

A Review Article on Herbalmedicines and Its Growing Use.

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ABSTRACT

Ayush is an ancient traditional system of medicine. Ayurveda uses herbal medicines. Ayurveda which is also means science of long life. It is believed to have originated over 6000 years ago. Recently, herbal medicines have attracted very much attention as alternative medicine beneficial for various diseases. Herbal medicines have very good healing power over diseases like depression, cancer, diabetes, hypertension, etc. These medicines are also used as cosmetics over many years. This review discusses about safety, efficacy and growing use of herbalmedicine

KEYWORDS- Ayurveda, herbal medicines, traditional system, diseases.

➤ Advantages Of Herbalmedicines-

1. They are safe, natural with fewer sideeffects.
2. Increasedsavings.
3. easy and safehandling.
4. empowerment
5. improves overall physical and mentalhealth.

I. INTRODUCTION

Herbal medicines (HMs)have been defined as preparations manufactured industrially consisting of active ingredients which are purely and naturally original, not chemically altered plant substances and are responsible for the overall therapeutic effect of the product.

Ayurveda is an ancient traditional system of medicines which uses herbal medicines. Nature is the best example for phenomenon of symbiosis.

According to World health organization (WHO) 80% of developing and developed countries depend on traditional medicines for primary health care needs. Plants having medicinal values receive the continuous attentions.

Ayurveda which means science of long life. Its originated over 6000 years ago and was designated to promote good health. Human being is mostly reliant on the plant-based medicine for

primary health care. Herbs are the natures gift to us to make disease free healthy life. India is the prosperous source of traditional medicines having plant origin. India is largest producer of herbal drugs that's why India is known as botanical garden of the world. Ayurveda, umami, siddha is most established herbal therapeutic system of India.

Herbal medicines are also known as Botanical medicines or phytomedicines. These medicines refer to the use of any plant seeds, berries, barks, leaves for medicinal purposes. Herbal medicines are most acceptable than synthetic drugs. These medicines are used to treat various diseases. They recover physical as well as mental health. Nowadays herbal medicines are used to overcome diseases like depression, hypertension, diabetes, cancer, osteoarthritis, etc.

Herbal medicines are also used as cosmetics from many years. These medicines are accepted world widely as they are safer and more efficient.

Some medicinal plants have higher medicinal values to treat diseases. Such as aloe, amla, chitarra, Bhumi, vitex, negundo, etc. In recent years WHO has classified herbal medicines into 4 types. They are according to evolution, origin and route of administration.

- 1) Indigenous herbalmedicines
- 2) Herbal medicines insystem
- 3) modified herbalmedicines
- 4) Imported products with an herbal medicinebase.

II. APPLICATIONS OF HERBAL MEDICINES

Herbal medicines have overcome various diseases like

➤ HYPERTENSION

Hypertension is a condition in which the force of blood against the artery walls is too high. usually, it is defined as blood pressure above 140/90. Herbs and plants contain many

phytochemicals that have been effective in the treatment of CVD and hypertension.

Here are some naturally occurring herbs having antihypertensive activity.

1) **alliumsativum-**



Family-Alliaceae or Liliaceae

Common name-Garlic

Garlic is used to treat various CVS related diseases, specifically hyperlipidaemia. It is also effective in hypertension as it is having a hypotensive action. Meta analysis data has been demonstrated that garlic is related to decrease the BP in patients with increased systolic pressure but not in the patients without increased systolic pressure. This information points to the beneficial cardioprotective action of garlic.

2) **Agathismbotulin-**



Family-Rosaceae

Common name-bunch

It is having effective diuretic activity and anti-inflammatory activity. Its diuretic activity reduces hypertension to normal.

3) **Annona muricata**



Family-Annonaceae

Common name-prickly custard apple

The leaf extract of the plant has been reported to lower BP.

➤ **DEPRESSION**

Depression is being prevalent disease worldwide. It is expected to be a cause of disability by year 2020. It has symptoms like lowered mood, difficulty in thinking, no interest, sleep disturbances and change in sexdrive. Currently it is believed that depression is primarily the result of biochemical alterations in the brain. So, there is a need for effective agents for treatment of depression. Researchers have examined herbal medicines that have been used anciently to treat thiscondition.

Here are some herbs assigned to treat depression.

1) **Crocus sativusL**



Family-Iridaceae Common name-saffron

Saffron has been used as both spice and medicine from many years. Several historical texts show an antidepressant effect. Saffron stigma was found much more effective than placebo in decreasing HAM-D scores in patients suffering from depression. It is found by studies that; saffron stigma was found equally effective as fluoxetine

(Prozac) in improving depression.

2) Lavandula



Family-Liliaceae Common name-lavender

Lavender has traditional use in the conditions afflicting the nervous and digestive system from many years. Lavender is also used as carminative, to relief spasm and nausea. Akhundzada et investigated lavender alone or in combination with imipramine is used in treatment of depression. Lavender only or imipramine only showed significant improvements in scores of depressions from baseline.

3) Echium-



Family- Viper's buglosses

Common name-blue devil, blueweed

Echium is native to Iran. It is more

commonly referred as 'ox tongue'. The of echium-flowers are beverages frequently drunk by Iranian locals. It is also effective in mood enhancing and anxiolytic effect. Echium was evaluated in comparison to placebo in treatment of depression.

➤ CANCER

Cancer is the second leading cause of death after cardiovascular diseases. The origin of the word cancer is credited to the Greek physician.

Hippocrates. Cancer is a broad term that describes the disease that results when cellular changes cause the uncontrolled growth and division of cells.

Here are some herbal drugs having anticancer activity.

Ex- Aloe vera, grapes, clove, liquorice sticks, turmeric roots, etc.

1)Aloe vera-



Family-Asphodelus

Biological name-Aloe vera(L)Bumf.

Aloe vera is a traditional herb used to treat burns. Aloe vera leaves are used as anticancer agents which inhibits growth of tumours with high cytotoxic activity. Aloe vera is made up of large range of compounds which can be divided 3 different groups.

1)complex sugars-present inside leaves gel and have an immunostimulant action.

2)anthraquinones- present in outermost part of the skin with a strong laxative action.

3) minerals, vitamins, essentials, non-essential and semi essential amino acids, organic acids, phospholipids, enzymes, lignin and saponins

III. ACTIVE COMPONENTS OF ALOEVERA WITH ITS PROPERTIES

● **Vitamins-**

It contains vitamin A, C and E. These are antioxidant in nature. It also contains vitamin B12, folic acid and choline. Antioxidants help to neutralize free radicles.

● **Sugars-**

It contains monosaccharides (glucose and fructose) and polysaccharides (glucomannans /polyanions). They are also known as mucopolysaccharides because they are derived from mucilage layer of the plant. Most prominent monosaccharide is mannose 6 phosphate, and most prominent polysaccharide are called glucomannans.

● **fattyacids-**

It contains 4 plant steroids i.e., cholesterol, beta sitosterol, camp sterol, and lupeol. All these have anti-inflammatory, antiseptic and analgesic properties.

● **Minerals-**

It contains calcium, copper, selenium, sodium and zinc. Some minerals are antioxidants in nature.

● **Anthraquinones-**

It contains 12 anthraquinones. These are phenolic compounds and known as laxatives.

● **Hormones-**

It contains auxins and gibber lines which have anti-inflammatory action.

2) **Grapes-**



Grapes have antioxidant activity. Studies showed that high consumption of grapes components reduce the risk of certain cancer such as breast cancer and colon cancer.

Here are some active components of grapes.

Polyphenols (catechin, epicatechin, gallic acid and resveratrol), fatty acids and vitamins.

➤ **DIABETES MELLITUS**

Diabetes is a chronic disorder. A disease in which the body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrate and elevated levels of glucose in the blood.

Diabetes mellitus is a common and very prevalent disease affecting the citizens.25% of world population is affected by this disease.

Here are some herbal drugs having antidiabetic and beneficial effects.

Botanical name	Antidiabetic activity
achillea	Hypoglycaemic,
santolina L.	antioxidant
Areca catechu L.	Hypoglycaemic
Bombax ceiba L.	Hypoglycaemic
Cynodont dactyl one	Anti-hyperglycaemic
Peers Butea monospermic (Lam) Croton calusari Bent	Anti-hyperglycaemic

➤ **Herbal Medicines Ascosmetics**

The concept of cosmetic and beauty is ancient. Women are obsessed of looking beautiful. The word cosmetic was derived from Greek word 'Kos tikis' meaning powder, arrange, skill in decorating. Herbal cosmetics are referred as products formulated using various permissible cosmetic ingredient to form a base in which herbal ingredients are used to provide cosmetic benefits can be called as "Herbal cosmetics".

The requirements for the basic skin care;

- **Cleansing agent-** cleansing agents remove the dust, dirt and deadcells from the skin. Common herbal cleansers are sesame oil, palm oil, and coconut oil.
- **Toners-** toners help to tighten the skin. Some herbal toners are witch hazel, geranium, sage, lemon and essential oils.
- **Moisturising-** moisturiser helps to make skin

soft and supple. It gives glow to skin and less prone to aging. Herbal moisturisers include sorbitol, glycerine, rose water, jojoba oil, etc.

- Detoxification
- Aid in sleeping and digestion
- Enhance physical as well as mental strength.

BENEFITS OF USING HERBS

- Strengthen immune system

Sr.no. 1	Skin type Normal	Herbal skin care Pomegranate leaves juice, herbal face pack, gingili oil.
2	Dry	Aloe vera, olive oil, calendula, comfrey
3	Oily	Aloe vera, burdock root,
4	Combination	lemon grass, liquorice, rose buds, etc. Witch hazel, menthol, aloe vera, turmeric, wheat germ, sweet flag.

IV. CONCLUSION-

The system of ayurvedic medicine (herbal Life) is safe and effective that reduces and heals the various diseases and problems which reduces mortality and morbidity.

Medicinal plant has provided rich life to human health.

This review overall provides information about the safety, efficacy and uses of herbal medicines.

In the upcoming years, this field will show a rapid increase in the studies of ayurvedic medicine as well as it will lead to new drug development.

The herbal treatment, processes and its uses can potentially help for designing the completely new health care strategy

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