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herb

Cruising Review

Herb: Publications and Research from SwissMixIt



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PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/herb.html>

Herb Botanical Information

By definition, traditional use of herbal medicines implies substantial historical use, and this is certainly true for many products that are available as traditional herbal medicines. In many developing countries, a large proportion of the population relies on traditional practitioners and their armamentarium of medicinal plants in order to meet health care needs. Herptomedicine is a part of health care systems around the world. The World Health Organization (WHO) estimates that 80 percent of the world's people rely on herbs for their primary health care needs. Keywords: herbs, medicinal plants, herbal medicine, phytotherapeutic, Ethnopharmacology, Antiviral, Herbal preparations, network pharmacology, traditional herbal medicine, methodological trend, antioxidant, polyphenols, Natural products, Extraction, Isolation, Natural medicine, Chromatography, Phytochemical investigation, ethnomedicine

Description and Research Abstract: By definition, traditional use of herbal medicines implies substantial historical use, and this is certainly true for many products that are available as traditional herbal medicines. In many developing countries, a large proportion of the population relies on traditional practitioners and their armamentarium of medicinal plants in order to meet health care needs. Herptomedicine is a part of health care systems around the world. The World Health Organization (WHO) estimates that 80 percent of the world's people rely on herbs for their primary health care needs. The idea that herbal drugs are safe and free from side effects is false. Plants contain hundreds of constituents and some of them are very toxic, such as the most cytotoxic anti-cancer plant-derived drugs, digitalis and the pyrrolizidine alkaloids, etc. However, the adverse effects of phyto-therapeutic agents are less frequent compared with synthetic drugs, but well-controlled clinical trials have now confirmed that such effects really exist.

Traditional medicine is not only a vital source of health care, but also an important source of income for many communities. Traditional medicine may even form an integral part of a community's identity.

Herbal sources provide researchers enormous scope to explore and bring out viable alternatives against viral diseases, considering non-availability of suitable drug candidates and increasing resistance to existing drug molecules for many emerging and re-emerging viral diseases.

Natural products, including traditional herbal medicine (THM), are known to exert their therapeutic effects by acting on multiple targets, so researchers have employed network pharmacology methods to decipher the potential mechanisms of THM.

Dietary plants contain variable chemical families and amounts of antioxidants. It has been hypothesized that plant antioxidants may contribute to the beneficial health effects of dietary plants.

Carotenoids is demonstrated by the appearance of two Carotenoids in the macula region of the retina where beta-carotene is totally absent (Handelman, 1988). These two retina specific Carotenoids are zeaxanthin (a yellow pigment found in corn seeds, sweet red pepper, bitter orange peel, and in green algae) and lutein (found in the green leaves of all higher plants, also in algae, in citrus rind, in apricot, peach, plum, apple, and cranberry).

Ayurveda is believed to have originated over 6000 years ago. It was designed to promote good health and long life rather than to fight disease and was practiced by physicians and surgeons (called Bheshaaja or vaidya) but recently herbal medicine have attracted much attention as alternative medicines useful for treating or preventing life-style related disorders.

Herbs and herbal polyphenols play in controlling oxidation and prevent the damage by oxidation. These results showed that some of them, Arabian jasmine, Guava, Hardy rubber tree, Japanese persimmon, Oolong tea and Puerh tea, have high total polyphenol content and antioxidant activities. It has been demonstrated that high total polyphenol content in the herb teas provides high antioxidant activities.

Aromatic plants are considered as perfect sources of natural antioxidants, such as phenolic substances, usually referred as polyphenols, which are ubiquitous components of plants and herbs.

Polyphenols are antioxidants with redox properties which allow them to act as reducing agents, hydrogen donors, and singlet oxygen quenchers.

Topical medicinal patches have been popular for the treatment of minor injuries like sprains and avulsions. Other inflammatory conditions like chronic musculo-tendinous pain and or fasciitis are also taken care of by local ointments or rubs.

Studies conducted have revealed the fact that, components found in plants can reduce the damages induced by UV light. Herbal components fight against the harmful effects of UV radiation. Grape seed extracts are included in anti-aging and skin lightening cosmetics inasmuch as they do tyrosinase inhibition. Pomegranate seeds have powerful antioxidant and anti-inflammatory effects.

Pomegranate inhibits UVB-induced activation and protein kinase pathways activated by mitogen and protects the skin against the side effects of UVB radiation. It has been proven that pomegranate seed oil stimulates keratinocytes proliferation in monolayer culture.

In more traditional uses, physicians use aloe vera-based creams to heal serious thermal injuries, such as burns and frostbite. Dentists employ aloe vera gels to reduce swelling and inflammation of the gums. Dermatologists rely on aloe vera products to help clear acne, and optometrists find the products helpful in soothing eye inflammations.

Natural medicines were the only option for the prevention and treatment of human diseases for thousands of years. Natural products are important sources for drug development.
