

# Why Turmeric Milk Is the Golden Drink You Should Try Tonight

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The humble Indian drink Turmeric Milk—also known as “golden milk”—is more than an age-old home remedy. As interest in holistic and functional nutrition grows, this comforting beverage is enjoying renewed popularity. Rooted in traditional wellness practices and now backed by emerging scientific insights, turmeric milk is being revisited for its potential to support multiple aspects of health.

## What’s in the Cup: Key Ingredients & How They Work

At its core, turmeric milk combines milk (dairy or plant-based) with Turmeric, often plus warming spices like ginger, cinnamon and a pinch of black pepper. The star compound is curcumin, a bioactive molecule in turmeric known for its anti-inflammatory and antioxidant properties.

Here’s how the ingredients function together:

- Milk provides a nourishing base rich in calcium and sometimes vitamin D, supporting bone and overall health.
- Turmeric (curcumin) offers anti-inflammatory, antioxidant, immune-modulating and digestive benefits.
- Black pepper or fats enhance curcumin’s absorption, given its naturally low bioavailability.

## Health Benefits

Both tradition and preliminary science point to a number of potential benefits:

### 1. Anti-inflammatory and joint support

Curcumin has been shown to reduce markers of inflammation and ease symptoms in conditions like arthritis or general joint pain.

### 2. Immune enhancement

Turmeric’s antimicrobial and antioxidant components may help bolster immune defences—which is one reason turmeric milk is traditionally taken when one feels under the weather.

### 3. Digestive comfort

The drink may stimulate bile production and support digestion, easing issues like indigestion or bloating.

### 4. Brain- and mood-support

Some studies suggest curcumin may increase brain-derived neurotrophic factor (BDNF), supporting brain health, mood regulation, and possibly sleep quality.

## **5. Skin and radiance**

Because of its antioxidant and anti-inflammatory effects, turmeric milk is credited with supporting clearer, more radiant skin—especially when used consistently.

## **6. Bone health**

When combined with the calcium and vitamin D of milk, the drink may support bone maintenance—especially relevant for ageing populations or those at risk of bone density issues

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