

Different Methods of Turmeric Tea Infusions: Comparative Antioxidant Study

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ABSTRACT

Medicinal plants would be the best source to obtain a variety of drugs. Turmeric has been traditionally used in Asian countries as a medical herb due to its antioxidant, anti-inflammatory, antimicrobial and anticancer properties and thus a potential against various malignant diseases. The objective of the study was to evaluate the antioxidant activity of turmeric (*Curcuma longa*). Different methods were used for turmeric tea preparation by using distilled water as a solvent. Four different infusions such as soft infusion, hard infusion, ambient infusion and cold infusion were analysed for phyto-chemical constituents such as Flavonoids, Tannins, Saponins, Proteins, Alkaloids, Steroids, Phenols, Terpenoid, Glycoside, Reducing sugars, Resins, Balsams, Anthraquinones, Chalcone, Phlobatannins, Anthocyanins, Coumarin, Emodin. Cold infusion showed the lowest antioxidant activity whereas ambient infusion showed moderate while soft and hard infusion indicated highest antioxidant potential amongst all the different infusions tested. Tannin content and flavonoid content were determined quantitatively in hard, soft and ambient infusions. Hard infusion showed highest percentage of tannin (50.475%) and TFC for flavonoids by proposed method (8.79). The turmeric infusions screened for phyto-chemical constituents mainly in the soft and hard infusions seemed to have the potential to improve the health status of the consumers as a result of the presence of various antioxidants that are vital for good health.

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