesity, anti-acne, antitussive, antioxidant, anti-inflammatory, antidiabetic and wound healing properties. The rhizome extract of the plant is highly effective against many human pathogens as well as microorganisms causing food spoilage and food borne diseases. The plant thus proves to be a promising candidate for the development and designing of modern drugs for several diseases. The present study was aimed to review the phytochemical and pharmacological properties of *C. aromatica* Salisb.

We are cultivating the same for the last 6 years. We are planting in to the Grow bag with organic planting materials.

It is a perennial rhizomatous herb with annulate, aromatic, cream coloured rhizome. Leaves are elliptic or lanceolate-oblong, 30-45 cm long, lower sides of leaves are hairy and smooth. Flowering not usually observed under Kerala conditions. At present, only local types are available for cultivation

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The cream color kashthuri manjal (Curcuma aromatica Salisb)

- powder is the real one and its expensive.
- rarely available in market

CHEMICAL CONSTITUENT

Dry rhizome contains: 0.8%

Essential oil 10-11.5%

Oleoresin 0.7%

Crude fibre 0.04%

Curcumin Curcumin content, which is responsible for the yellow colour of the rhizome, is very low in White Kasthurimanjal as compared to normal turmeric and yellow zedoary.

Main constituents of essential oil :

Camphene, Methoxy cinnamic acid, Curcumene

MEDICINAL PROPERTIES & USE

Parts used: Rhizome

The rhizome is an esteemed drug for skin care. It possesses good germicidal activity, hence ideal for protection against skin infections. Traditionally used in bathing new born babies. It is an ingredient of many cosmetics, skin care products and tonics for women after childbirth.

- Application of rhizome paste in rose water control pimples
- Rhizome is an anti-dote for scorpion and other poisonous stings.
- It is effective for fever, cough and worm infestations
- Kasturi Manjal is widely used by Indian women for skin rejuvenation.
- Kasturi Manjal is the most important ingredient of all the Ayurvedic skin-care products.

Kasthuri Manjal is considered as most important natural beauty product:

1. It contains 'curcumin' which forms the yellow pigment - helps towards a brighter skin complexion
2. It has antiseptic, anti-inflammatory and anti-bacterial properties.
3. It is natural and inexpensive way to care skin. In the market, it is available in the form of powder, paste and dried root forms.
4. It is an anti-oxidant which assists in attacking free radicals to give a youthful looking skin, curing rashes and other disorders.

Turmeric powder as a spice, acts as an effective blood purifier which in turn, improves skin.

White Kasturi Manjal skincare for wrinkles, hair growth and acne:

1. During pregnancy, apply a paste of Kasturi Manjal to your lower belly every other day to avoid getting stretch marks.
2. Prepare a mix of Honey and Turmeric and apply this mask on your face to get glowing skin.
3. Prepare a compound with Kasturi Manjal and luke warm coconut oil and apply on face to reduce unwanted hair growth.
4. A mix of Kasthuri manjal and sandal wood power can cure acne if applied regularly. Rub the mix on affected skin area and wash off after 30 minutes
5. Apply a mix of sugar cane juice and Kasthuri Manjal on your face and wash of after 20 minutes to treat wrinkles.
6. Another mix of buttermilk and Kasthuri manjal applied near our eyes can eliminate the wrinkles and marks.

Here are few ways to add turmeric in beauty routine to achieve a flawless complexion:

Face Wash: Use a pinch of it in your regular face wash or cleanser to deep cleanse your skin.

Spot Treatment: Mix it with water or honey and dab it on acne as a spot treatment, the anti bacterial & anti fungal properties of turmeric will work wonders on acne and scars.

Mask: Mix a pinch of turmeric with milk to use it as a cleanser to naturally deep clean skin from dirt or oils.

Dark Circles: Use it on to get rid of dark circles under eyes by making a dark circle turmeric mask.

Kasturi Manjal for Skin Whitening : Dry skin can use kasturi manjal with milk cream and let it dry before bath. Oily skin can use either rose water or water to make a mixture.



a small piece of Curcuma aromatic salisb / White kasthuri manjal/ wild turmeric in the room, the whole room will smell very nice camphor.

Beauty benefits with White Kasthuri Manjal

1. During pregnancy: Apply a paste of White Kasthuri Manjal to lower belly every other day to avoid getting stretch marks.
2. Prepare a mix of Honey and Turmeric and apply this mask on your face to get glowing skin.
3. Prepare a paste with White Kasthuri Manjal and luke warm Virgin coconut oil and apply on face to reduce unwanted hair growth.
4. A mix of white Kasthuri manjal and sandal wood powder can cure acne if applied regularly. Rub the mix on affected skin area and wash off after 30 minutes
5. Apply a mix of sugar cane juice and white Kasthuri Manjal on face and wash off after 20 minutes to treat wrinkles.
6. Another mix of buttermilk and Kasthuri manjal applied near eyes can eliminate the wrinkles and marks.

We haven't come across any ingredient that changes our skin color dramatically. Whenever see an advertisement promising fair skin, only think how misleading these advertisements are, spending billions of dollars to make it believe something that is not true. But there are natural ingredients that brighten our skin and white kasthuri manjal tops that list.

A simple homemade face pack made with white kasthuri manjal powder and milk / yogurt will brighten our skin considerably, if used regularly.

White Kasthuri manjal is amazing for treating acne and acne scars. Unlike chemical filled acne creams sold in the market, White kasthuri manjal acne treatment is very effective for treating acne and acne scars and does not have any side effects. A homemade face pack made with holy basil leaves and kasthuri manjal is very effective for acne and acne scars.

White kasthuri manjal is mostly used in various ayurvedic beauty products.

it is very aromatic and is not used in cooking.

It is also non-staining, can use it safely in beauty routine without staining the skin.

Yellow zedoary/ Manjakoova (Curcuma zedoaria) The plant is seen wild in homesteads and wastelands. It is robust in appearance compared to white Kasthurinamjal; besides, a violet colouration is seen in the leaf midrib and the rhizomes are light yellow. Very low medicinal value compared to Curcuma aromatica In most cases, the product now available in market under the label Kasthurimanjal powder, is yellow zedoary powder. This is a Duplicate product of Kasthuri Manjal.

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