

Efficacy of curcumin as adjuvant therapy to induce or mantain remission in ulcerative colitis patients: an evidence-based clinical review

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Abstrak

Background: treatment guidelines for ulcerative colitis (UC) not yet established. Currently, mesalazine, corticosteroids, and immunomodulators are treatment options for UC. However, they are known to have unpleasent side effects such as nausea, vomiting, headaches, hepatitis, and male infertility. Curcumin is found in Turmeric plants (*Curcuma longa* L.), which possesses both anti-inflammatory and antioxidant properties. This study aimed to determine whether curcumin as adjuvant therapy can induce or maintain remission in UC

.....Latar belakang: panduan tatalaksana untuk kolitis ulseratif (KU) belum tersedia. Saat ini, mesalazine, kortikosteroid, dan imunomodulator merupakan pilihan terapi untuk KU. Namun, obat-obatan tersebut memiliki efek samping yang tidak menyenangkan, misalnya mual, muntah, sakit kepala, hepatitis, dan infertilitas pria. Curcumin terdapat dalam tanaman Kunyit (*Curcuma longa* L.) yang memiliki aktivitas anti inflamasi dan antioksidan.