



Herbal plants: Source of medicinal value (A Review)

Surbhi Sharma^{1*}, Amit Sharma², Manoj Kumar Sagar³, Amit Kumar⁴

¹ Ex-student of Guru Nanak Dev. University, Department of Zoology, Amritsar Punjab, India

² Associate Professor, Department of Pharmaceutical Sciences, NKBR College of Pharmacy & Research Centre Meerut, Uttar Pradesh, India

³ Principal, Department of Pharmaceutical Sciences, NKBR College of Pharmacy & Research Centre Meerut, Uttar Pradesh, India

⁴ Principal, School of Pharmaceutical Sciences, IIMT University, Meerut, Uttar Pradesh, India

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Abstract

India with long history and with strong sense for ayurveda which is now a traditional medicinal system. Herbal plants hold an important position in caring human diseases. People use in plant as medicines for more than thousand years. Herbal medicines are major part of many treatments of different diseases in different parts of the world. Plants play a key role in a paring medicine by various observations and experiments human have learnt about. Plants and their role in caring health issues. These herbal plants are free from side effect safe, and low in cast.

Keywords: traditional, health, plants, herbal, medicinal, uses

Introduction

When the life beings and human start existing, humans learnt a lot about plants and used these plant for various purposes. Men in search of food identified the herbal and other plants very useful. Many plants have an important role in pharmacological actions and suitable for medicinal purposes. The relationship between plant and humans give rise to plant importance in every safe of life. The knowledge related to plant and their caring properties of diseases very fastly. Many new plants have been derived and used in caring diseases. Nature act as a boon for over country with the rich medicinal plant. Therefore india is known as the medicinal garden of the world. In Vedas plant and their uses have been described in detail. In present study old system of medicines is used and practice. At present india as a unique position in the world. Where a number of recognized Traditional system of medicine i.e, Ayurveda, Siddha, Unani, Homeopathy, Yoga and

Naturopathy¹. Medicinal plants have a huge potential in caring various diseases with drug like action ^[2].

Traditional medicine

Ayurveda is an old system of medicines. Evolved in India dates back to about 5000 years ago. As per the ancient literatures on Ayurveda, it was practiced during Vedic period of INDIA. About 700 plants were described in Charaka Samhita and Sushruta Samhita during the 1st millennium BC. This old system of medicine is widely used in other parts of the world too. Ayurvedic System of INDIA mainly aims to preserve, promote and sustain better health and avoiding diseases through healthy lifestyle. The literal meaning of Ayurveda is the "Science of life". It is estimated that about 7,500 plants are used in local health traditions in various rural and tribal villages in India. Plant based medicines are the most popular form of Traditional Medical System ^[3].

Table 1: Traditional medicinal Plants and use ^[4-7]

Name of plant	Botanical name	Properties	Scientific base
Isabgol	Plantagoovata	Stomachic, Constipation	Relive pain in stomach
Adrak	Zinger officinale	Carminative, Appetizer, Emollient	Destroys germs Stimulate appetite Provide soothing effects
Dhania	Corinadum sativum	Stomachic, constipation, Carminative	Improve digestion Cure flatulence Proving soothing effects
Tesu	Butea monospera	Anthelmintic	Kill worms in intestine
Amla	Phyllanthus emblica	Laxative, Stomachic	Improve digestion Cure flatulence digestion
Guarpatha	Aloe barbandeneris	Anthelmintic, Digestive, Stomachic	Kill worms from intestine Loosen the bowels Improves
Bael	Aegle marmelos	Appetizer, Restorative, Laxative	Increase appetite Provides strength to body
Papita	Carica	Anti-fungal	Destroy small colony of fungal spores
Neem	Azadirachitaindica	Bark,Seeds and leaves has healing properties	Prevents the developments of insects
Lahsun	Allium sativum	Helpful in wound healing	Unwounded leaves(inflorescence) in animals

Future of Medicinal Plants ^[8]

Herbal plants have a flourishing and promising future, as there are about half million plants around the world, and lot of them possess medical activities and most of the plants are not

investigated for their medicinal uses, The use of herbal plants has a long history, but the use of whole plant or its parts for treatment possess various drawbacks, including changes in the plant's compounds in different climates, simultaneous

development of synergistic compounds that lead to adverse effects of antagonists, or other unexpected changes in bioactivity, and changes or loss of bioactivity due to the variability and accumulation, storage and preparation of raw materials ^[9] therefore, advancing towards the isolation of compounds and the use of pure substances with bioactivity,

instead of the plant benefits, has certain benefits including convenient examination of therapeutic effects and determination of toxic doses to control the quality of the therapeutic formulation. In the very beginning of the development of herbal medicines isolations, purification, and determination of plant compounds have evaluated ^[10].

Table 2: Some medicinal plants of central India having good antioxidant potential ^[11-15]

Name of plant	Part Studied	Active component(s)
Acorus calamus	Rhizomes	Alkaloids
Aegle marmelos	Leaves	Alkaloids, Terpenoids, Saponins
Aloe vera	Leaf	Vitamin A,C,E, Carotenoids
Andrographis paniculata	Whole plant	Diterpenes, Lactones
Carica papaya	Leaves	Terpenoids. Saponins, Tan-nins
Cassia fistula	Bark	Flavonoids
Curculigo orchioides	Rhizomes	Alkaloids, Flavonoids
Cyperus rotundus	Rhizomes	Saponin, Sesquiterpenoids,
Dalbergia sisoo	Leaves and flower	Tannins
Emblica officinalis	Seeds	Vitamin C, Tannins
Ficus bengalensis	Aerial root	Flavonoids, Tannins
Hemidesmus indicus	Stem	Alkaloids, Glycosides
Magnifera indica	Stem bark	Reducing sugar, Flavonoids
Momordica charantia	Fruit	Alkaloids, Saponin
Moringa olifera	Seeds	Glycosides
Ocimum sanctum	Leaf	Carotenoids, Ascorbic acid
Plumbago zeylanica	Root	Alkaloids, Glycosides
Psidium guajava	Leaves	Flavonoids, Limonoids
Solanum nigrum	Fruit	Carotenoids, Ascorbic acid
Syzygium cumini	Leaf	Triterpenoids, Ellagic acid

History of the use of medicinal herbs

The exact timing of using plants as drug is very difficult in nature. Various evidence indicates that plants have been cultivated as drugs approximately 60 000 years ago ^[16]. Scripts about medicinal plants date back to almost 5000 years ago in India, China and Egypt, and at least 2500 years in Greece and Central Asia ^[17]. Since ancient times, people have sought to cure their own illness using nature. As the use of animals was instinctive same was used for some plants as their-was either no complete knowledge of disease are no knowledge of effect of plants ^[18-19]. As the time passes medicinal plants with caring property were discovered, the use of medicinal plant slowly rejected the empirical framework and was limited to the facts. There are various evidence for the use of herbal plants for preparation of drugs has been found on a Sumerian clay slab from Nagpur dating back to nearly 5000 years ago ^[20]. According to some inscriptions, Egyptians and Chinese who used plants as medicine since more than 27 centuries BC were among the earliest human beings who did so ^[21]. Ancient Greek people were also well aware with the medicinal properties of various medicinal plants, and Hippocrates, the founder of Greek medicine and Aristotle, pupil of Hippocrates, uses medicinal plants for the treatment of diseases. After that, Theophrastus, a Greek scientist, founded the School of Medicinal Plants. Then, Pedanius Dioscorides (He lived in the first century A.D), a physician and surgeon in the years 75-45 BC, wrote an encyclopedia, called De Materia Medica, to describe 600 therapeutic medicinal plants in the form of a series of scientific studies on medicinal plants ^[22-23].

Conclusion

Plant are of high use and considered as the rich source of phytochemical activities. Medicinal plant are the source for the development of new and effective drugs. Ancient times to plants are used in caring many diseases. Plants are the future source of herbal drugs. Plants are isolated evaluated and checked for their herbal properties and then the development of drugs takes place from these herbal plants. This plant based medicines are of low cast and free from side effect. This medicinal system of herbal plants is widely used in various part of the world. Medicinal herbal plants have a promising future as herbal plants have the potential to cure almost any type of disease. If treated in time. The plant as a whole or its parts are extracted and used in the manufacturing of a drugs which are herbal in nature.

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