

MEDICINAL PLANTS AND THEIR ROLE IN HEALTHY LIFE¹*Kavita, ²Nikita Singh and ³Om Prakash Sharma.¹PG Scholar, PG Department of DravyaGuna, Sri Ganganagar College of Ayurvedic Science & Hospital, Sriganganagar Rajasthan.²Assistant Professor PG Deptt. Of DravyaGuna, Sri Ganganagar College of Ayurvedic Science & Hospital, Sriganganagar Rajasthan.³Professor & H.O.D. PG Deptt. Of DravyaGuna, Sri Ganganagar College of Ayurvedic Science & Hospital, Sriganganagar Rajasthan.***Corresponding Author: Kavita**

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ABSTRACT

Ayurveda is the ancient Indian science of health and wellness. The integral system of Ayurveda is based on the natural sources specifically medicinal plants. Medicinal plants have tremendous uses from common gastric issues to memory improvement and treating chronic disease. Ayurveda has suggested every plant have some medicinal use if have proper knowledge. Transition from synthetic drugs to plant based preparations is an opportunity to establish Ayurveda globally. It has been stated that as many as 35,000-70,000 species of plants species of plants are used at one or another time for medicinal purpose. Treatment with medicinal plants have minimum side effects and easy to assimilate. Apart from medicinal use plants are a part of daily diet which with proper knowledge can provide numerous health benefits. Medicinal plants are better option for health and wellness as easy availability, affordability, accessibility and efficacy. Each and every person on the planet is using plants in some or other way so with the help of proper research about these medicinal plants we can enhance our health and wellness to a very great extent. Due to limited information regarding the medicinal properties toxicity, amount to use we are yet to have more benefits this great treasure of nature. The article emphasis on multiple benefits of medicinal plants and requirement for more scientific studies regarding medicinal plants.

KEYWORDS: Medicinal Plant, Assimilate, Efficacy, Toxicity.**INTRODUCTION**

Indian traditional medicine system was completely based on natural products which primarily include medicinal plants. Different parts of plant have multiple health benefits. India has about 4.5 million plant species and among them estimated 250,000-500,000 plant species have been found to have pharmacological properties. Plant extracts have bioactive constituents which perform multiple pharmacological activity. There are four main classes alkaloids, glycosides, polyphenols and terpenes. The natural extracts from plants or isolated active compounds exhibits many pharmacological properties and have lesser side effects as compared to the synthetic compounds. So the drug discovery from plant is bringing new aids to world of modern medicine also. For complete health and wellness we can use plants for both the purpose of maintaining health and curing disease.

Medicinal plants for healthy life

Plant produces millions of chemical compounds which have numerous biological activity from mild analgesics to anti cancerous activity but as the plants have multiple

phytochemicals its important to study and consider if other compounds not having any unwanted result or effect. In present era Alkaloids are isolated from the medicinal plant and used in form of drug as morphine is isolated from poppy plant.

Food and agriculture organization estimated in 2002 that over 50,000 plants are used for medicinal purpose across the world.

Benefits & Importance of Medicinal Plants

Ayurvedic herbs are time tested for their health and other benefits. The nutritive value that they pack are highly recommended for their healing powers. Known to induce no side effects, they have a unique aroma and flavor and when consumed regularly, they act as a perfect mechanism to bring about a balanced harmony between mind and body.

They rejuvenate the whole system instead of focusing on one specific organ or body part.

- They have a holistic approach and aid in proper absorption and digestion.
- They are not disease specific but act as a preventive medicine that positively effects the overall health and well-being by boosting the immune system.
- They are at par with allopathic medicines and are at times known to be effective in treating diseases like cancer and autoimmune diseases.
- They are self-contained and nutritive in nature, therefore, are non-toxic and harmless.
- It deals with the overall well-being and aims to bring harmony between mind, body and soul.
- Several metabolic and chronic conditions can be treated without any side effects using Ayurvedic medicines and treatments.
- Ayurvedic Herbs/Spices & Their Medicinal Values
- Ayurvedic Herbs and spices such as black pepper, cinnamon, aloe, sandalwood, ginseng, red clover, burdock, bayberry, and safflower are used to heal wounds, sores and boils.
- To reduce fever and the production of heat caused by the condition, certain antipyretic herbs such as Chirayta, black pepper and sandal wood are recommended.
- Sandalwood and Cinnamon are great astringents apart from being aromatic. Sandalwood is especially used in arresting the discharge of blood, mucus etc.
- Ajwain, Amalaki, Aswatha etc., serve as antacids and are recommended for healthy gastric acid flow and proper digestion.
- Herbs like Cardamom and Coriander are renowned for their appetizing qualities. Other aromatic herbs such as peppermint, cloves and turmeric add a pleasant aroma to the food, thereby increasing the taste of the meal.
- Herbs like Aloe, Sandalwood, Turmeric, Khaskhas are commonly used as antiseptic and have very high medicinal values.
- Camomile, Basil, Cardamom, Ginger, Peppermint and Coriander are known to promote blood circulation in the body and keep the heart healthy.

DISCUSSION

Advantages of herbal medicines

Herbal medicines tend to be more effective for long-standing health complaints that don't respond well to traditional medicine. Herbs typically have fewer side effects, and may be safer to use over time. An example may be seen with herbs and alternative remedies used to treat arthritis. A well-known prescription drug uses to treat arthritis, was recalled due to increased risk of cardiovascular complications. On the other hand, alternative treatment for arthritis has few side effects. Another advantage to herbal medicine is cost. Herbs cost much less than prescription medications. Research, testing, and marketing add considerably to the cost of prescription medicines. Herbs tend to be inexpensive compared to drugs. Yet another advantage of herbal medicines is their availability.

Disadvantages of herbal medicines

An herbalist would not be able to treat serious trauma, such as a broken leg, nor would he be able to heal appendicitis or a heart attack as effectively as a conventional doctor using modern diagnostic tests, surgery, and drugs. Modern medicine treats sudden illness and accidents much more effectively than herbal or alternative treatments. Another disadvantage of herbal medicine is the very real risks of doing oneself harm through self dosing with herbs. While one can argue that the same thing can happen with medications, such as accidentally overdosing on cold remedies, many herbs do not come with instructions or package inserts. There's a very real risk of overdose. Harvesting herbs in the wild is risky, if not foolhardy, yet some people try to identify and pick wild herbs. Because herbal products are not tightly regulated, consumers also run the risk of buying inferior quality herbs. The quality of herbal products may vary among batches, brands or manufacturers. This can make it much more difficult to prescribe the proper dose of the herb.

CONCLUSION

An authentic use of plants for treatment can bring a drastic change in the history of medicine as synthetic drugs are causing serious health hazards through waste metabolites. With proper quality control and research and evidence based medicine the medicinal plants can add a whole lot to healthy life. Medicinal plants had been used and appreciated from centuries, the synthetic drugs changed it for a while but people are returning to natural for safety and security.

Use of medicinal plants without proper knowledge may cause severe poisoning, adverse effects on health so proper research and more scientific studies are required to establish the facts regarding consumption, dosages, side effects, active components, contraindication. Traditional plants have huge opportunities to explore the benefits, nutrients and multiple pharmacological components which can be utilized in synthesis of medicine. More and more research should emphasize on isolation, detection and usage active screening of natural plant products through authentic use for healthy life. It's the time to promote ayurveda globally.

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