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REVIEW ON HERBAL MONOGRAPH PREPARATION

Amol V. Pore, Sanjay K. Bais, Dnyaneshwar N. Shinde
Fabtech College of Pharmacy, Sangola
Corresponding author Mail ID: dnyaneshwarshinde1032@gmail.com

ABSTRACT:

Pharmacopoeia is a book used by the government or interested parties to help prepare good medicines. Examples of these publications are the British, Indian, and Japanese pharmacopoeias. Herbal pharmacopoeias and therapeutic compendiums are examples of therapeutic and qualitative monographs on botanicals, which describe the preparation of a single plant. A pharmacopeial monograph is a compilation of information on Active Pharmaceutical Ingredients (APP) or Products (API) that includes tests for solubility, impurity, identification, assay methodology, and impurity profiles. A document that identifies a plant medicine and offers details necessary for accurate identification is called a herbal monograph.

It includes the basic description, which includes terminology, usage, components, spectrum of application, adverse effects and contraindications, interactions with other drugs, dose, application, and activity of the herb. Pharmacopoeia is a vital resource for any people or organisation involved in pharmaceutical manufacturing, testing, and research and development worldwide.

Keywords: *Botanical characteristics, Habitat, Safety considerations, Dosage.*

INTRODUCTION

Many species of plants used in herbal medicine (also known as “herbalism” or “herbal medicine”) fall under the phrase “medicinal plants.” It is the application of plants as medicines and the research into these applications. Latin "herb" and Old French "herba" are the roots of the English word "herb". Today, "weed" can be any part of a plant, including non-woody plants and fruits, seeds, stems, bark, flowers, leaves, stigmas, and rootsIn the past, only non-woody plants such as trees and shrubs were called "herbs". These herbs are also used in foods, flavonoids, medicines, and perfumes, as well as in some spiritual practices. There is evidence that Unani Hakims, Indian Vaids, and European and Mediterranean cultures have used herbs as medicine for over 4,000 years. Medicinal plants were used by indigenous peoples in Rome, Egypt, Persia, Africa and the Americas. Other well-established medical systems include Unani medicine, Ayurvedic medicine and Chinese medicine. Today, traditional medicine is used in many ways. Due to many factors such as population growth, inadequate use of medicines, high medical costs, and side effects of many synthetic drugs, there are changes in the use of plants, including the use of drugs, to treat various human diseases. It is based on the development of vaccines currently used for infectious disease India is famous for a wide variety of medicinal plants among ancient civilizations. The forests of India are home to a variety of aromatic and medicinal plants, many of which are harvested for use as raw materials in the production of medicines and perfumes. Nearly 8,000 plants have been compiled by the AYUSH organization in India. The main systems of Aboriginal medicine include Ayurvedic medicine, Unani medicine, Siddha medicine and folk (tribal) medicine. In India, Ayurveda and Unani medicine have developed these systems and are widely used.[1]

Ancient scientists believed that medicinal plants were used only as a temporary cure for various ailments and health problems. They conducted tests and intensive research on the subject to determine the benefits of various

plants with medicinal properties Therefore, most medications have no side effects or side effects. This explains why the use of herbal medicine is becoming increasingly common around the world. These medicinally valuable herbs offer sensible solutions for the management of several inside illnesses that are typically thought to be incurable.

Herbs used to treat various diseases include aloe vera, tulsi, neem, ginger and turmeric. In many parts of the country, these are considered home remedies. Basil, also known as Tulsi, can be used in tea, black tea, etc. in daily life. Many consumers know how to use it for different purposes. Numerous plants are utilized as a sign of good fortune to honour their rulers in various places of the world. After understanding the beneficial effects of this herb, many of the beneficiaries start growing Tulsi and other plants in their gardens. Medicinal plants are considered a rich source of medicines and can be used to produce synthetic, pharmacopoeial or non-pharmaceutical products. Among other things, nine of these plants are crucial to the global evolution of human culture. Some plants are also recommended for their medicinal properties as they are considered an important source of nutrients. Some plants and their derivatives, aspirin and toothpaste, etc. They are considered important active ingredients in their products.

Herbs are utilized not just for medical purposes but also for food preparation, natural colouring, insect control, tea, and perfume. Various herbs and spices are used in the country to prevent ants, flies and mice from entering homes and offices. Medicinal plants are now the main source of medicine.

Traditional medicine doctors provide excellent foods to treat diseases such as diarrhoea, constipation, high blood pressure, low sperm count, stomach disease, impotence, haemorrhoids, tongue coating, irregular menstruation, bronchial asthma, leucorrhoea, and fever.

Although the use of herbal medicines has increased significantly over the last 20 years, research data in this area is still lacking. Therefore, since 1999, the World Health Organization has published three books of WHO monographs on some medicinal plants.[2]

IMPORTANCE AND MEDICINAL VALUE OF SOME MEDICINAL PLANTS

- Important herbs to grow in the kitchen include basil, fennel, chives, coriander, apple mint, thyme, golden thyme, variegated lemon basil, rosemary and variegated sage. This plant, loved by bees and butterflies, is easy to grow, beautiful, delicious and fragrant.
- They go by the name "blood cleansers" as well. Some herbs increase a person's immunity, which lowers the risk of illnesses like fever.
- Certain plants also function as antibiotics. Turmeric helps prevent the formation of bacteria, viruses, and other dangerous microorganisms. Many people use turmeric as an herbal remedy to heal cuts and wounds.
- Doctors in India recommend the use of specific anti-inflammatory drugs such as safflower, black pepper, sandalwood and chirayta to reduce fever and heat caused by inflammation.
- In addition to being fragrant, cinnamon and sandalwood are excellent astringents. Especially sandalwood removes mucus, blood, etc. It is used to stop the flow.
- Some herbs are used to prevent stomach acid production. This medication maintains healthy stomach acid, which is necessary for normal digestion.
- Herbs with a reputation for being tasty include cardamom and coriander. Other fragrant herbs that enhance flavour include peppermint, cloves, and turmeric. They also give meals a nice scent.
- Aloe vera, sandalwood, turmeric, ayurvedic and hare khasak are some of the beneficial herbs often used as antiseptics.

- Herbalists advise using calming herbs since they have a calming impact on the body. They also help get rid of bacteria.
- Many different herbs are used as tonics, such as barberry, giloe, golden seal, and aloe. They have the ability to nourish and revitalize both healthy and sick people.
- Fresh cuts and wounds respond well to the use of honey, turmeric, marshmallow, and liquorice.

HISTORY OF MEDICINE PLANT IN INDIAN PHARMACOPOEIA

IP is the standard manual for pharmaceuticals and their formulations recognized by Indian law. The purpose of identity, purity and potency should be stated in the IP to ensure drug quality. IP regularly publishes supplements to its main editions to address necessary changes to existing monographs and to accommodate the addition of new monographs. IP and extensions have the same effect. IP was first published in 1844 with the publication of the Bengal Pharmacopoeia and General Treatise of Medicinal Plants (commonly known as the Bengal Pharmacopoeia).

Although certain items were brought from Europe, the focus of this pharmacopoeia was on domestic medications. The first Indian pharmacopoeia, which included certain native medicines as well as those officially listed in the British Pharmacopoeia of 1867, was published in 1868. Indian Pharmacopoeia Contents 1946 became the Indian supplement to the British Pharmacopoeia in 1932.

In 1960, a supplement was released. The similar strategy was used while creating the Indian Pharmacopoeia, published in 1966 with an addition in 1975, which included both western and traditional medicines. India abolished the entire Pharmacopoeia of Medicinal Products in 1985 and removed supplements in 1989 and 1991 as the publication of the Pharmacopoeia of Medicinal Products was done separately. Only herbal medicines are supported by a comprehensive regulatory framework, including, the first steps in developing criteria for vegetable pharmaceuticals were taken in IP 1966 with relation to ten commonly used drugs at the time. Original samples of these drugs have been obtained and analysed from many countries. Based on these findings, the Indian Medical Subcommittee formulated the following three prescriptions:

Then we add the monographs: Jatamanshi (Nardostachys jatamansi), Rasna (Alpinia officinarum) and Vidang (Embelia ribes). However, due to its unavailability, the formula for this drug is not included in this edition (Indian Pharmacopoeia, 1996a). Ten new herbs were added to the 2005 Indian Pharmacopoeia Supplement (1996b), including ashwagandha, bacopa, bhuiamla, centella asiatica, garcinia cambogia, ginger, sedative, sallaki, turmeric and mustard. Indian Pharmacopoeia (2007a) contains 58 monographs, 23 of which are new, and for the first time there are chapters on medicinal plants and basic rules for the production of medicinal plants.

In order of appearance, Amidali, Amra, Arjuna, Artemisia, Bhibhitaki, Bhringraj, Coleus, Gokhru, Gudmar, Guduchi, Haritaki, Kunduru, Kutki, Lasuna, Manjistha, Maricha, Punarnava, Sarpagandha, Shatavari, Shati, and Tulas. Dried senna extract, senna leaf, dry calamansi extract and dried yesti extract. Four new monographs were added in 2012 (Indian Pharmacopoeia, 2010b): Bhuiamla dry extract, Gudmar dry extract, Kunduru dry extract and Mandukaparani dry extract, taking the total number of monographs in the Indian Pharmacopoeia (2010a) to 93[4]

HERBAL PRODUCTS SUCH AS HERBS AND HERBS

Natural products

As the name suggests, cosmetics do not contain all synthetic products that can harm the skin. These products, including aloe vera gel and coconut oil, use various plant and botanical extracts instead of synthetic ingredients. They also contain organic nutrients like vitamin E to keep your skin glowing and healthy. For example, aloe

vera is an easy-to-grow plant belonging to the Liliaceae family. More and more consumers want more natural products with non-toxic natural ingredients and are focusing on botanical ingredients because they are concerned about synthetic chemicals and ingredients such as oils and minerals.

Skincare Product:

Coconut oil: Crushed copra is a dried fruit that contains 60 to 65 percent oil and is used to make coconut oil. Because coconut oil melts at 24 to 25 °C (75-76 °F), it is often used in cooking and baking.It can be used readily in both liquid and solid form. Coconut oil works wonders for softening and moisturizing skin.

Sunflower Oil: It is a fixed oil obtained from sunflower seeds. It is considered non-comedogenic and has emollient properties. A straightforward but reasonably priced oil that has been tried and tested for many years in a range of emulsions designed for use in face and body products.

Olive oil: It is a stable oil obtained from the fruits of the Oleaceae or Olea europaea family. The main components are triolein, tripalmitin, trilinolein, tristearic acid, monostearic acid, triarachidic acid, squalene, β-sitosterol and tocopherol. It is used as skin and hair conditioner in cosmetics such as lotion and shampoo. It is a powerful enhancer of fatty acid absorption. Aloe family: Aloe vera is a specially cultivated herbaceous plant belonging to the Liliaceae family; It does not grow locally but is closely related to aloe vera in North Africa. Due to its ability to cure, moisturize, and soften skin, it is a common component in cosmetic products. Just cut an aloe vera leaf to release the gel properly. Aloe vera is rich in amino acids such as leucine and isoleucine, as well as vitamins A, C, E, B, choline, B12 and folate, which have cleansing and antioxidant properties.[5]

Anti-aging medicine:

Rhodiola rosea: This plant is also known as rose root, golden root, polar root, aron stick, crown, rhodium tree, and alpine rose. It is a sedum plant that grows in cold climates. Rose Bengal is used in folk medicine to treat fatigue, depression, anemia, impotence, gastrointestinal problems, infections, and neurological problems. It is also thought to improve physical strength, work performance, longevity and immunity. Rose flowers are rich in phenolic compounds with powerful antioxidant properties.

Carrot: It is derived from the carrot genus of the Umbelliferae family. This plant has been valued for years for its rich content of vitamin A and other essential vitamins. Carrot seed oil is a new anti-aging and rejuvenating remedy. Carotene is mostly beta-carotene and contains small amounts of alpha and gamma-carotene, which give carrots their unique bright orange color. In humans, vitamin A is partially metabolized to alpha and beta-carotene.

Gingko: For thousands of years, the leaves and nuts of the ginkgo tree have been used in China and Japan to treat a variety of ailments, including male impotence, impotence, high blood pressure, memory, and depression. It is also known for its anti-inflammatory and antioxidant properties. Ginkgo biloba is a member of the Ginkgo family.

Neem: Meliaceae is where it is found. Azadirachta indica is the Latin name for neem and is of Persian origin. I-Hind comes from India; azad means freedom; dirakht means tree. Neem is a good solution to treat dandruff as it has antibacterial, antifungal, antiviral and anti-dandruff properties.

Treatment for dandruff:

Neem, kapur (mothballs), henna, hilda, behada and amarakhi, as well as miracle hazel, purringa raj, rosary pea, sugar flag, pashmina and mantra are Ayurvedic. There are many herbs used in the treatment of Tuo.

Henna: Henna is obtained from a thornless plant belonging to the flower family.Lawsone is a dye molecule found in the plant that, when processed, yields Henna powder. In addition to henna, other ingredients include lipids, gallic acid, glucose, mannitol, mucilage, resins (2%) and numerous alkaloids.

Shikakai: Southern Asian tropical rainforests are home to the medicinal shrub Acacia concinna Linn. (Leguminosae They also help to promote hair growth. Saponins, anthraquinone glycosides, sugar, tannin, alkaloids, and sugar are all present in Acacia Concinna Linn powder.

Hair Care:

Amla: The fruit of the leafy Phyllanthus emblica tree grows all over India and produces a unique fruit, hence the name. It is known for its high vitamin C content and essential oil derived from the bark and seeds, which can be used to treat scalp and hair problems. Childhood diseases, hair loss, eye diseases, etc.

Rose: Four main types are used to extract oil from roses. Rose water and oil have several medicinal uses. Rose oil relieves tension, depression, bereavement, and nervous tension by calming the mind. It also promotes skin health and wound healing.

Oil derived from eucalyptus: Approximately 700 distinct species exist worldwide, and at least 500 of them provide some form of valuable oil. Cypress ntoo (E. cinerea F. Muell., E. baueriana F. Muell., E. baueriana F. Muell. Smith R. T. Baker; Bridgesiana R. T. Baker, E. microtheca F. Muell., E. fecunda Schau., E. pulverulent Sims, E.) and others are the leaves of this species used in their products. They are mostly used as perfumes and in the preparation of ointments, inhalants, cough syrups, ointments and toothpastes. Chromatogram 1,8-cineole (not less than 70%), limonene (4-12%), alpha-pinene (2-8) %), α-phellandrene (less than 1.5%), β-pinene (less content 0.5%) and camphor (less than 0.1%) are included in the European Pharmacopoeia eucalyptus oil monograph.

Grape seeds: They have a great ability to change the hair cycle from telogen to anagen in vivo and promote the growth of hair follicle cells in vitro.

Ginkobiloba: This leaf extract can be a hair tonic as it stimulates hair regeneration by affecting the growth and death of cells in the hair follicles.

Aloe: Aloe gel has long been used to treat alopecia and promote hair growth in those who are experiencing hair loss. The main ingredient that encourages hair growth without causing skin irritation is aloenin.

Oral care: Dental and oral health are integral to overall wellness. Oral health can affect overall health as it can cause serious pain and suffering. It affects a person's speech, diet choices, well-being, and quality of life. Oral disorders are among the most prevalent chronic diseases affecting humans and may be regarded as a serious public health concern due to their frequency, effects on both people and society, and high treatment costs. In several nations, treating oral disorders ranks as the fourth most costly medical condition. Dental caries is still a major public health problem in many developing nations, although showing a downward trend in many developed regions, according to a World Health Organization (WHO) report. According to the data, 60–90% of school-age children in poor nations suffer from dental caries. Periodontitis-related tooth loss frequently results in pain and impairs function and appearance additionally, existing research shows a relationship between health problems (premature birth, low birth weight, heart disease, diabetes, and chronic lung disease) and lower extremity diseases such as periodontitis. Promoting preventative measures that are readily available, socially acceptable, and economically sound is urgently needed. This necessitates the development of novel, effective, and workable techniques.

Clove oil: Carnation is a member of the Myrtle family of trees that produces cloves, which are fragrant flowers. Cloves have historically been used as a toothache treatment. Clove oil momentarily numbs and soothes pain due to its local anesthetic impact. It is a component of several dental pastes as well as Clovacaine solution, a local anesthetic used to treat inflammation and ulcers in the mouth.[6]

Eucalyptus Saligna: Cameroon, mouth freshener gargles with eucalyptus saligna are mostly used to cure halitosis, sore throats, and toothaches. Research has demonstrated that the essential oil extracted from

Eucalyptus globulus leaves exhibits antibacterial properties against both gram-positive and gram-negative oral pathogens.

Moringa oleifera: Toothaches can also be treated by directly applying moringa oleifera roots to the tooth cavity. This herb has been shown to have mild antibacterial properties and is selective against Staphylococcus aureus. Its potential to relieve toothache is due to its antimicrobial properties.

Allium sativum: This herbaceous plant, which has a characteristic scent, has been the subject of much investigation. Its antibacterial properties are based on allicin, which is produced by the action of garlic cloves on allicin after crushing or mincing them. When used as a component in toothpaste or mouthwash, garlic extract can effectively prevent dental cavities by inhibiting the development of Streptococcus mutans.

Tulsi (Ocimum sanctum): Tulsi contains four percent tannins, two percent essential oil, sixty-two percent eugenol, eighty-six percent methyl eugenol, forty-two percent α- and β-caryophyllene, forty-two percent methyl chavicol, linalool, and one eighth cineole. It possesses immune-stimulating, anthelminthic, analgesic, antipyretic, antiulcer, antibacterial, and anti-inflammatory properties. when treating periodontitis. Used cautiously in youngsters; contraindicated in women who are pregnant or nursing.

Green Tea (Camellia sinensis): It is used in the treatment of periodontal disease.

Marigold (Calendula officinalis L): Originally from the Mediterranean. It is used to treat mouth swelling, skin pain, discomfort, and recovery after oral surgery.

Grape Seed Extract: Grape seed extract contains proanthocyanidins (PA), which are powerful antioxidants with antibacterial, antifungal, and anti-inflammatory properties. Research shows that it strengthens collagen-rich tissue by stimulating collagen synthesis. The results of the study examining the remineralizing properties of grape seed extract on rhizoidal cavities show that this natural product has the potential to be used in non-invasive dentistry.

Papain: It is a proteolytic enzyme obtained from the latex-coated leaves and fruits of green ripe papaya plants. Its antibacterial, bacteriostatic and bactericidal properties make it effective against Gram-positive and Gram-negative bacteria. As a chemical debridement ant-inflammatory agent that speeds up the cicatrisation process without harming healthy tissues, papain functions similarly to human pepsin. Papain acts only on tissue because it does not contain the plasma antiprotease alpha-1-antitrypsin.

Miswak: It is a traditional toothpaste that many people in different cultures use to control the mouth. It is obtained from the arak tree. In recent years, Miswak extract has also been added to toothpastes as an anti-inflammatory and anti-gingivitis agent. You should use chewable sticks made from fresh plant stems.[7]

Medicinal Concoctions:

Herbal preparation is defined as the quantitative data of one or more herbs or drugs processed to provide specific benefits or aesthetic benefits for the purpose of diagnosing, treating or reducing disease in humans or animals and modifying the body or Function. Patterns of influencers.

Herbal syrup: In most cases, taking liquid medications orally is appropriate because they are easy to take for people who have difficulty swallowing large amounts of information. Ayurvedic herbal cough syrups contain plant extracts such as tulsi, liquorice, ginger, and Vasaka and have been shown to be effective in relieving cough symptoms without the same side effects as over-the-counter medications. Mixing this medicine with honey also has the advantage of reducing dry cough symptoms[8]

Preparation of herbal syrup: To make herbal syrup, concentrated decoction is mixed with sugar or honey and sometimes alcohol. Such a syrup's foundation is a potent herbal infusion. Decoctions can be preserved and thickened by combining them with sugar or honey. This prolongs the decoction's shelf life and frequently results in a calming application that helps with ailments including coughing, sore throat the ratio for this is 2:1So, to properly prepare and store your syrup, you need to add herbs to 4 cups of water, then boil the liquid

until it boils for 2 cups, then add 1 cup of honey or sweet. Some doctors like to use a 1:1 ratio when mixing decoctions with honey or sugar; others believe this makes the liquid too sweet. Because it is more highly conserved than a 1:1 decoction, the higher concentration of honey to sugar will last longer. ts, dry, irritated tissues, and digestive problems. Certain herbs may taste better thanks to the additional sugar. A lot of people, even kids, think syrups are tasty. You wish to employ a fundamental ratio of two parts herbal decoction to one part sugar or honey.

Herbal Tablets: A tablet is a solid unit dosage form of medication, usually made by moulding or compressing a medication with appropriate excipients. To guarantee effective tableting, the excipients may consist of lubricants, glidants, binders, and diluents Disintegrants are used to help break down tablets in the gastrointestinal tract; Flavors or sweeteners added to improve taste; Applying a polymer coating to a tablet can improve its look, manage the pace at which the active component releases, make it more resistant to environmental changes, and make the tablet smoother and simpler to swallow. [9]

Preparation of extracts: Fresh stems and leaves were cleaned under running water, dried, and ground finely in a mechanical grinder. The extraction procedures were somewhat modified from those given in. The leaf sample was cleaned with normal water, dried, and then powdered in a blender. In a variety of ratios, ethanol is used as a solvent in the Soxhlet extraction method. Filter the extract with a muslin cloth after 6 to 8 hours, transfer it 50 ml tubes, and centrifuge for 15 minutes at 4,000 rpm and 25 degrees Celsius. The supernatant consisted of preserved for drying after it was collected.[10]

Tablet Evaluation: It is required that a tablet pass a few quality checks before it is put on the market. An evaluation of a tablet encompasses an analysis of its chemical, biological, and physical characteristics. The tests listed below are designed to examine them:

- Quality and size;
- Heat;
- Organoleptic characteristics;
- Friability,
- Hardness,
- Uniformity of thickness,
- Specific gravity[11]

New Drug Delivery Systems: The term “Novel Drug Delivery System” (NDDS) describes a group of designs, technologies, and systems used to safely deliver drugs to the organs where they are needed to provide desired medical benefits. Drug delivery systems (DDS) are based on a variety of methods combining molecular biology, bioconjugation chemistry, and pharmacology. It is a cutting-edge method of medication delivery that overcomes the drawbacks of conventional drug administration methods. Ayurveda has a rich history in our nation, but its full potential has just recently come to light.

The therapeutic advantages of these innovative systems include: improved medication effectiveness; site-specific administration; reduced toxicity and adverse effects; enhanced convenience; potential for preventive use; viable therapies for previously incurable illnesses; and improved patient compliance.[12]

CONTENT OF INDIVIDUAL HERBAL MONOGRAPH

HERBAL MONOGRAPH CONTENT
TITLE
SYNONYM
VERNICULAR NAME
IDENTIFICATION PLANT MORPHOLOGY • Microscopy • Chemical testing • Nyias txheej chromatography • High performance liquid chromatography
PURITY TEST • Foreign matter • Ash content • Loss on drying • Extraction cost
SAFETY ASSESSMENT • Heavy Metals • Microbiological Limit
CHEMICAL COMPOSITION
MEDICINAL USE • Uses identified in folk medicine and unsupported from experiments or clinical studies • Supports Biology and Pharmacology Efficacy, clinical It is taught with experimental data obtained from research.
SAFETY INFORMATION • Scientific Research (Toxicology Research) • Other (Complaints, Precautions, Warnings, Warnings, Warnings)
DOSAGE
STORAGE
REFERENCE

Fig.1: Herbal Monograph Content

INDIVIDUAL HERBAL MONOGRAPH PREPARATION

CHERVIL LEVAES

Fig. 2.: Chervil Leaves

Fig.3.: Chervil Seeds

Synonyms:
Anthriscus cereifolium, French parsley, French herb, chervil, sweet cecilia, parsley, parsnip, garlic. Parsley, petroleum jelly, kohlrabi, tarragon, daucus.

Types of Chervil:
Chervil Garden
Chervil root
Wild Chervil
Chervil drilling

Charvil paper:
Salad chervil, garden chervil, and French paisley are other names for chervil (Anthriscus Cere folium). It is a soft, fern-like herb with thin stems and small fern-like leaves. The taste is slightly aniseed, green and vegetal. Delicate leafy. Chervil grass typically grows up to 30cm in height, but can grow up to 60cm. The frilly, light green leaves have thin, hollow stems growing on opposite sides, similar to parsley or carrots. As the plant matures, it will grow large peduncles topped by small umbrellas of white edible flowers. But the leaves will be bitter. Chervil, with its highly aromatic aniseed flavour, has a sweet, delicate flavour that is sometimes compared to a mild blend of minty tarragon and parsley. Salad chervil and turnip root chervil are the two main varieties of chervil that are readily available[13]

Fig.4.: Charvil Flower

Charvil History:
Another name for chervil is “MYRRISA”. A flammable substance obtained from chervil leaves. In Europe, chervil was used as a spring tonic to help the body eliminate impurities from the previous season. Chervil has been used as an herb for a variety of therapeutic purposes. In the past, chervil was used as a diuretic, digestive, expectorant, and skin rejuvenator. It also reduced symptoms of gout, kidney stones, and pleurisy. The most common use is to treat high blood pressure. Both levels and roots are used in cooking. Chervil is also known as "pluches de cerfeuille" and French cookbooks feature poached chervil garnishes.

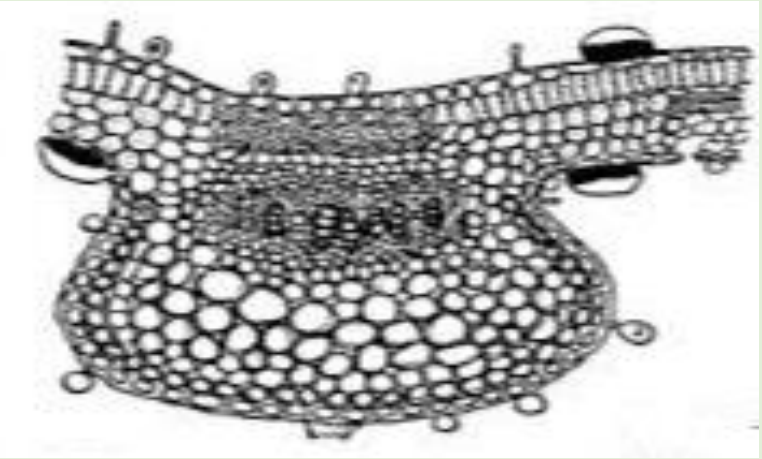

Fig.5.: T. S. of Charvil leaves

Uses of Chervil:

Traditional uses of chervil include expectorant, stimulant, Heamolytic, eczema treatment, digestive aid, treatment of high blood pressure, gout, kidney stones and irregular women. Spring tonic has been made from the young leaves of the chervil plant since thousands of years ago. The combination of chervil, dandelion and green vegetables with all the available vitamins and minerals can help the body recover from winter famine and lack of fresh vegetables. It is often used to flavor eggs, fish, chicken, light sauces and condiments. It also goes well with soft cheese and tastes delicious when added to herbed butter[14]

Useful herbs:

Helps the stomach as a natural digestive aid. Act as a mild stimulant and mood enhancer. Physiotherapy. Physiotherapy. Treats eye irritation. Chervil contains active ingredients in the form of antioxidants such as essential oils and flavonoids. The two most important compounds in the plant are methyl piperol and cetane.[15]

Morphological characteristics of Chervil:

Height: Chervil is a hardy plant that grows to an average height of 25 to 70 cm (12 to 24 inches) and a width of 6 to 12 inches (30 cm). 2 sleeps. The leaves are opposite, compound, two-pointed, light green. It is divided into different pages and deep scraping pages. Flowers: The flowers consist of small umbels that turn into umbrellas, the flowers are white, soft and delicate. Chervil has a single, white, thin, tapering root. Fruit: The fruit is segmented, beak-shaped, oval, 0.5-0.75 cm long. Seeds: Long, pointed seeds with distinctive cavities along their length. Chervil leaves are almost always used fresh, but can be preserved by freezing whole or turning into a paste.[16]

Physical characteristics of installation:

Chervil seeds are sown in early spring or late fall. This is a two-year herbaceous plant measuring 0.45 x 0.25 meters. It is frost hardy and hardy to zone 7. Flowers bloom from May to June and seeds ripen from June to July. Insects pollinate flowers that are hermaphroditic (contain both male and female organs). Plants love acidic, neutral and alkaline (alkaline) soils. It can grow in complete darkness (tall forest), partial darkness (open forest) or no shade. There must be moisture.[17]

Ingredients:

Also called "gourmet parsley." The active ingredients are chervil essential oil, flavonoids and coumarin. It also contains methyl chavicol (estragol) and hendecane (undecan). Because of its high nutritional value, this herb is used in cooking. Bioflavonoids are the main components of wild chervil. Some essential oils sold for use in aromatherapy, massage oils, and other treatments have ethyl eugenol as one of their main ingredients. 27.Methyl eugenol is a fragrance ingredient found in soaps and detergents (02-0.2%), creams and lotions (0.01-0.05%), and perfumes (0.3-0.8%).

Areas of Use in the Kitchen:

Adds flavour to soups, butter sauces, eggs or omelettes. It is best to add it at the end of cooking to preserve the taste. This herb is best used fresh because, unlike most herbs, it does not dry well.[18]

CONCLUSION

Bright green chervil (Anthriscus Cere folium) herb can be dried or canned without preservatives. Since it is quite simple, it is used for decoration purposes. It creates a unique flavour when combined with other medicinal herbs. The majority of herbal extracts contain chervil, which makes up almost one-third of all botanical herbs. The herb chervil is edible and popular in kitchens all across the world. It is a very well-liked herb with many culinary and therapeutic applications. The plant was viewed as a representation of renewal and fresh life in the past. Large doses of this herb can be ingested without any potential health risks. All herbs contain nearly 100% of nutrients and health benefits. Since the entire plant is edible, its leaves and roots are mostly used. Chervil is considered the herb of immortality in the religious world and is used as an elixir or incense to communicate with the human soul or the spirits of the dead (as a guide for new souls to attain peace and tranquillity). Is a component of amulets that is also regarded as a magic purpose.

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