



## A Review of the Importance Some Medicinal Plants

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### Abstract

Medicinal plants have been utilized as a part of essentially all societies as a wellspring of medicine. Affirmation of the security, quality, and adequacy of therapeutic plants and natural products has now turned into a key issue in industrialized and in developing nations. Medicinal plants have been utilized for a large number of years to flavour and preserve food, to treat wellbeing issue and to avoid illnesses including epidemics. A medicinal plant is any plant which, in one or more of its organs, contains substances that can be used for therapeutic purposes, or which are precursors for chemopharmaceutical semi-synthesis. When a plant is designated as medicinal, it is implied that the said plant is useful as a drug or therapeutic agent or an active ingredient of a medicinal preparation. Herbal medicines are in great demand in the developed as well as in the developing countries for primary health care because of their wide biological and medicinal activities, higher safety margins and lesser costs.

**Key Words:** Development, Herbalism, Therapeutic purposes, Alternative Medicine.

### I. Introduction

Plants have been used for medicinal purposes long before recorded history. Primitive men observed and appreciated the great diversity of plants available to them. Plants provide food, clothing, shelter, and medicine. Much of the medicinal use of plants seems to be developed through observations of wild animals, and by trial and error. As time went on, each tribe added the medicinal power of herbs in their area to its knowledge base. They methodically collected information on herbs and developed well-defined herbal pharmacopoeias. The term "medicinal plant" include various types of plants used in herbalism ("herbology" or "herbal medicine"). It is the use of plants for medicinal purposes, and the study of such uses. The word "herb" has been derived from the

Latin word, "herba" and an old French word "herbe". Now a days, herb refers to any part of the plant like fruit, seed, stem, bark, flower, leaf, stigma or a root, as well as a non-woody plant. Population rise, inadequate supply of drugs, prohibitive cost of treatments, side effects of several synthetic drugs and development of resistance to currently used drugs for infectious diseases have led to increased emphasis on the use of plant materials as a source of medicines for a wide variety of human ailments. Medicinal plants such as *Aloe*, *Tulsi*, *Neem*, *Turmeric* and *Ginger* cure several common ailments. These are considered as home remedies in many parts of the country. Now a day's medicinal herbs are important sources for pharmaceutical manufacturing.

### Neem

Neem elaborates a vast array of biologically active compounds that are chemically diverse and structurally complex. More than 140 compounds have been isolated from different parts of neem. All parts of the neem tree- leaves, flowers, seeds, fruits, roots and bark have been used traditionally for the treatment of inflammation, infections, fever, skin diseases and dental disorders. The medicinal utilities have been described especially for neem leaf. Neem leaf and its constituents have been demonstrated to exhibit immune modulatory, anti-inflammatory, anti hyperglycaemic, antiulcer, anti malarial, antifungal, antibacterial, antiviral, antioxidant, antimutagenic and anticarcinogenic properties.

### Tulsi

Tulsi has anti-inflammatory properties as it reduces vata. Tulsi helps in many skin disorders. It is effective in skin rashes, insect bites and itching. Leaves of this plant are effectively used in ring worm infections and lucoderma. Tulsi leaves act as nervine tonic and help to sharpen memory. Tulsi is beneficial in indigestion, intestinal parasites and



constipation. Crushed leaves of tulsi are very effective in fever, cough, bronchitis and other diseases of lungs. It helps in expectoration of excess mucous secretion. Tulsi acts as a cardiac tonic and purifies blood.

#### **Aloe**

Aloe vera, can help inhibit the growth of certain bacteria that can cause infections in humans. A review of 4 experimental studies found that Aloe vera could reduce the healing time of burns by around 9 days compared to conventional medication. The evidence for Aloe vera helping to heal other types of wounds is inconclusive. Aloe vera acts as a mouthwash by killing the plaque-producing bacterium *Streptococcus mutans* in the mouth, as well as the yeast *Candida albicans*. Studies have convincingly shown that Aloe vera treatment can accelerate the healing of mouth ulcers. Aloe vera has often be used to treat constipation.

#### **Turmeric**

Turmeric is considered as a digestive bitter and a carminative. It can be added in to foods including rice and bean dishes to improve digestion, reduce gas and bloating. It is a cholagogue, stimulating bile production in the liver and encouraging excretion of bile via the gallbladder. This improves the body's ability to digest fats. For chronic digestive weakness and/or congestion turmeric is recommended. It can be taken as a single extract or in the form of digestive bitters, which combine turmeric with other bitter and carminative herbs. Turmeric is beneficial for people who feel tired after consuming meals or who experience gas and bloating. Whatever way turmeric is consumed it is beneficial to both the digestive system and the liver. Turmeric shares similar liver protectant compounds that milk thistle and artichoke leaves contain. It shrink engorged hepatic ducts, so it can be useful to treat liver conditions such as hepatitis, cirrhosis, and jaundice. Recent scientific research confirm that turmeric can cure host of diseases, also they found that turmeric restrain the growth of various types of cancer. Turmeric is used for the treatment of skin cancer or pre-cancerous skin conditions. Both topical and internal uses are beneficial.

#### **Ginger**

The phenolic compounds in ginger are known to help relieve gastrointestinal (GI) irritation, stimulate saliva and bile production, and suppress gastric contractions as food and fluids move through the GI tract. At the same time, ginger also appears to

have beneficial effects on the enzymes trypsin and pancreatic lipase, and to increase motility through the digestive tract. This suggests ginger could help prevent colon cancer and constipation. Chewing raw ginger or drinking ginger tea is a common home remedy for nausea during cancer treatment. Taking ginger for motion sickness seems to reduce feelings of nausea, but it does not appear to prevent vomiting. Ginger is safe to use during pregnancy, to relieve nausea. It is available in the form of ginger lozenges or candies. Ginger has also been found to be "modestly efficacious and reasonably safe" for treating inflammation associated with osteoarthritis. Other possible uses include reducing cholesterol, lowering the risk of blood clotting, and helping to maintain healthy blood sugar levels. More research is needed, but if proven, ginger could become part of a treatment for heart disease and diabetes.

## **II. Methodology**

Single herbs need to be checked for its quality, authenticity, adulteration, and other parameters. The performance and safety of the plants depend on its accuracy of the analytical methods. The analytical methods must be consistent, accurate, sensitive and reproducible every time we perform them. The medicinal plant species list and therapeutic uses were compiled mainly from local pharmacopoeias. Besides the literature review, we conducted an in-depth analysis of the typical therapeutic uses of medicinal plants. Species names were standardized. And then, medicinal plants were collected, classified according to their traditional use as a remedy for diseases such as musculoskeletal disorder, skin disorder, hepatic disorder and circulatory disorder, etc.

## **III. Result & Discussion**

Medicinal plants are an essential natural resource for the treatment of more persistent diseases. Various medicinal plants can be used to treat similar diseases, depending on the country in which the disease occurs. According to Ayurveda the medicinal plant acts as a whole and not as a isolated compound, while the researchers are busy isolating the active principles or compounds from the plants. The need of the hour is to understand the drug and its component as a whole and the way it works synergistically rather than the compounds in isolation. There is a thin line between the presence of the chemical compounds and efficacy of the plants. The records of the chemical compounds of the drug and from the region they are obtained has to be maintained for



a period of time and this data could be analyzed statistically.

#### IV. Conclusion

The methods have a few advantages over each other but they all are very sensitive, require small amount of sample and precise in nature. The recent advances in each technique provides a finer and detailed information about the medicinal plant, its active principle or its extract. This information will certainly benefit to identify, authenticate and give qualitative as well as quantitative information of the plant. Although herbal medicine is used mostly for treating mild to moderate illnesses and participants were aware of its limits, the combination of self-medication, non-expert consultation and missing risk awareness of herbal medicine is potentially harmful.

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