

# Curry-cure? Spicing up the effectiveness of a potential disease-fighter

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Yellow curry contains curcumin, a promising disease-fighter. Scientists developed nano-sized capsules containing the curry ingredient in an effort to improve its absorption and effectiveness in the body. Credit: Wikimedia Commons

Scientists are reporting development of a nano-size capsule that boosts the body's uptake of curcumin, an ingredient in yellow curry now being evaluated in clinical trials for treatment of several diseases. Their study is in ACS' *Journal of Agricultural and Food Chemistry*.

Koji Wada and colleagues note that curcumin is a potent antioxidant found in the spice, turmeric. Clinical trials are checking its safety and effectiveness for [colon cancer](#), psoriasis, and Alzheimer's disease. However, digestive juice in the gastrointestinal tract quickly destroys curcumin so that little actually gets into the blood.

Scientists have known for years that encapsulating insulin and certain other drugs into structures called liposomes can boost [absorption](#). The scientists prepared the liposomes encapsulating curcumin and fed them to laboratory rats. Encapsulating more than quadrupled absorption of curcumin, and also boosted antioxidant levels in the blood. The encapsulating process could be an answer to the problem of increasing curcumin's absorption in the digestive environment of the gastrointestinal tract, they suggest.

More information: "Evaluation of an Oral Carrier System in Rats: Bioavailability and Antioxidant Properties of Liposome-Encapsulated Curcumin", [Journal of Agricultural and Food Chemistry](#), [pubs.acs.org/stoken/presspac/p.../10.1021/jf9013923](https://pubs.acs.org/stoken/presspac/p.../10.1021/jf9013923)

Source: American Chemical Society ([news](#) : [web](#))

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