**Turmeric: a golden spice with multiple benefits for our body**

Turmeric or Haldi is a plant that is used as a spice. It is a part of the ginger family. For ages, it has been an integral part of the Indian household. But, are you aware of the numerous health benefits of turmeric, than just being the reason for the golden color and flavor of your curries?

Turmeric contains medicinal compounds termed curcuminoids. The most important among these is curcumin.

There is a myriad of health benefits of turmeric powder such as :

**1. Immunity Booster**

A healthy immune system is what we all need at this point. Turmeric is a natural compound that helps boost the immune system. It also fights viral multiplication in the body.

**2. Aids Proper Functioning Of Lungs**

Breathlessness is the most challenging aspect of most respiratory illnesses. Most individuals experience an unusual heaviness in their chest. This is due to prolonged blockage and swelling in the air passages.  
Turmeric reduces swelling in the respiratory tract. It also helps in the clearing of the lungs and the purification of the system.

**3. Aids In battle against Depression**

With so much happening around the world- the pandemic, stress, grief, the mental health of many individuals are affected. So, a considerable number of individuals are falling prey to anxiety, depression and other such problems. But, who knew that a common kitchen ingredient could help alleviate symptoms of a depressive episode?

Turmeric has a positive effect on the brain’s neurotransmitters: serotonin and dopamine. They determine the mood and behaviour of an individual. It also helps counteract all of the after-effects of stress.

**4. Speeds Up Wound Healing**

In childhood, our granny used to put haldi on a cut wound to stop the flow of blood. There is a reason for it. Turmeric is a proven remedy to stop or slow down the oozing of blood.