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[Vindaloo Indian Dish Healthier than Aspirin](#)

Curry spice is the main ingredient in the Indian dish which makes it so beneficial for our health; curry contains both curcumin and salicylic acid which improve our health and prevent cancer

A recent study showed that all the ingredients and spices in the Vindaloo dish are very beneficial for our health and are more efficient than aspirin against headache. Vindaloo is a traditional Indian meal prepared with large amounts of spices including garlic, pepper, ginger and chilly, mostly curry, which give this particular food a sharp rich taste. The study was conducted by researchers at the Rowett Research Institute. They showed that curry is the main ingredient in the Vindaloo dish which protects against colon cancer and is also extremely rich in an active ingredient also present in aspirin. The ingredient which alleviates headache is known as salicylate, the medical term for aspirin being salicylic acid. Found both in aspirin and curry, it is more recommended to consume the spice rather than the drug, as the former has no side effects. On the contrary, long term use of aspirin may lead to gastro-intestinal bleeding and other quite severe health disorders. Researchers also found that one portion of the Vindaloo dish contains more salicylate (95 mg) than a low dose aspirin tablet (65 mg.) "A taste for Indian food increases salicylate intake as spices such as cumin, turmeric and paprika are particularly rich sources. One portion of vindaloo we examined contained 95mg of salicylic acid - more than the amount in an aspirin tablet," wrote the researchers in their report. One of the main ingredients of curry spice is turmeric. Turmeric is commonly known as one of the cheapest spices, that has been used since antiquity as a condiment and also as dye. Originating in South East Asia, the turmeric contains curcuminoids that are the most beneficial ingredients of this plant. The curcuminoids have antioxidant, antibacterial and anti-inflammatory effects upon human body. Also, the turmeric intake helps support the health of liver, prevents high doses of cholesterol in our organism and is being studied by scientists for its tumor-blocking ability. As an anti-cancer agent, turmeric has previously been found to block the uncontrollable growth of melanoma tumor cells, cells that lead to breast cancer, leukemia etc. It was also found to be beneficial against colon cancer in earlier research. It seems that the new research highlights new beneficial compound found in curry - the salicylic acid. Exactly like curcumin, the salicylic acid is a compound which naturally occurs in plants and is used as a defense mechanism against attacks from harmful pathogens. The richest sources of salicylic acid are willow leaves and bark. Other sources of the acid are tomatoes and tomatoe based products, red qine, salads, fruits etc. Salicylic acid's beneficial properties relate to relieving pain and inhibiting different types of cancer. "The dietary level of salicylic acid in curry is exceptionally high. I don't think you would recommend a curry a day for headaches but it is possible that someone with a headache who is a very good absorber of salicylic acid might find it went away if they had a vindaloo," stated Professor Garry Duthie, co-researcher of the study. The members of the team which investigated the beneficial effects of the salicylic acid and its presence in the Vindaloo dish, especially in the curry spice, pointed out that not everybody is a huge fan of Indian cuisine. But natural resources of the acid can also be found in fruits and vegetables and people should primarily resort to these sources rather than to aspirin. "Not only would consuming salicylate-rich plant-based foods minimize the side effects associated with the long-term use of aspirin, but it would also provide us with other essential vitamins, minerals and fiber. We estimate that in a normal Scottish diet, people get about 4mg or 5mg of salicylate a day. The optimum dose is probably 20mg to 30mg. If they took up the message of eating five portions of fruit and vegetables a day, they would get up to those levels," researchers stated.