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BENEFICIAL PROPERTIES OF CURCUMIN FOR HEALTH

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Abstract: Curcumin, a substance obtained from *Curcuma longa*, has several health benefits, including anti-inflammatory and immunomodulatory properties, among others. There are works being developed with the objective of increasing the solubility of this substance in water in order to guarantee better availability for the human organism.

Goal: The present work aims to review the potential health benefits of curcumin in the treatment and prevention of clinical conditions. **Methodology and data sources:** A search for scientific articles was carried out in the CAPES Portal journals using the descriptor “curcumin”, published in the last five years. Ten articles were found, four of which were excluded for avoiding the proposed theme and one excluded for duplication. Thus, five articles were used for the construction of this study. **Discussion:** Curcumin is a substance with low water solubility, obtained from the roots of *Curcuma*

longa (Zingiberaceae), known as turmeric (GOMES et al, 2014). It has anti-inflammatory, antitumor, immunomodulatory, lipid-lowering and neuroprotective properties (SUETH-SANTIAGO et al, 2015). In addition to these, it is an antidiabetic agent (FLORES et al, 2014) and, in rats, it inhibited adverse effects of nicotine on reproductive parameters (JALILI et al, 2014). In view of these benefits, studies are being developed to improve the pharmacokinetic properties, for example, with the formation of the cyclodextrin-curcumin complex (ALZATE CEBALLOS et al, 2012), without altering the pharmacodynamics of the substance (SUETH-SANTIAGO et al, 2015). **Conclusion:** Several benefits of curcumin consumption are being described, such as its antitumor, neuroprotective and lipid-lowering properties. In order to optimize the use of these properties, studies are being developed to increase the solubility of this substance in water.

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