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31 October 2006 | 12:42 PM

World News



World News

Spice curries favour as arthritis, osteoporosis hope

31st October 2006, 11:30 WST

Turmeric, the popular spice used in curries, could offer a non-drug treatment for arthritis and osteoporosis.

In a study of rats, American researchers found that an extract of turmeric containing the substance curcumin produced anti-arthritic effects equivalent to some drugs.

Scientists from the University of Arizona, writing in the journal Arthritis & Rheumatism, said the spice appeared to work by stopping activation of a protein known as NF-KB, which controls joint inflammation.

It also appeared to block a pathway in the body which caused bone loss, suggesting it could also treat osteoporosis.



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World News

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