

Herbal Medicines and its Types

Pallavi panda*

Department of Pharmacy, Jahangirnagar University

INTRODUCTION

The practice of herbal medicine is that the oldest sort of healthcare which has been used for many years in developing and developed countries. Primitive people have trusted nature for food, shelter, clothing and medicine to cure ailments. These humans distinguished useful herbs with beneficial effects from people who were inactive or toxic. According to literature approximately 50,000 plant species are stated to possess medicinal properties. Thus, the basis of modern medicinal drugs such as aspirin, morphine, digitoxin and quinine were synthesized through scientific validation of herbal medicine. Plant based drugs awareness advanced gradually and has been passed on, therefore setting a foundation for several traditional medicine systems round the globe. The practice of herbal medicine is that the oldest sort of healthcare which has been used for many years in developing and developed countries. Primitive people have trusted nature for food, shelter, clothing and medicine to cure ailments. These humans distinguished useful herbs with beneficial effects from people who were inactive or toxic. According to literature approximately 50,000 plant species are stated to possess medicinal properties. Thus, the basis of modern medicinal drugs such as aspirin, morphine, digitoxin and quinine were synthesized through scientific validation of herbal medicine. Plant based drugs awareness advanced gradually and has been passed on, therefore setting a foundation for several traditional medicine systems round the globe.

HERBAL MEDICINE

Products which are made from plants that and used to treat diseases and maintain health are called herbal products or biomedicine.

Herbal supplements are available all forms: dried, chopped, powdered, capsule, or liquid, and may be utilized in various ways, including:

- Swallowed as liquid, pill and powder
- Brewed as tea
- Applied to the skin as gels, lotions, or creams

Herbal medicine is that the use of plants to treat disease and enhance general health and wellbeing.

Herbs can interact with other pharmaceutical medications and will be crazy care.

Always see your regular medical doctor (GP) about any health concerns and tell them about any herbal medicines you're taking or thinking of taking.

Never stop taking prescribed medications in favor of herbs without first discussing it with your GP.

Be careful about purchasing herbal medicines over the web. Unregulated herbal medicines, such as some traditional folk medicines, may not be manufactured to the same quality and standard as regulated medicines.

COMMON HERBAL MEDICINE

Chamomile

Chamomile is commonly used for depression, anxiety.

It is also used in wound healing, swelling, inflammation and redness.

It can also use as tea

It is also helpful in treating skin treatment caused by radiation therapy.

It is also used as capsule to control vomiting during chemotherapy.

Echinacea

It is a amazing herbal medicine commonly used to treat cold, infection and would heal.

It is also helpful in treating upper respiratory infection.

Short term use of Chamomile is effective but long-term use can

Correspondence to: Pallavi panda, Department of Pharmacy, Jahangirnagar University, E-Mail: pallavipanda1997@gmail.com

Received: June 07, 2021; **Accepted:** June 21, 2021; **Published:** June 28, 2021

Citation: Panda P (2021) Herbal Medicines and its Types. Nat Prod Chem Res. 9:5.

Copyright: © 2021 Panda P. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

defect the immune system.

People who are allergic to plants in the daisy family may be more likely to have an allergic reaction to Echinacea.

Feverfew

It is a famous herbal medicine mostly used to treat fever but now it is using to prevent migraines and treat arthritis.

If the leaves are chewed mouth ulcer can happen. People who are taking Feverfew on a regular basis they may be severe headache.

It can also be used as anticoagulant to clot the blood.

Garlic is a famous cooking ingredient which has been used all over the world and it had many medicinal properties.

Garlic has antimicrobial, cardioprotective, anticancer and anti-inflammatory properties.

It also helps lower cholesterol and blood pressure.

Large amount of garlic should not take before dental procedure or surgery because it may cause harm to health.

Ginger

Ginger is a good herb for treating nausea and motion sickness.

Nausea caused by different reasons can be cured by eating ginger.

It is an anti-inflammatory and antioxidant product.

Drawbacks of ginger are excessive use of ginger may lead to gas, heartburn, acidity and nausea in some people.

Ginkgo

Ginkgo is an effective herbal medicine which is used to treat a variety of conditions such as asthma, bronchitis, fatigue, and tinnitus.

It is also used to treat certain neurological disorders such as dementia, chemical imbalance in brain etc.

Often it is also used to increase the memory.

Only ginkgo leaves can be used as a medicine, its seed contains toxins.

This toxin can cause seizures and, in large amounts, death.

Ginkgo can increase the risk of bleeding, it should not be used with nonsteroidal anti-inflammatory medicines, anticoagulants, anticonvulsant medicines, or tricyclic antidepressants.