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the food prepared from curcuma longa is known as curry, colouring agent or yellow colouring, is used in several asian countries for a variety of dishes such as indian curry (curry powder), korma (kashmiri), chutney, pickle, salad dressing, sauces (gravy), and indian food and oriental dishes. c. longa is called turmeric in many countries. the turmeric plant is widely known by the name curcuma longa, and is also called haldi, haldi ka tel, or simply, haldi. it is also known as zingiberaceae, or ginger. turmeric is a domesticated perennial climbing vine native to india, sri lanka, myanmar and nepal. the plant is also known as c. aromatica or c. zedoaria. it is one of the most important and widely used spices in the world. about 27 types of turmeric grown in india, and 3 types cultivated in other countries. around 95% of the world's supply of turmeric is produced in india. it is the world's second most expensive spice, after saffron, for its price per unit weight has increased more than tenfold in just over a decade. turmeric is one of the main components of curry powder. it provides a yellowish colour to many dishes such as indian curries, stews, casseroles and sauces. in addition to its colouring properties, turmeric is one of the few herbs that contain curcumin, which has been shown to have a variety of health benefits. it is an ingredient in dietary supplements and skin care products. turmeric is also a popular spice in the cuisine of the indian subcontinent, where it is used to flavour many foods, and is a main ingredient in curry, a dish of indian cuisine. in the indian subcontinent, turmeric is primarily consumed as a spice and is used in food preparation as a colouring agent. it is a warming spice that is believed to aid digestion, relieving stomachaches, curing stomach ulcers, and aiding in the absorption of certain vitamins and minerals. turmeric is also used in the treatment of skin conditions such as psoriasis and dandruff. turmeric has been used as a treatment for sore throats, rheumatism, coughs, colds, and other respiratory problems.

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the long-term behavior of the animal proteins provided by the wider rural economy to support subsistence in peri-urban sites has been suggested to inform a picture of more substantial change over the history of the indus city-states, but there are no systematic grounds for such a claim, although it is possible that animal protein consumption increased in response to changing climatic conditions (rao 1994b :251, 1990 :6). such a claim would, however, be at odds with a model of early urbanization that emphasizes a more embedded and close link with the agrarian economy than has been implied by the early discussions of staple crops and the provision of animal protein. the data on animal bone finds presented here support the conclusion that most of the animal protein in the diet of contemporary upper palaeolithic foragers came from the specialized hunting and harvesting of large game and/or the procurement of wild plant foods, with the exception of occasional but important food consumption of hunted and butchered animal protein. this is therefore important information that should be taken into account in the debate on the nature and scale of the early first domestication event. in the context of the role of animal protein in early human subsistence, it may be noted that hematin and iron are the chemical forms of heme and iron that are most available to human populations and are more limiting than other minerals such as calcium and magnesium in the diet. animals are thus key contributors of hematin and iron to the diet and constitute a significant source of these minerals for all other animals. this consideration may go some way to explaining the potential importance of animal protein in the diet of early food-provisioning humans (but does not address the complex problem of the dietary sources of other essential minerals and vitamins). the role of heme in the formation of deoxyhemoglobin, the dominant form of hemoglobin in the body at birth, may also have implications for the early use of heme in folic acid production [35, 37]. 5ec8ef588b

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