

Herbals and traditional medicine

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ABSTRACT

A plant or plant part utilised for its aroma, flavour, or therapeutic characteristics is known as a herb. One sort of dietary supplement is herbal medicine. Tablets, capsules, powders, teas, extracts, and fresh or dried plants are all available. Herbal remedies are used by people to try to maintain or improve their health. The scope of herbal medicine commonly includes fungal and bee products, as well as minerals, shells a-

-d certain animal parts. Herbal medicine is also called phytomedicine or phytotherapy. Many people feel that "natural" items are always safe and beneficial to them. This isn't always the case. Herbal remedies are not subjected to the same rigorous testing as pharmaceuticals. Some herbs, like comfrey and ephedra, can be dangerous. Some plants have the potential to interact with prescription and over-the-counter drugs.

Key Words: *Phytomedicine; Counter drugs; Health-promoting; Therapeutic*

INTRODUCTION

Traditional medicine is defined as "the knowledge, skills, and practices based on indigenous theories, beliefs, and experiences used in the maintenance of health and the prevention, diagnosis, improvement, or treatment of physical and mental illness". "Traditional medicine" is more affordable; more closely aligns with the patient's ideology, alleviates concerns about the adverse effects of chemical (synthetic) medicines, satisfies a desire for more personalized health care, and allows greater public access to health information, among other reasons. Traditional medicine relies heavily on herbal medicines, which have been utilized for thousands of years. They have contributed significantly to human health under their health-promoting, therapeutic, and rehabilitative characteristics, as well as in the prevention of illnesses. Many ancient herbal cures have evolved into modern medicines as a result of pharmacological development. Some notable examples include digoxin, morphine, colchicine, and artemisinin. People have come to rely on herbal medicines as a result of a long tradition of using many herbal remedies and experiences passed down from generation to generation. The utilization of medicinal plants for health purposes is on the rise around the world. They are simple to prepare and can be utilized in primary health care. Each monograph includes a description of the disease, the traditional form of treatment, its composition, the English name, Latin name, and family of the plant, the plant part used, the main chemical constituents, quality standards, method of preparation, dosage form, therapeutic properties, indications and uses, dose and mode of administration, precautions and safety considerations, and important references.

It aims to encourage the rational, safe, and appropriate use of herbal medications, as well as the mainstreaming of historically used herbal therapies. Health planners, policymakers, national and district health authorities, and others involved in health sector development and change can benefit from this manual. It's also an endeavour to expand the availability and accessibility of herbal treatments as a cost-effective treatment for common health concerns. Health planners, policymakers, national and district health authorities, and others involved in health sector development and change can benefit from this manual. It's also an endeavour to expand the availability and accessibility of herbal treatments as a cost-effective treatment for common health concerns. It will also be useful for community health worker education and training. In the context of primary health care, these activities would eventually promote "health for all". Herbal medications are primarily used for health promotion and treatment of chronic, rather than life-threatening, illnesses. Traditional treatments, on the other hand, become more popular when Western medicine fails to treat an illness, such as advanced cancer or novel infectious infections. Furthermore, traditional remedies are usually regarded as being natural and non-toxic. This isn't always the case, especially when herbs are combined with prescription and over-the-counter pharmaceuticals. Minor injuries, such as scratches, rashes, and burns, can be treated with herbal medications. They can also be used to treat migraines, arthritis, and depression for a very minimal cost. Because they may be obtained in local supermarkets or cultivated at home, herbal medicines are quite inexpensive when compared to pharmaceutical treatments. People may save 22%-63% of their annual healthcare costs if they used herbal treatments instead

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of pharmaceuticals, according to Christopher Golden of the Harvard University Center for the Environment. Ginger, garlic, and rhubarb are examples of herbal medicine that can be found in daily foods. Self-administered herbal remedies are common. As a result, there are no dosage instructions or warnings. When herbal treatments are combined with pharmaceutical drugs, the two can interact negatively, causing health problems. It's also vital to remember that plants utilized as herbal medicine have the potential to poison rather than heal. It's possible that one section of a plant is edible while another is harmful. Take, for example, rhubarb. The stem of rhubarb is edible and the roots are used as a laxative. Its leaves, on the other hand, are poisonous. A person may not be able to recognize a dangerous plant. The individual would then be at risk of poisoning herself or others. Traditional systems of medicine continue to be widely practised on many accounts. Population rise, inadequate supply of drugs, the prohibitive cost of treatments, side effects of several synthetic drugs and development of resistance to

currently used drugs for infectious diseases have led to increased emphasis on the use of plant material as a source of medicine for a wide variety of human ailments. As our lifestyle is now getting techno-savvy, we are moving away from nature. While we cannot escape from nature because we are a part of nature. As herbs are natural products they are free from side effects, they are comparatively safe, eco-friendly and locally available. Traditionally there are lots of herbs used for ailments related to different seasons. There is a need to promote them to save human lives. These herbal products today are the symbol of safety in contrast to synthetic drugs that are regarded as unsafe to human beings and the environment. Although herbs have been prized for their medicinal, flavouring and aromatic qualities for centuries, the synthetic product of the modern age surpassed their importance. However, the blind dependence on synthetics is over and people are returning to the naturals with the hope of safety and security. It's time to promote them globally.