

Date of Acceptance: 01stApr,2024**Date of Publication: 18th Apr, 2024****UNLOCKING NATURE'S PHARMACY: THE POWER OF HERBAL MEDICINE IN
MODERN HEALTHCARE****Sakshi Wale, Rohan More, Pratiksha Tavate, Yogesh B. Raut, Sanjay. K. Bais****Fabtech College of Pharmacy, Sangola -413307****Corresponding author Mail ID: sakshiwale2403@gmail.com****ABSTRACT:**

Humans have been using plants and herbs for thousands of years, and this practice continues now. Because of the many benefits that plants offer, both developed and developing nations are now concentrating on employing them in medicine. Traditional medicine in India is based on the use of herbs as it is known as the home of medicinal herbs. India is a well-known source of documented medical uses for herbal plants. Botanical medicine or phytomedicine is another term for herbal medicine. Eighty percent of people worldwide receive basic treatment using herbal medicines, per a World Health Organization study.

KEYWORDS: *world health organisation, humanity, phytomedicine, traditional.*

INTRODUCTION

Nature is always a perfect example of the remarkable phenomenon of symbiose. The basis of the treatment of human diseases are natural products obtained from food, plants and animals. Traditional medicine, which treats basic medical needs with plants and animals, is still used by about 80% of people in developing nations. Plants are becoming a major source of medication in the United States, accounting for nearly 25% of pharmaceutical prescriptions. Every state has at least one element that comes from plants. About 121 medicinal products were developed in the last century using traditional knowledge. Clinical, pharmacological, and chemical analyses served as the foundation for all research and studies on these herbal remedies, the majority of which were made from plants. The base for the majority of the first drugs, such as aspirin (derived from bark of white willow), digoxin (from digitalis lanata), quinine (derived from bark of cinchona tree), and pilocarpine (from jaborandi).^[6] As to Evans (1994), WHO reports that the use of herbal remedies worldwide surpasses that of conventional drugs by a factor of two to three. A large portion of modern medicine has its roots in the ancient utilization of plants for therapeutic purposes.

The origins, development, and present applications of herbal medicines have been categorized by the WHO.

- Botanical remedies made by native people.
- Herbal remedies inside frameworks.
- Adapted herbal remedies.

Products imported with a background in herbal medicine

Herbal Remedies of Native Americans in terms of dosage, formulation, and therapy, indigenous herbal remedies are those that have been used extensively by the local or targeted population and have been in use for a long time in a local, tribal, or regional setting. It should be readily useable and extensively available to the locals or those residing in that area.

Botanical remedies in organizations have been employing herbal treatments for a long time, and their records show this. Imported herbal medications need to be registered and marketed in the country in which they are sold.^[8] Our traditional medical systems and medical practices are based on differing philosophical frameworks. Of each are impacted by the environment, time period, and conditions in which they originated.^[10,9]

Indian herbal medicine's current situation

One example of the long history of Indian herbal medicine is Ayurveda; without a solid scientific basis, the practice could not have flourished for two millennia. Ayurvedic medicine, which roughly translates to “knowledge of life” (Ayur), and it originated with the Atharvaveda (c. 1500–1000 BC). The two most well-known Ayurvedic treatments are those found in Charak Samhita and Sushruta Samhita. Over the ages, numerous other compilations were made, including Vagbhata’s Ashtanga Hridaya (600), Agnivesh Tantra, Bela Samhita, and Kashyap Samhita. Vegetable products were the mainstay of Indian medicine, it was heavily utilized of rhytidome, folium, bloom or blossom, fructus, radix, lump, and liquids. Vipaka, virya, and Prabhava served as the foundation for the rasa theory, an Ayurvedic pharmacy that did not clearly discriminate between food and medication because both were necessary for healing (Valiathan, 1998). Charak, Sushruta, and Vagbhata described seven hundred herbal medications, their characteristics, and their therapeutic uses. Considering clinical outcomes, fifty medication categories have been defined. Appetisers, digestive stimulants, locomotive, diarrhoeal, haemorrhoid prevention, counter emetic, anti-inflammation, anti-prickly, anti- asthma, preventive epilepsy, homothetic, homoeostatic, analgesic, tranquilizer, life affirming (Rasyana), encourage of power, speak, sperm and sesame, production of breast milk, renal stone destroyer, etc.

Medicinal Plants are imported and exported from India:

Table No.1: Exporting of herbals





Plant name	Components used
<i>Zingiber officinale</i>	 <p>Rhizome</p>
<i>Cassia lanceolata</i>	 <p>Leaves</p>
<i>Piperlongum</i>	 <p>Fruit</p>

Table No.2: Importing of herbals

Plant name	Components used
<i>Everlasting aloe</i>	 Desiccated leaf
<i>Curcuma amromatica</i>	 Rhizomes
<i>Vinca rosea</i>	 Leaf

Indian medicine has acknowledged the using natural remedies for jaundice, that is most likely the result of viral hepatitis, since the Vedic Era. 110 plants were used to separate about 170 phytoconstituents. There have been reports of liver protecting activity from 55 families thus far. Throughout the world, 6000 commercial herbal remedies are marketed as hepatoprotective medications. Of these, about forty patented compound herbal formulas containing various combinations of Ayurvedic herbs from there are 44 families in the Indian market (Bhatt and Bhatt,1996).

Present scenario

Upcoming possibilities the global market for phytomedicines, sometimes known as herbal remedies, is still growing quickly. Herbal products are becoming increasingly popular as a means of treating a variety of health issues in Various national healthcare environments. In recent decades, there has been a notable increase in the public's curiosity about natural remedies in both developed and developing nations.^[24] in India about, 70% of people will follow conventional medicine reports for approximately 40% of total medical Treatment in China, and more than 90% of general hospitals provide pharmaceutical services. ^[25-27] Many diseases and problems such as acute and chronic pain, heart diseases and with medicinal plants Problems, depression, pain, immunity, etc. Traditional African medicine (sometimes called "African flowers") has been used for many years to treat HIV-related weight gain. ^[28-29] More than 1.5 million people in India practice traditional Medicine using approximately 25,000 plant specimens that works well. Among them are 7800 medicinal Plants in India and approximately 2000 tons of plants are consumed every year. 32 Available Information shows that there is a large market for traditional medicine. The Ayurveda market Is worth approximately Rs 5,000 billion with an annual growth rate of 14%. The estimated Value of herbal products exported is around Rs. The demand for

medicinal plants continues to increase day by day, and the WHO predicts that the herbal market will grow globally.^[33]

Future prospects

The market for herbal medications and other herbal healthcare items is expanding quickly, and this trend will continue in both developed and emerging nations. Increasing awareness of holistic health, which takes into account a person's entire being, including their mental, emotional, and spiritual health. Lastly, people may now find and learn about herbal medicines more easily because of the proliferation of online information. Numerous studies are currently being conducted to determine whether herbal medicine is beneficial for treating a range of ailments. Certain herbs, for instance, have been shown in some trials to help lower blood pressure, reduce inflammation, and enhance immunological function. Furthermore, an increasing amount of research indicates that certain herbal medicines may be useful in the treatment of mental health issues. Also, it is useful to control major diseases like cardiovascular diseases and diabetes. All things considered; herbal medicine appears to have a promising future as more individuals seek out natural solutions for their medical issues. But it is crucial to remember that using herbal treatments should be done so carefully because they may not be suitable for everyone and they may interfere with prescription drugs. It is advisable to seek advice from a licensed healthcare professional prior to utilizing any herbal medicine.

CONCLUSION

Medicinal herbs have become an important part of the global health system for both humans and other animals as a potential source of medicinal help. Plants and Animals as possible sources of information for preserving good health as well as in ill conditions. The results of these scientific studies could be used to create medications to treat the illnesses. It's worth doing more investigation to identify the chemicals.

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