Use of Herbal Medicines: Growing Trends

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Abstract: This paper covers the studies relevant to various activities of different Herbal medicines. This Herbal medicine is the use of medicinal plants for prevention and treatment of various diseases: it ranges from traditional and popular medicines of every country to the use of standardized herbal extracts. Generally herbal drugs used in a Traditional Medical System to indicate the safety, but not efficacy of treatments. This used in allopathic medicinal systems, Ayurvedic medicinal system, siddha system, unani system and homeopathic system. This paper consists following herbal drugs likely to be Ginkgo biloba, Corn silk, Acacia catechu, Centella asiatica, amorphophallus sylvaticus, Mango Ginger etc. That all drugs containing various chemicals constituents and which give various applications.

Keywords: herbal medicince, traditional medical system, Ginkgo biloba Corn silk, Acacia catechu, Centella asiatica, amorphophallus sylvaticus, Mango Ginger

INTRODUCTION

In accordance with WHO Traditional medicine is the sum total of the skills, knowledge and practices based on the beliefs, theories and experiences indigenous to different cultures, whether justifiable or not, used in the maintenance of health, prevention, diagnosis, improvement or treatment of physical as well as mental illness. (Qazi MA and Molvi K, 2016; Firenzuoli F, 2007)

Herbal drugs denoted as plants materials or herbalism contains the use of whole plants or the parts of plants, to treat injuries or illnesses or diseases. Herbal drugs are use of beneficial herbs to prevent and treat the various diseases and to support health along with healing. These are drugs or preparations made from a plant or plants and used for any of such purposes. World Health Organization (WHO) has different herbal drugs as complete, labeled medicinal products that have vital ingredients, aerial or secretive parts of the plant or other plant material or combinations. WHO has set guidelines for the evaluation of the safety, efficacy, and quality of herbal medicines, WHO estimates that 80% of the world populations presently use herbal drugs for health care. Herbs are usually reflected as safe, because they are belonging to natural sources. From the past few decades, herbal drugs have been more and more consumed by the people with no prescription (Ekor M, 2014)

Fig 1. Ginkgo biloba

Fig 2. Corn silk

Fig 3. Acacia catechu

Fig 4. Centella asiatica

Fig 5. Amorphophallus sylvaticus

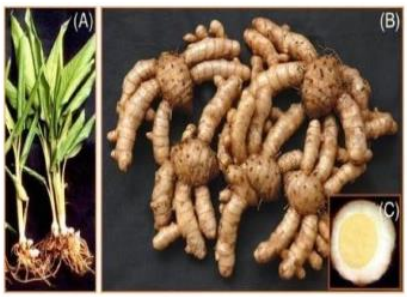

Fig 6. Mango Ginger

2. HERBAL DRUGS

2.1 Ginkgo biloba:

Ginkgo biloba L- belonging to family: Ginkgoaceae; and English name: Maidenhair tree. It is a key source of new herbal medications containing several bioactive constituents with therapeutic effects. The plant species is ancient, deciduous, strong, and tall with fan-shaped, irregularly lobed leaves, growing of 40 meters heights. G. biloba is clearly classified within the plant kingdom, and this plant is habitually termed a "living fossil" because, evolutionarily, it is one of the eldest seed plants.

After the atomic bomb detonation in 1946, in Hiroshima, Japan, G. biloba was the first plant to germinate. Currently grown in Asia, Europe, Argentina, North America, in addition New Zealand and also found in India in Himachal Pradesh and Punjab.

Chemical constituents: Flavonoids, Terpenoids, Alkylphenols, Alkyl phenolic Acids, Carboxylic Acids, Proanthocyanins, Polysaccharides etc.

Pharmacological activities: G. biloba use in treatment of asthma, tuberculosis (TB), skin problems, nervousness, arteriosclerosis, stomach discomfort, bronchitis, hearing loss, thrombus formation, ischemic heart disease, and diabetes mellitus (DM) (Tabassum N, 2022) Ginkgo biloba usually used to treat poor blood circulation and tinnitus.

2.2 Corn Silk (Stigma Maydis):

Corn (Zea mays Linnaeus), also identified as maize, is a member of the family Poaceae or Gramineae. The native corn includes 10,000 species, grouped in 600–700 different genera with this family includes wheat, barley, oats, and rice. All corn parts are utilized, including the silks. Also, the flowers of corn are monoecious in which the male then female flowers are located in different inflorescences on the same stalk. For medicinal purpose Corn Silk is harvested just before pollination occurs and can be used in fresh or dried form.

Chemical constituents: The compositions of Corn Silk extracts are important to produced biological activities which are mainly due to their flavonoids content. Flavonoids are a widely distributed group of plant phenolic compounds which are effective as antioxidants.

Pharmacological uses: It is used for the treatment of kidney stones, diuretic, and urinary infections also in cystitis, edema, prostate disorder as well as bedwetting and obesity. It soothes and relaxes the lining of the bladder and urinary tubules, therefore reducing irritation and increasing urine secretion. Other beneficial treatments of Corn silk include anti-fatigue activity, anti-depressant activity and kaliuretic. In addition, it possesses excellent antioxidant capacity with demonstrated protective effects in radiation and nephrotoxicity. (Hasanuddin K 2012, Mada SB, 2012)

2.3 Acacia catechu:

A. catechu is a deciduous thorny tree of up to 15–17 m height native to central and east Africa, Southern Asia, India, Bhutan, China, Pakistan, Myanmar, and Nepal. It is a medium-sized tree, having oblong and glabrous leaflets, white to pale yellow flowers. Dark greyish-brown to dark brown barks, brown branches which are slender, puberulous when young, but glabrescent later, straight and grayish-brown stem, petiolate, bipinnately compound and alternate leaves.

Chemical constituents: The main chemical constituent of Acacia catechu are catechin, epecatechin, epigallocatechin, epicatechingallate, phloroglucin, protocatechuic acid, quarcetin, poriferasterol glycosides, lupenone, procyanidin, kaemferol, L-arabinose, D-galactose, D- rhamnose and aldobiuronic acid, afzelchin gum ,mineral and taxifolin.

Pharmacological activities: Acacia catechu is used in different diseases, especially gastrointestinal and stomach- related ailments, leprosy and skin diseases. In Ayurveda, it is used for mouth and mucous problems, diarrhea, in cough and dysentery, as well as topically for skin ulceration and lesions, astringent. Acacia catechu also shows hypotensive effect. (Adhikari B, 2021, Chaudhari SK, 2012)

2.4 Centella asiatica:

Centella asiatica (L.) Urban (C. asiatica) is a brown and green leafy plant of the parsley family that grows in, or near-by, water. The plant has an aroma of tobacco leaves. the leaves are greenish-yellow in color. C. asiatica is known in many parts of the world, is a tropical medicinal plant having Apiaceae family. The geographical sources are south East Asian countries such as India, Sri Lanka, China, Indonesia, Malaysia, South Africa and Madagascar.

Chemical constituents: C. asiatica extracts contain flavonoids and terpenes derived from Phenylpropane and acetate. Triterpene acids and their sugar esters, including asiatic acid, madecassic acid and asiaticosides: asiaticoside A and asiaticoside B, are of therapeutic significance action. The high phenolic content of C. asiatica produces antioxidant activities.

Pharmacological activities: C. asiatica (whole plant, dried form, or aqueous extract) as a topical solution use for skin conditions, wound healing, venous insufficiency, varicose veins, anti- inflammation and Alzheimer's disease, also in various clinical and preclinical studies. (Orhan IE, 2012)

2.5 Amorphophallus sylvaticus:

The Amorphophallus sylvaticus (Roxb.) Kunth with the family Araceae. The species is common on hill slopes and amidst grasses. It is a tuberous, perennial, herbaceous, plant wildly distributed throughout Gautala Wildlife Sanctuary, in Maharashtra.

Chemical constituents: Amorphophallus sylvaticus expressed the presence of different kinds of Phytochemical like tannins, alkaloids, glycosides, anthraquinones, phytotannins, terpenoids, saponins, phenolics, reducing sugars and carbohydrates.

Pharmacological activities: The tuberous corms of Amorphophallus are described to be used for treatment of piles, cysts, tumors, abdominal tumors, acute rheumatism, boils, asthma, enlargement of spleen, rheumatic pain, burning sensation, an antidote, scorpion bite, skin disorder, cancerous boils and wounds of cattle. (Kavalan A, 2018, Gore GH, 2022)

2.6 Mango Ginger (Curcuma amada Roxb.):

Curcuma amada Roxb is generally known as mango ginger. It is a perennial, rhizomatous, aromatic herb belonging with the family Zingiberaceae. This family is composed of 70–80 species of rhizomatous annual or perennial herbs, the rhizomes are branched, and having sympodial branching. The rhizomes compete with a raw mango flavor and taste pungent. The geographical distribution of this genus ranges from India to Thailand, Indo-China, Malaysia, Indonesia and lastly in northern Australia.

Chemical Constituents: It consist of curcumin, Bis-methoxy curcumin, cinnamic acid, Syringic acid, Protocatechuic acid, Ferulic acid, Caffeic Acid, gallic acid etc.

Pharmacological Activities: Antifungal, antibacterial Anti-inflammatory, Anti-allergic, CNS Depressant and potent analgesic, biopesticides, hypo triglyceridemic. (Policegoudra RS, 2011)

3. CONCLUSION

This study concluded that we will used the following herbal drugs likely to be Ginkgo biloba, Corn silk, Acacia catechu, Centella asiatica, amorphophallus sylvaticus, Mango Ginger etc. are used for the treatment of various diseases due to the many chemicals constituents and having several applications with easy availability of drugs.

Now a days we can't use this drug regularly but we will used as a substitution with same drugs and treat the numerous diseases.

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