

عنوان مقاله:

A comprehensive review of the valuable benefits of curcumin-piperine supplementation on human health prom

محل انتشار:

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خلاصه مقاله:

Curcumin is extracted from the rhizomes *Curcuma longa* L. Curcumin is a bioactive polyphenolic pigment that is known for its anti-inflammatory and anti-oxidant activities. Despite its safety and potential for use against various diseases, curcumin's utility is restricted due to its low oral bioavailability. Co-administration of curcumin along with piperine could potentially improve the bioavailability of curcumin. The present review aimed to provide an overview of the efficacy and safety of curcumin-piperine co-supplementation in human health. The findings of this comprehensive review show the beneficial effects of curcumin-piperine in improving glycemic indices, lipid profile and antioxidant status in diabetes, improving the inflammatory status caused by obesity and metabolic syndrome, reducing oxidative stress and depression in chronic stress and neurological disorders, also improving chronic respiratory diseases, asthma and COVID-19. It is suggested that future research should focus more on evaluating the effectiveness of this combination on mood and neurological disorders. In addition, further high-quality clinical trial studies are needed to firmly establish the clinical efficacy of the curcumin-piperine supplement.

کلمات کلیدی:

curcumin, piperine, clinical, health, preclinical

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