

## The Plant Sources for Medicine

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### ABSTRACT:-

Medicinal plant life had been used in surely all cultures as a source of medication. Assurance of the safety, great, and efficacy of medicinal flowers and natural merchandise has now emerged as a key problem in industrialized and in growing countries. The significant use of herbal remedies and healthcare arrangements is defined inside the Vedas and the Bible. Medicinal plants were used for thousands of years to taste and preserve food, treat health problems, and prevent diseases including epidemics. The expertise in their recovery homes has been transmitted over the centuries inside and among human groups. Active compounds produced throughout secondary metabolism are generally accountable for the organic residences of plant species used in the course of the globe for diverse functions, which include the remedy of infectious illnesses. Currently, statistics on the antimicrobial interest of several plants, so far considered empirical, had been scientifically confirmed, with the growing quantity of stories on pathogenic microorganisms proof against antimicrobials. Merchandise derived from plant life can also probably manage microbial growth in various situations and inside the unique case of sickness treatment, numerous research has aimed to explain the chemical composition of those plant antimicrobials and the mechanisms involved in microbial increase inhibition, either one after the other or associated with traditional antimicrobials.

### Keywords:-

Ethnopharmacology, Indigenous knowledge, Traditional medicine, Research, Conservation

### I. INTRODUCTION:-

The take a look at plant life is important due to the fact they're an essential part of existence on this planet, which generates the oxygen, meals, fibers, gas, and medicinal drug that allow people and other better existence forms to exist. an awesome understanding of plants is essential to the destiny of human societies because it permits us to: Produce meals to feed an expanding populace apprehend essential existence approaches Produce

medication and materials to treat diseases and different illnesses apprehend environmental modifications extra certainly.

Flora has a bonus in this area, based on their long-term use by using people (frequently loads or lots of years). One might expect any bioactive compounds received from such flora to have low human toxicity.

### History of plant source for medicine:-

Hippocrates, 460-380 BC, referred to as the "Father of medicine," labeled herbs into their essential qualities of hot and bloodless, moist and dry, and advanced a gadget of analysis and diagnosis the usage of herbs. The quantity of effective medicinal vegetation he mentioned was between 300 and four hundred species.

Aristotle, the philosopher, also compiled a listing of medicinal plants. His high-quality pupil, Theophrastus mentioned herbs as medicines, the sorts and parts of plants used, collection strategies, and outcomes on humans and animals. He started the technology of botany with certain descriptions of medicinal plant life growing inside the botanical gardens in Athens.

The largest contribution to the medicinal plant descriptions become made by Dioscorides. Whilst serving as a Roman army health practitioner, he wrote De Materia Medica in about ad 60. This five-volume painting is a compilation regarding about 500 flowers and describes the guidance of about a thousand easy drugs. It was written in Greek, it incorporates excellent descriptions of vegetation giving their origins and medical virtues, and remained the standard textual content for 1,500 years.

It is no small surprise then that inexperienced leaves are so very extremely beneficial to fitness. If a person mocks you as you devour your green salads and calls you a rabbit then you could always say that you would alternatively be as healthy as a rabbit and as sick as a human city junk food eater.

In addition to the use of inexperienced leaves as food, specific inexperienced leaves make top-notch

herbal drug treatments. Leaves normally are very cleaning, restoration, soothing, and revitalizing as well as nourishing. Inexperienced leaf juice is in truth a super nutritional complement. Such juices are regularly utilized in natural 5therapies, including the treatment of most cancers. And the paintings! As Hippocrates, the father of medicine said "permit food be your medication and medication be your food".

Specific leaves are suitable for unique matters. As an example, bitter leaf is right for the liver and kidneys and is a good blood purifier. Bitter leaf is also an excellent diuretic, but, unlike diuretic capsules which dissipate the body of minerals in particular potassium, bitter leaf is wealthy in potassium and other minerals. The body receives a great nice gain in potassium, notwithstanding the diuretic effect. Importance of Plants to health.

**Importance of some herbs with their medicinal values:-**

1. Herbs such as black pepper, cinnamon, myrrh, aloe, sandalwood, ginseng, red clover, burdock, bayberry, and safflower are used to heal wounds, sores, and boils.
2. Basil, Fennel, Chives, Cilantro, Apple Mint, Thyme, Golden Oregano, Variegated Lemon Balm,

Rosemary, Variegated Sage are some important medicinal herbs and can be planted in the kitchen garden. These herbs are easy to grow, look good, taste and smell amazing and many of them are magnets for bees and butterflies.



3. Many herbs are used as blood purifiers to alter or change a long-standing condition by eliminating metabolic toxins. These are also known as 'blood cleansers. Certain herbs improve the immunity of the person, thereby reducing conditions such as fever.






4. Some herbs are also having antibiotic properties. Turmeric is useful in inhibiting the growth of germs, harmful microbes, and bacteria. Turmeric is widely used as a home remedy to heal cuts and wounds.





5. To reduce fever and the production of heat caused by the condition, certain antipyretic herbs such as Chirayta, black pepper, sandalwood, and safflower are recommended by traditional Indian medicine practitioners.





6. Sandalwood and Cinnamon are great astringents apart from being aromatic. Sandalwood is especially used in arresting the discharge of blood, mucus, etc.

**Brief medicinal uses of these are given in the table below**

S.No.	Scientific Name	Local Name	Medicinal Uses	Picture
1.	Allium sativum	Garlic	Widely used as an antibiotic and, more recently, for treating cardiovascular disease Garlic is a monoamine oxidase inhibitor and has antidepressant-like effects on mice so might be used as a herbal antidepressant or anxiolytic in humans.	
2.	Aloe vera	Aloe vera	Leaves are widely used to heal burns, wounds, and other skin ailments.	

3.	Amorphophallus konjac	Konjac	Significant dietary source of glucomannan, which is used in treating obesity, constipation, and reducing cholesterol.	
4.	Azadirachta indica	Neem	Used in India to treat worms, malaria, rheumatic m and skin infections among many other things. Its many uses have led to neem being called "the village dispensary" in India.	
5.	Capsicum annum	Cayenne pepper	Type of chili that has been used as both food and medicine for thousands of years. Uses have included reducing pain and swelling, lowering triglyceride and cholesterol levels and fighting viruses and harmful bacteria, due to high levels of Vitamin C.	
6.	Capsicum frutescens	Chili pepper	Its active ingredient, capsaicine, is the basic of commercial pain-relief ointments in Western medicine. The low incidence of a heart attack in Thais may be related to capsaicin' vying blood clots).	
7.	Carica papaya	Papaya	Used for treating wounds and stomach troubles.	

8.	Citrus ×Aurantium	Bitter orange	Used in traditional Chinese medicine and by indigenous peoples of the Amazon for nausea, indigestion, and constipation.	
9.	Citrus limon	Lemon	Along with other citruses, it has a long history of use in Chinese and Indian traditional medicine.[58] In contemporary use, honey and lemonades are common for treating coughs and sore throats.	
10.	Equisetum arvense	Horsetail	Dates back to ancient Roman and Greek medicine, when it was used to stop bleeding, heal ulcers and wounds, and treat tuberculosis and kidney problems.	
11.	Inula helenium	Elecampane	It is used in herbal medicine as an expectorant and for water retention.	

12.	Ocimum tenuiflorum	Tulsi or holy basil	It is used for a variety of purposes in traditional medicine; tulsi is taken in many forms: as herbal tea, dried powder, fresh leaf or mixed with ghee. the essential oil extracted from Karpoora Tulasi is mostly used for medicinal purposes and in herbal cosmetics.	
13.	Taraxacum officinale	Taraxacum	It was most commonly used historically to treat liver diseases, kidney diseases, and spleen problems.	
14.	Curcuma longa	Turmeric	A spice that lends its distinctive yellow color to Indian curries has long been used in Ayurvedic and traditional Chinese medicine to aid digestion and liver function, relieve arthritis pain, and regulate menstruation.	
15.	Centaurea cyanus	Cornflower	In herbalism, a decoction of cornflower is effective in treating conjunctivitis and as a wash for tired eyes.	

## II. CONCLUSIONS:-

Medicinal plants offer the most dynamic, polyvalent approach for the management of complex, multifactorial physiologic imbalances. The Endobiogenic approach allows for medicinal plants to take their proper place at the head of the

therapeutic list of consideration. With this approach, in conjunction with an Endobiogenic history, exam, and analysis of biomarkers using the Biology of Functions, they can be used to treat the root cause of disease, not merely for symptom reduction or pharmaceutical replacement. The

method of use of medicinal plants depends on the Galenic form and route of administration. These in part depend on the age and compliance of the patient.

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