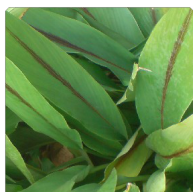


## Black Turmeric, Kali Haldi - Plant



Curcuma Caesia commonly known as 'Black Turmeric' is a perennial underutilized herb of the family Zingiberaceae . This less discussed species has been gradually increasing in popularity in the interested community for its unmatched medicinal properties. Black Turmeric is nevertheless a stranger to the Eastern world where it plays an integral role in many cultures.

Rating: Not Rated Yet

**Price**

Sales price R 1,213

Discount

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Description Curcuma caesia, black turmeric or black zedoary is a perennial herb with bluish-black rhizome, native to North-East and Central India.

The rhizome of black turmeric has a high economic importance owing to its putative medicinal properties. In west Bengal, the rhizome of the plant is used in Kali Puja, and hence the plant is called Kali haldi. By etymology, Kali is the feminine form of Kala, which means black color and hence the plant is termed as black turmeric in English

**Common name:** Kali haldi, Krishna kedar

**Height:** 1.5 to 3 feet

**Difficulty level:** Easy

**Planting & Care**

Curcuma Caesia usually grows in moist deciduous forests.

**Sunlight:** Turmeric prefers warm direct or indirect sun.

**Soil:** It is grown on different types of soils from light black, ashy loam and red soils clay loam s. However, it thrives the best in a well-drained sandy or clayey loam.

**Water:** Keep it damp but not sopping wet or the root may rot.

**Temperature:** 20-30°C

**Fertilizer:** Bi-monthly or even weekly feeding with a liquid fertilizer is ideal.

**Care:**

- The crop is to be mulched immediately after planting with green leaves at the rate of 12-15 tonnes per hectare.
- It may be repeated for a second time after 50 days with the same quantity of green leaves after weeding and application of fertilizers.
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Use

**Medicinal use:**

- The rhizome of the plant is aromatic, contains essential oil and used for a variety of purposes.
- The characteristic pungent smell of the rhizome is due to the presence of essential oil rich in camphor and starch.
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The rhizome is traditionally used in the treatment of hemorrhoids, leprosy, asthma, cancer, fever, wounds, vomiting, menstrual disorder, anthelmintic, aphrodisiac, gonorrhoeal discharges and inflammation.

- Furthermore, the smooth muscle relaxant, anti-tumour and anti-oxidant properties of Curcuma Caesia rhizome extract had been reported.

**Reference:**

<http://siddham.in/black-turmeric-or-curcuma-caesia-medicinal-and-rare> <http://www.gardeningblog.net/how-to-grow/turmeric/>