

Bioactive and Potential Therapeutic Benefits of Some Medicinal Plant in India

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Abstract - Medicinal plants have been used in accepted medicine for many thousand years all over the world. Vegetative plants are often used as a natural therapy to restore various health problems including heart diseases, tuberculosis, cancer, wound healing, asthma, pharyngitis, diabetes mellitus, hypertension etc.

Plants loaded in bioactive phytochemistry compounds such as alkaloids, flavonoids, tannins and polyphenols have been used to treatment illness because of their limitless medicating properties. India is always known to be deep storage of healing plants and many forms of “living tradition” herbal medicine practices are considered.

Flavonoids are many compounds found naturally in many fruits and vegetables. Medicinal plants are used in the treatment of various diseases due to the incidence of curative important phytochemicals.

Index Terms - Medicinal plants; potential therapeutic use and pharmacological effect.

INTRODUCTION

Medicinal plants have been used in a range of cultures for thousands of years and in sequence of the use of natural resources have played a fundamental role in the invention of novel products from plants as chemotherapeutic agent.

More than a few plant species have been measured as a cause for developing therapeutic agents for nearly 1000 years and still today the common of the drugs in practice are plant derivative natural products. Reports on the survival of written drafts after the times 2600 BC with reference to medicinal values of the herbals and the medicinal plant records of olden Mesopotamia stage have covered the way for potential drug progress based on plants and natural products. “Ebers Papyrus”, Egyptian traditional medicine based proof of 2900 BC is a most conserved record comprising of 700 plant derivative drugs. Both traditional medicine and Indian

Ayurveda system was recorded over a millennium period of around 1st millennium BC.

A plant is measured to be medicinal if any part or produce of the plant is used in arrange to relieve, prevent or treatment a disease or to revise the physiological and pathological method, or working as a source of drug or their precursors.

Since ancient period all evolution of the world has deciphered plants skill in treating human disease. Verification exists those traditional medicinal systems such as Unani, Ayurveda, Chinese, European and Mediterranean cultures systematically and officially used these medicinal plants or herbs for above 4000 years as medicine.

Available, more than three-quarters of the world people are

The pharmaceutical industry is known to depend mainly on inorganic compound bibliotheca and high-throughput screening for the discovery of novel drugs as there is complication in natural-product based bibliotheca. On the other hand, this move toward accounted for a decline in the market access of new drugs. Broad integrative proceed towards for the growth of novel drugs based on natural- products became a requirement.

THERAPEUTIC MEDICINAL PLANTS: AN INDIAN PERSPECTIVE

Ayurveda is an olden health care system which evolves in India; it dates back to about 5000 years ago. It was expert during Vedic time of India. Regarding 700 plants were described in Charka Samhita and Sushruta Samhita for the period of the 1st millennium BC. Ayurveda System of India aims to defend, promote and continue superior health and put a stop to diseases through well way of life practices. The accurate meaning of Ayurveda is the “Science of life”.

It is expected that about 7,500 plants are used in narrow health customs in most rural and tribal villages in India. Herbal treatment is the most popular form of Traditional Medical System in such regions.

View of the emerging challenges in the healthcare classification, there is needed to combine Ayurveda into the medical system for the management and treatment of lifestyle-related disease. Ayurveda can offer Drug-free society by curing and managing the diseases and improving the quality of life. In order to augment the traditional system of medicine, Government of India has set up a National Level Policy for growth, promote and development of the Traditional System of Indian Medicine. The Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy (AYUSH) has created separate departments for Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy collectively known as AYUSH. Figures 1 and 2 shows the different school of thoughts exploring and employing the use of medicinal plants in the prevention and cure of diseases and their respective percentages.

Bioactive constituents from medicinal plants
Phytochemicals (from the Greek word phyto, meaning plant) are biologically active, naturally occurring chemical compounds found in plants, which provide health benefits for humans other than those attributed to macronutrients and micronutrients. These specific compounds are synthesized by primary or rather secondary metabolism of living organisms with an aim to provide defense against environmental factors and infectious agents in plants. The biological activity of secondary metabolites is not only restricted to plant defense system but have also been used to cure various human diseases. Secondary metabolites present in plants as organic compounds provide definite physiological action on the human body. Plant active bio constituents are known to have a vast range of therapeutic activity ranging from antibacterial, antiviral, immunomodulatory, anti-inflammatory to most extensive anticancer activity. These bioactive substances include tannins, alkaloids, carbohydrates, terpenoids, steroids and flavonoids. these can be derived from barks, leaves, flowers, roots, and fruits or seeds.

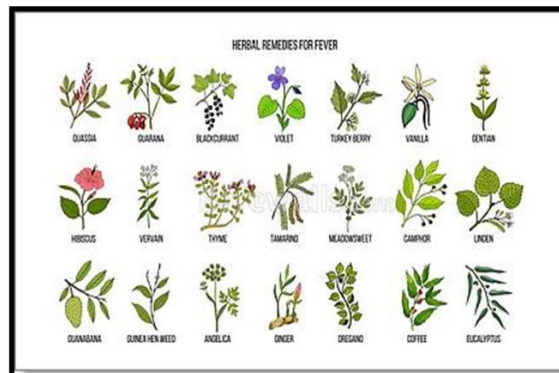
Medicinal Herbs:-

Here are some universal medicinal herbs. The largest part herbs have not been totally tested to see how well

they effort or to see if they work together with other herbs, supplement, medicines, or foods. Products additional to herbal arrangements may possibly also cause relations. Be aware that "natural" abstain mean "safe." It's important to tell your healthcare providers about any herb or nutritional supplement you are using.

There are following medicinal herbs:-

- Dhaniya
- Tulsi
- Elachi
- Neem
- Pyaj
- Ghreet kumara
- Guggulu
- Amla
- Ashok
- Dalchini
- Garlic



Garlic:-

(Cloves, root)

Garlic has been used all over the world in cooking and for its many medicinal properties.

The compounds isolated from garlic have been shown to have antimicrobial, Cardio protective, anticancer and anti-inflammatory properties. These properties may play a role in The belief that garlic helps lower cholesterol and blood pressure. Unfortunately, the evidence is Conflicting.

The FDA considers garlic safe.

But it can increase the risk of bleeding and should not be used with warfarin, a blood thinner. For the same reason, large amounts should not be taken before dental procedures or surgery.



Uses: - Garlic and its preparations have been widely recognized as agents for prevention and treatment of cardiovascular diseases.

The wealth of scientific literature supports the proposal that garlic consumption have significant effects on lowering blood pressure, and it is also anti-oxidant.

Ginger:-
(Root)

Ginger is most commonly known as an herb for easing nausea And motion sickness.

Research suggests that ginger may relieve the nausea caused by pregnancy and chemotherapy.

Other areas under investigation in the use of ginger are in surgery and as an anticancer agent. Its wide range of actions may be due in part to its strong anti-inflammatory and ant oxidative effects.

Reported side effects may include bloating, gas, heartburn, and nausea in certain people.



Uses: - When taken by mouth: Ginger is likely safe. It can cause mild side effects including heartburn, diarrhea, burping, and general stomach discomfort. Taking higher doses of 5 grams daily increases the risk for side effects.

When applied to the skin: Ginger is possibly safe when used short-term. It might cause skin irritation for some people.

Neem:-

Neem is a natural herb that comes from the neem tree, other names for which include Azadirachta indica and Indian lilac.

The extract comes from the seeds of the tree and has many different traditional uses.

Neem is known for its pesticidal and insecticidal properties, but people also use it in hair and dental products.

Neem (Azadirachta indica) is a tree that grows in tropical regions such as India. The leaf extract is used to reduce tooth plaque and to treat lice.

Neem contains chemicals that might help reduce blood sugar levels, heal ulcers in the digestive tract, prevent pregnancy, kill bacteria, and prevent plaque from forming in the mouth.

People use neem for lice, tooth plaque, gingivitis, psoriasis, to repel insects, and for many other purposes, but there is no good scientific evidence to support most of these uses. Neem seed oil is used as a pesticide.

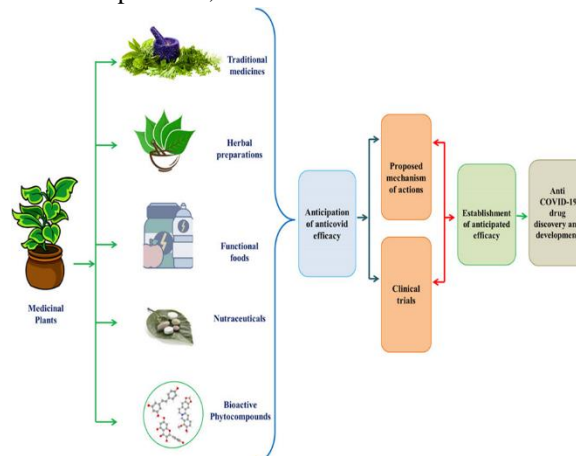


Uses:-

Dandruff: - Neem is a popular ingredient in several anti-dandruff shampoos.

Lice: - The results of a small study indicated that neem is an effective anti-lice and anti-nit agent.

Dental products, including mouthwashes, toothpastes, and tooth powders, can also contain neem.



Sr.no-	Hindi Name	English Name	Botanical Name	Uses
1	Dhaniya	Coriander	Coriandrum sativum Linn Pennell	Indigestion, Flatulence, Controls Spasmodic Pain
2	Tulsi	Holy Basil	Osmium sactum Linn Pennell	Indigestion, Heart Diseases, Respiratory Diseases
3	Elaichi	Lesser Cardamom	Elettaria cardamomum Maton Penne	Nausea, Vomiting, Dry Cough
4	Neem	Margo's Tree	Azadirachta Indicia A. Juss Pennell	Leprosy, Eye Disorders, Bloody Nose, Intestinal Worms
5	Pyaj	Onion	Allium cepa Linn Pennell	Prostate Cancer, Esophageal, Stomach Cancer
6	Ghreet Kumari	Aloes	Aloe vera Tourn ex. Linn Pennell	Ulcers, Burn Injuries, Jaundice, Acne
7	Guggulu	Indian Bdellium	Commiphora mukluk Engle Pennell	Joint Disorders, Heart Diseases, Hypolipidaemic,
8	Amla	Indian Gooseberry	Emblica officinalis Linn Pennell	Antioxidant, Antistress, Constipation, Fever
9	Ashok	Sorrowless tree	Saraca indica Pennell	Menstrual Irregularities, Uterine Stimulant
10	Dalchini	Bark Cinnamon	Cinnamomum Zeylanicum Breyn Pennell	Antibacterial, Antiseptic

Table: - herbal plant and there therapeutic use

CONCLUSION

The available writing explore the beneficial worth for those flora which have not come under the examination of medical examiner for the advance of original plant based drug.

thus far, only a little proportion of therapeutic plants have been known and characterized for their recipient property and calculated at pre-clinical and medical testing levels. However, with the enormous availability of millions of plant species on the earth there is always an option for the investigation of plants with remarkable positive effects. In the present review, few examples of such disliked plants have been discuss, which is backed by ethno medical direct along with pharmacological and therapeutic in organize and still there are 100 of uncultivated therapeutic plants that need much complete review. The isolation, identification of active principles and pharmacological studies of the dynamic phytoconstituents of the discuss plants may be measured and calculated richly in order to be engaged in the healing of a combination of diseases.

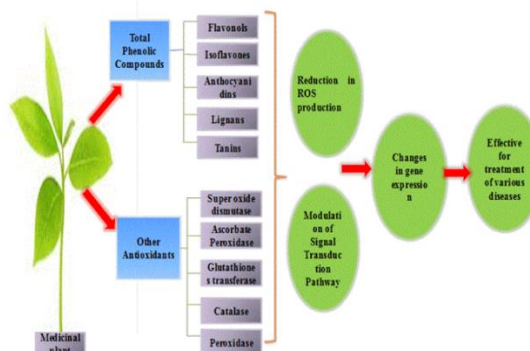


Fig: - mechanism behind beneficial aspect of medicinal plant

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