

Review Article

Recent Advances in Nanotechnology-Based Formulations for Curcumin Delivery

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Abstract— Curcumin, extracted from the turmeric plant, demonstrates notable therapeutic potential such as anti-inflammatory, antioxidant, and anticancer properties. Nonetheless, its clinical utility is hindered by limited bioavailability. In recent years, nanotechnology-based formulations have emerged as a transformative approach to address this challenge and enhance the delivery of curcumin. This review provides a comprehensive overview of recent advances in nanotechnology-based formulations for curcumin delivery. The first section delves into various nanoparticle formulations, including liposomes, polymeric nanoparticles, and micelles, highlighting their structures and discussing advantages and limitations in curcumin delivery. The subsequent section focuses on transferosomes, emphasizing their unique characteristics in facilitating transdermal curcumin delivery. Additionally, the review explores combination therapies involving curcumin and other agents within nanocarrier systems, such as the synergistic effects observed with piperine. Targeted delivery systems represent another key aspect, with an examination of recent developments in delivering curcumin to specific tissues or cells using nanocarriers. Surface modifications, designed to enhance the stability and bioavailability of curcumin-loaded nanocarriers, are discussed in a dedicated section. Furthermore, the potential and challenges of intranasal delivery for curcumin using nanotechnology-based formulations are explored. The review concludes by addressing current challenges in the clinical translation of nanotechnology-based curcumin formulations and proposing future perspectives for advancing this field. The integration of nanotechnology into curcumin delivery holds significant promise for unlocking the full therapeutic potential of this natural compound.

Keywords— Curcumin, Nanotechnology, Drug Delivery, Transferosomes, Combination Therapy

1. Introduction

Curcumin, a polyphenolic compound sourced from the rhizomes of the *Curcuma longa* plant, widely recognized as turmeric, has attracted considerable interest in recent times owing to its multifaceted therapeutic attributes. Documented for centuries in traditional medicine, curcumin exhibits anti-inflammatory, antioxidant, anti-cancer, and neuroprotective activities [1]. However, its clinical translation is impeded by its poor bioavailability, stemming from low aqueous solubility, rapid metabolism, and limited systemic absorption [2]. To harness the full therapeutic potential of curcumin, innovative strategies are imperative, and nanotechnology has emerged as a pivotal tool in overcoming these challenges.

Nanotechnology offers unique advantages for drug delivery, providing a platform to design and manipulate nanocarriers with precise control over size, surface charge, and drug release kinetics [3]. In the context of curcumin, nanoparticle formulations have shown promise in enhancing its bioavailability. Liposomal formulations, for instance, encapsulate curcumin within lipid bilayers, protecting it from

degradation and facilitating sustained release [4]. Polymeric nanoparticles, exemplified by those utilizing poly(lactic-co-glycolic acid) (PLGA), present advantages including controlled release and enhanced solubility [5]. Micellar systems, formed by amphiphilic molecules, provide another avenue for enhancing curcumin's aqueous solubility [6].

Transferosomes, a specialized type of nanocarrier, have garnered attention for their ability to traverse biological barriers, making them particularly suited for transdermal drug delivery [7]. Transferosomes encapsulating curcumin demonstrate enhanced skin permeation, facilitating localized therapy and overcoming the limitations associated with oral administration [8]. Notably, studies have reported the successful use of transferosomes in improving curcumin's therapeutic efficacy for skin disorders [9].

Several studies underscore the synergistic potential of combining curcumin with other agents to further enhance its bioavailability. Piperine, a natural bioenhancer, has been investigated for its ability to inhibit hepatic metabolism, increasing curcumin absorption [10]. Nanocarrier systems,

including liposomes and micelles, have been employed to co-deliver curcumin and piperine, demonstrating enhanced therapeutic outcomes [11].

The introduction of nanotechnology-based formulations represents a promising avenue to address the challenges associated with curcumin's poor bioavailability. Through a nuanced understanding of various nanoparticle formulations, transferosomes, and combination therapies, researchers aim to unlock the full therapeutic potential of curcumin, thereby advancing its clinical applications.

2. Review of Literature

Nanotechnology has ushered in a new era in drug delivery, offering a spectrum of nanocarrier systems tailored to enhance the bioavailability of curcumin. This section comprehensively reviews three prominent nanoparticle formulations—liposomes, polymeric nanoparticles, and micelles—shedding light on their structures, advantages, and limitations in the context of curcumin delivery.

2.1 Liposomes:

Liposomes, phospholipid bilayer vesicles, represent a well-established nanocarrier for curcumin delivery. The structure of liposomes mimics cell membranes, facilitating biocompatibility and controlled release of encapsulated curcumin. The amphiphilic nature of curcumin allows it to be entrapped within the lipid bilayers or the aqueous core, depending on the liposomal type. This structure protects curcumin from degradation, enhances its solubility, and prolongs its circulation time, resulting in improved bioavailability [12]. However, challenges include potential drug leakage during storage and a tendency for rapid clearance from the bloodstream.

2.2 Polymeric Nanoparticles:

Polymeric nanoparticles, particularly those based on polymers such as poly(lactic-co-glycolic acid) (PLGA), offer a versatile platform for curcumin delivery. These nanoparticles are biocompatible, and their size, surface charge, and drug release kinetics can be finely tuned. PLGA-based nanoparticles encapsulate curcumin in a polymer matrix, providing protection against enzymatic degradation and controlled release [13]. The sustained release profile enhances curcumin's therapeutic efficacy. Despite these advantages, challenges include the potential toxicity of certain polymers and the need for further optimization of drug-loading capacities as in **Table 1**.

Table 1: Drug Loading Capacities Features

Feature	Description
Nanoparticle Composition	Polymeric nanoparticles, specifically poly(lactic-co-glycolic acid) (PLGA) based
Biocompatibility	PLGA nanoparticles offer biocompatibility, reducing the risk of adverse reactions when administered
Tunability	Size, surface charge, and drug release kinetics of PLGA nanoparticles can be finely tuned,

Feature	Description
	allowing customization for specific applications
Drug Protection	Curcumin is encapsulated within a polymer matrix, providing protection against enzymatic degradation
Controlled Release	PLGA nanoparticles facilitate controlled release of curcumin, leading to a sustained release profile
Enhanced Therapeutic Efficacy	Sustained release enhances curcumin's therapeutic efficacy, ensuring a prolonged presence of the drug in the targeted area
Challenges	Potential toxicity of certain polymers used in nanoparticle composition
Optimization Needed	Further optimization is required for enhancing drug-loading capacities to maximize the therapeutic potential of curcumin-loaded PLGA nanoparticles

2.3 Micelles:

Micelles, created through the self-assembly of amphiphilic molecules in aqueous solutions, offer a novel strategy for delivering curcumin. Their core-shell structure allows the encapsulation of hydrophobic curcumin within the hydrophobic core, improving its solubility. Micelles enhance curcumin's stability, prevent premature degradation, and facilitate its transport across biological barriers. Moreover, the small size of micelles contributes to improved cellular uptake and bioavailability [14]. However, challenges include potential instability and the need for a careful selection of surfactants to ensure biocompatibility.

2.4 Comparative Analysis:

Comparing these nanoparticle formulations reveals distinct advantages and limitations. Liposomes provide excellent biocompatibility and mimicry of cellular structures, while polymeric nanoparticles offer tunable properties for controlled release. Micelles, on the other hand, excel in enhancing solubility and cellular uptake. The selection of an optimal nanoparticle system for curcumin delivery depends on the specific therapeutic goals and the desired route of administration. Nanoparticle formulations, including liposomes, polymeric nanoparticles, and micelles, represent promising avenues for improving curcumin's bioavailability. A nuanced understanding of their structures and performance characteristics is crucial for advancing the development of effective curcumin delivery systems.

3. Transferosomes and Curcumin Delivery

Transferosomes, a specialized vesicular carrier, have emerged as a promising tool for augmenting the transdermal delivery of curcumin. This section explores the unique features of transferosomes and discusses relevant studies and advancements in this area.

3.1 Unique Features of Transferosomes:

Transferosomes are ultraflexible, edge-activator-based vesicles with the ability to deform and squeeze through pores

smaller than their size, making them particularly suitable for transdermal drug delivery. Composed of phospholipids and edge activators (surfactants), transferosomes possess the distinctive ability to penetrate the stratum corneum, the outermost layer of the skin. The inclusion of edge activators imparts flexibility to the vesicles, allowing them to adapt to the skin's topography and enhance drug permeation. This unique feature of transferosomes overcomes the limitations associated with traditional liposomes and facilitates the efficient delivery of therapeutic agents through the skin [15].

3.2 Studies on Curcumin-Loaded Transferosomes:

Numerous studies have explored the use of transferosomes for facilitating the transdermal delivery of curcumin. Notably, research indicates that transferosomal formulations of curcumin display superior skin permeation capabilities compared to conventional formulations. A study by Toutou et al. highlighted the effectiveness of transferosomes in facilitating the delivery of curcumin, showing increased drug accumulation in the skin layers [16]. The deformability of transferosomes enables them to navigate through the skin's barriers, allowing for improved curcumin absorption and bioavailability.

Moreover, advancements in transferosomal technology have led to the development of tailored formulations to optimize curcumin delivery. Researchers have explored the incorporation of penetration enhancers and surface modifications to further enhance the efficiency of curcumin-loaded transferosomes. These modifications aim to improve vesicle stability, prolong drug release, and fine-tune the pharmacokinetics of curcumin. Despite the significant progress, challenges remain in the widespread application of transferosomes for curcumin delivery. Stability issues, potential leakage of encapsulated curcumin, and optimization of formulation parameters are areas that necessitate further exploration. Future research directions may involve the incorporation of advanced materials, such as nanogels or hybrid nanocarriers, to address these challenges and further improve the efficacy of transferosomal curcumin delivery. Transferosomes represent a promising avenue for enhancing the transdermal delivery of curcumin, leveraging their unique features and adaptability. Studies have demonstrated their effectiveness in overcoming skin barriers and improving curcumin bioavailability, paving the way for the development of innovative transferosomal formulations for therapeutic applications.

4. Combination Therapies: Curcumin and Other Agents

Combining curcumin with other bioactive compounds, particularly within nanotechnology-based formulations, has garnered attention for its potential synergistic effects and enhanced therapeutic outcomes. This section examines the synergies between curcumin and selected agents, such as piperine, within the context of nanocarrier systems and highlights studies demonstrating improved therapeutic efficacy.

4.1 Curcumin and Piperine Synergy:

Curcumin's bioavailability is significantly hampered by its rapid metabolism and poor absorption. Piperine, the active component in black pepper, has been recognized as a natural bioenhancer that inhibits hepatic and intestinal glucuronidation, thereby boosting the bioavailability of curcumin [17]. The combination of curcumin with piperine aims to address these limitations and unlock the full therapeutic potential of curcumin.

4.2 Nanotechnology-Based Formulations:

Nanotechnology-based formulations play a pivotal role in optimizing the synergistic effects of curcumin and piperine. Liposomal and micellar systems, for instance, provide a conducive environment for the co-delivery of these compounds, allowing for enhanced stability and controlled release. Such formulations contribute to improved solubility, bioavailability, and sustained release of curcumin and piperine, resulting in prolonged therapeutic effects.

4.3 Studies Demonstrating Enhanced Therapeutic Outcomes:

Numerous studies have underscored the synergistic benefits of combining curcumin with piperine within nanotechnology-based formulations. For example, a study conducted by Shoba et al. illustrated that the co-administration of curcumin and piperine led to a remarkable 2000% increase in the bioavailability of curcumin in humans. This enhancement was attributed to the inhibition of hepatic and intestinal glucuronidation by piperine [18]. In addition to bioavailability improvements, the combination of curcumin and piperine has exhibited enhanced efficacy in various therapeutic applications. Research in cancer therapy has shown that the co-delivery of curcumin and piperine using nanocarriers leads to increased apoptosis, reduced cell proliferation, and improved anti-tumor effects compared to individual compounds [19]. Moreover, in inflammatory conditions and neurodegenerative diseases, the synergistic combination has demonstrated superior anti-inflammatory and neuroprotective effects [20]. The exploration of combination therapies involving curcumin and piperine within nanotechnology-based formulations is an evolving field with promising prospects. Future research may focus on fine-tuning formulations, investigating optimal ratios, and exploring additional synergistic agents to further enhance therapeutic outcomes. Addressing challenges related to stability, scalability, and potential side effects will be crucial for the successful clinical translation of these combination therapies. The combination of curcumin with piperine within nanotechnology-based formulations presents a potent strategy to overcome bioavailability challenges and achieve synergistic therapeutic effects. Emerging studies provide valuable insights into the enhanced efficacy of these combinations, opening avenues for innovative and effective treatments in **Table 2**.

Table 2: Formulation of Liposomal and Micellar Systems

Aspects	Description
Formulations	Liposomal and micellar systems
Benefits	Enhance stability and controlled release;

Aspects	Description
	Improve solubility, bioavailability, and sustained release
Bioavailability Enhancement	Co-administration in nanotechnology-based formulations leads to up to 2000% increase in curcumin bioavailability, attributed to piperine's inhibition of glucuronidation (Shoba et al., 1998)
Therapeutic Efficacy in Cancer	Enhances apoptosis, reduces proliferation, and improves anti-tumor effects compared to individual compounds
Therapeutic Efficacy in Inflammatory and Neurodegenerative Diseases	Shows superior anti-inflammatory and neuroprotective effects

5. Targeted Delivery Systems for Curcumin

Recent advancements in nanotechnology have facilitated the development of targeted nanocarrier systems for the delivery of curcumin to specific tissues or cells, thereby enhancing its therapeutic efficacy. This section explores the latest developments in targeted delivery systems and emphasizes their potential applications in treating various diseases.

5.1 Nanocarrier Design for Targeted Delivery:

The design of targeted nanocarrier systems involves tailoring the physicochemical properties of carriers to achieve site-specific drug delivery. Surface modifications, ligand conjugation, and responsive elements are integrated into nanocarriers to enhance their targeting capabilities. This approach minimizes off-target effects, reduces systemic toxicity, and improves the overall therapeutic index of curcumin.

5.2 Ligand-Targeted Nanocarriers:

Ligand-targeted nanocarriers employ specialized ligands that recognize and bind to receptors overexpressed on the target cells. In the context of curcumin delivery, ligands such as antibodies, peptides, or aptamers are conjugated to nanocarriers to enhance targeting and efficacy. For instance, nanocarriers functionalized with ligands that target cancer-specific receptors can improve the accumulation of curcumin in cancer cells, enhancing its anti-cancer effects [21].

5.3 Responsive Nanocarriers:

Responsive nanocarriers are designed to release their cargo in response to specific stimuli, such as pH, temperature, or enzymatic activity found in the target tissue. This approach ensures controlled drug release at the desired site, enhancing therapeutic efficacy. Responsive nanocarriers for curcumin delivery can be engineered to release the drug in the acidic tumor microenvironment or within inflammatory tissues, optimizing its bioavailability [22].

5.4 Applications in Disease Treatment:

The targeted delivery of curcumin has promising applications in treating various diseases. In cancer therapy, targeted nanocarriers aim to improve curcumin's selective

accumulation in tumor tissues, enhancing its cytotoxic effects and minimizing damage to healthy cells. Additionally, targeted delivery systems for curcumin hold potential in neurodegenerative diseases, inflammatory disorders, and cardiovascular conditions, where precise drug localization is critical for therapeutic success. Recent studies have demonstrated the effectiveness of targeted nanocarrier systems for curcumin delivery in preclinical models. For instance, nanocarriers functionalized with tumor-targeting ligands have shown increased curcumin accumulation in tumors, leading to improved therapeutic outcomes [23]. Future directions in this field may involve the exploration of multi-functional nanocarriers, combining targeting ligands with responsive elements to enhance specificity and precision in drug delivery. Targeted nanocarrier systems represent a cutting-edge approach for optimizing curcumin delivery, offering the potential to revolutionize disease treatment strategies. As these systems continue to evolve, their application in clinical settings holds promise for enhancing the therapeutic benefits of curcumin across a spectrum of diseases.

6. Surface Modifications for Improved Stability

Surface modifications of nanocarriers play a pivotal role in enhancing the stability and bioavailability of curcumin-loaded formulations. This section delves into diverse surface modification strategies utilized to optimize the stability of nanocarriers, thus ensuring prolonged circulation, controlled release, and ultimately, improved therapeutic outcomes.

6.1 PEGylation:

Polyethylene glycol (PEG)ylation is a widely used surface modification strategy to improve the stability of nanocarriers. PEG is hydrophilic and forms a protective layer on the nanocarrier surface, preventing opsonization and recognition by the reticuloendothelial system (RES). This modification enhances the circulation time of nanocarriers in the bloodstream, leading to prolonged exposure to target tissues. PEGylation has been employed in liposomes, micelles, and polymeric nanoparticles to enhance the stability of curcumin-loaded formulations [24] in **Table 3**.

Table 3: Polyethylene glycol (PEG)ylation

Aspects	Description
Surface Modification Strategy	Polyethylene glycol (PEG)ylation
Purpose	Improve stability of nanocarriers
Mechanism	PEG, being hydrophilic, forms a protective layer on nanocarrier surface, preventing opsonization and recognition by the reticuloendothelial system (RES)
Benefits	Enhances circulation time of nanocarriers in bloodstream; Prolongs exposure to target tissues
Applications	Liposomes, micelles, and polymeric nanoparticles
Use in Curcumin Formulations	Employed to enhance stability of curcumin-loaded formulations

6.2 Albumin Coating:

Coating nanocarriers with albumin, a naturally occurring protein, provides stability and biocompatibility. Albumin-coated nanocarriers can improve drug loading capacity, prevent aggregation, and enhance the colloidal stability of curcumin formulations. Additionally, albumin-coated nanocarriers can exploit albumin receptors for targeted drug delivery, further improving bioavailability [25].

6.3 Silica Coating:

Silica coating offers a protective shell around nanocarriers, preventing premature drug release and enhancing stability. Silica-coated nanocarriers exhibit improved resistance to degradation by enzymes and provide a barrier against external factors that may compromise stability. This modification is particularly beneficial for curcumin-loaded nanoparticles, ensuring controlled release and protection of the encapsulated drug [26] in **Table 4**.

Table 4: Silica coating Strategies

Aspects	Description
Coating Strategy	Silica coating
Purpose	Offers a protective shell around nanocarriers
Mechanism	Prevents premature drug release and enhances stability
Benefits	Improved resistance to degradation by enzymes; Provides a barrier against external factors compromising stability
Application	Particularly beneficial for curcumin-loaded nanoparticles
Outcome	Ensures controlled release and protection of encapsulated drug

6.4 Lipid Bilayer Modifications:

In liposomal formulations, modifications to the lipid bilayer can significantly impact stability. Incorporating stabilizing agents, such as cholesterol, can enhance the structural integrity of the liposomal membrane, preventing leakage and aggregation. Additionally, incorporating lipids with specific head group modifications can improve the stability and drug-loading capacity of curcumin-loaded liposomes [27].

6.5 Polymer Coating:

Surface modification with biocompatible polymers, such as polyvinyl alcohol (PVA) or polyethyleneimine (PEI), can improve the stability of nanocarriers. Polymer coatings provide a protective layer, reducing interactions with biological components and preventing degradation. Furthermore, polymer-coated nanocarriers can be engineered for sustained release, contributing to prolonged therapeutic effects of curcumin [25]. While various surface modifications have shown promise in improving the stability of curcumin-loaded nanocarriers, challenges remain. Achieving a delicate balance between stability, biocompatibility, and controlled release is crucial. Future research may explore novel surface modification strategies, such as responsive coatings that can release curcumin in response to specific stimuli at the target site. Surface modifications plays an important role in enhancing the stability and bioavailability of curcumin-loaded

nanocarriers. As these strategies continue to evolve, they hold the potential to advance the development of stable and effective curcumin formulations for therapeutic applications.

7. Intranasal Delivery of Curcumin

Intranasal delivery using nanotechnology-based formulations has emerged as an approach for delivery of curcumin to the central nervous system. This section examines the potential and challenges associated with intranasal delivery, focusing on recent studies that explore the application of nanocarriers for efficient curcumin delivery.

7.1 Potential of Intranasal Delivery:

Intranasal delivery provides a direct and non-invasive pathway to bypass the blood-brain barrier (BBB), allowing therapeutic agents to reach the brain. This approach is particularly pertinent for curcumin, renowned for its neuroprotective and anti-inflammatory properties. Nanocarriers, including nanoparticles, liposomes, and micelles, can be engineered to encapsulate curcumin, enabling its transport across the nasal mucosa and subsequent delivery to the brain. This strategy holds promise for addressing various neurological disorders.

7.2 Nanotechnology-Based Formulations:

Nanotechnology-based formulations have been instrumental in optimizing intranasal delivery of curcumin. Nanocarriers protect curcumin from enzymatic degradation, enhance its solubility, and provide sustained release, contributing to improved bioavailability. For example, curcumin-loaded nanoparticles coated with mucoadhesive polymers enhance residence time in the nasal cavity, promoting absorption and transport to the brain [1]. Liposomal formulations have also shown promise in facilitating intranasal curcumin delivery, with liposomes protecting curcumin from degradation and promoting sustained release [2] in **Table 5**.

Table 5: Optimizing intranasal delivery of curcumin

Aspects	Description
Role of Nanotechnology	Optimizing intranasal delivery of curcumin
Benefits	Nanocarriers protect curcumin from enzymatic degradation, enhance solubility, and provide sustained release, leading to improved bioavailability
Example 1	Curcumin-loaded nanoparticles coated with mucoadhesive polymers enhance residence time in nasal cavity, promoting absorption and transport to the brain.
Example 2	Liposomal formulations facilitate intranasal curcumin delivery by protecting it from degradation and promoting sustained release.

7.3 Recent Studies and Findings:

Recent studies have highlighted the effectiveness of intranasal delivery of curcumin utilizing nanocarriers. For instance, in a study conducted by Kundu et al., intranasal administration of curcumin-loaded nanoparticles led to

heightened brain uptake and enhanced neuroprotective effects in an experimental model of Alzheimer's disease [3]. Similarly, liposomal formulations of curcumin administered intranasally have shown increased therapeutic outcomes in neuroinflammatory conditions [4].

7.4 Challenges and Considerations:

Despite the potential advantages, intranasal delivery of curcumin using nanotechnology-based formulations faces challenges. The nasal mucosa is a complex environment, and achieving uniform distribution and controlled release poses technical challenges. Moreover, maintaining the stability of nanocarriers during intranasal administration, potential mucociliary clearance, and the need for precise dosing are considerations that warrant further investigation. Future research in intranasal delivery of curcumin could explore advanced nanocarrier designs, such as stimuli-responsive systems that release curcumin in response to specific cues in the nasal environment or brain tissue. Additionally, the development of nanocarriers with improved mucoadhesive properties and strategies to enhance nasal residence time can further optimize intranasal curcumin delivery. Intranasal delivery of curcumin using nanotechnology-based formulations holds significant potential for neurological applications. Recent studies underscore the efficacy of this approach in achieving enhanced brain uptake and therapeutic effects.

8. Challenges and Future Perspectives

Nanotechnology-based curcumin formulations show immense promise, but several challenges hinder their smooth clinical translation. This section discusses current challenges and proposes future directions for research to overcome these obstacles and advance the field.

8.1 Challenges in Clinical Translation:

Biocompatibility and Toxicity: Ensuring the biocompatibility and long-term safety of nanocarriers is essential for clinical translation. Assessing potential toxic effects, accumulation in vital organs, and addressing concerns related to immunogenicity are critical steps.

Scale-Up and Manufacturing: Transitioning from laboratory-scale synthesis to large-scale manufacturing is a significant challenge. Maintaining batch-to-batch consistency, reproducibility, and compliance with good manufacturing practices (GMP) are essential for regulatory approval.

Optimal Pharmacokinetics: Achieving the optimal pharmacokinetics of nanocarriers is challenging. Factors such as drug release kinetics, circulation time, and clearance rates need to be finely tuned to maximize and minimize side effects.

Targeted Delivery Challenges: While targeted delivery systems offer precision, challenges persist in achieving uniform distribution, especially in heterogeneous diseases like cancer. Ensuring effective targeting to specific cells or tissues while minimizing off-target effects remains a hurdle.

Clinical Endpoints: Establishing clinically relevant endpoints and demonstrating therapeutic efficacy in human subjects are crucial for gaining regulatory approval. Designing clinical trials that effectively evaluate the impact of nanocarrier formulations on patient outcomes is a complex task.

8.2 Future Directions for Research:

Advanced Nanocarrier Designs: Research should focus on developing advanced nanocarriers with improved stability, controlled release, and enhanced biocompatibility. Innovations in nanocarrier design, such as stimuli-responsive systems and hybrid formulations, can address existing challenges.

Personalized Nanomedicine: Tailoring nanocarrier formulations to individual patient characteristics could enhance treatment outcomes. Personalized medicine approaches, considering genetic, physiological, and disease-specific factors, may pave the way for more effective curcumin delivery.

Combination Therapies: Investigating synergistic combinations of curcumin with other therapeutic agents within nanocarriers could enhance therapeutic outcomes. Combinatorial approaches may target multiple pathways, increasing the treatment and reducing risk of drug resistance.

In-depth Pharmacokinetic Studies: Conducting comprehensive pharmacokinetic studies is crucial for understanding the fate of nanocarriers in vivo. Incorporating advanced imaging techniques and utilizing preclinical models that better mimic human physiology can provide valuable insights.

Biomarker-Driven Trials: Implementing biomarker-driven clinical trials can help establish the efficacy of nanocarrier formulations. Identifying reliable biomarkers that correlate with treatment response will facilitate more efficient and informative clinical trials.

Regulatory Collaboration: Collaborating with regulatory agencies early in the development process is vital. Engaging regulatory bodies in discussions about study design, endpoints, and safety considerations can streamline the approval process.

Patient-Centric Approach: Considering patient perspectives, preferences, and quality of life in the design of clinical trials is essential. A patient-centric approach ensures that the benefits of nanocarrier formulations are meaningful and align with patient priorities.

Addressing the current challenges in the clinical translation of nanotechnology-based curcumin formulations requires a multi-faceted approach. Future research endeavors should prioritize innovation in nanocarrier design, personalized medicine, and collaboration with regulatory agencies to unlock the full therapeutic potential of curcumin in diverse clinical settings.

9. Conclusion

Recent advances in nanotechnology for curcumin delivery hold immense promise, offering solutions to longstanding challenges associated with the poor bioavailability of curcumin. This comprehensive exploration highlights key findings and underscores the significance of these advancements for clinical applications. Nanotechnology-based formulations, including liposomes, polymeric nanoparticles, micelles, and transferosomes, have demonstrated the capacity to significantly enhance the bioavailability of curcumin. These innovative carriers protect curcumin from degradation, improve solubility, and enable controlled release, overcoming major obstacles to its therapeutic efficacy. The development of targeted nanocarrier systems has paved the way for site-specific delivery of curcumin. Through surface modifications, ligand-targeting, and responsive nanocarriers, researchers can achieve precise delivery to specific tissues or cells, minimizing off-target effects and optimizing therapeutic outcomes. Intranasal delivery, facilitated by nanotechnology, emerges as a promising route for curcumin to reach the central nervous system. Nanocarriers, such as liposomes and nanoparticles, enable efficient transport through the nasal mucosa, potentially addressing neurological disorders with enhanced therapeutic effects. Combining curcumin with synergistic agents, such as piperine, within nanocarriers showcases improved therapeutic outcomes. The co-delivery of these compounds enhances bioavailability and efficacy, presenting a powerful strategy for addressing various diseases, including cancer and inflammation. Recent advances in nanotechnology-based curcumin formulations represent a paradigm shift in addressing the challenges associated with curcumin's therapeutic use. As these innovations progress, the potential impact on clinical applications is profound, offering new hope for the development of safe, effective, and targeted curcumin-based therapies with broad-reaching implications for human health.

Data Availability

The corresponding author can provide the datasets created and examined during the current review upon reasonable request. The anonymized data respect participant privacy and comply with moral standards.

Conflict of Interest

In regards to the publication of this research, the authors state that they have no conflicts of interest. The research and academic integrity of the study were upheld, and no outside influences were allowed to taint the findings' impartiality or objectivity.

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Author's Contribution

Each author contributed significantly to the conception, design, and execution of the study. Author contributions are as follows:

- [Author 1]: Conceptualization, Formal analysis, Writing - Original draft preparation.
- [Author 2]: Data curation, Writing - Review & Editing, Supervision, Project administration, Writing - Review & Editing.

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