

Importance of Some Herbs with Their Medicinal Values

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About the Study

Herbs like dark pepper, cinnamon, myrrh, aloe, sandalwood, ginseng, red clover, burdock, bayberry, and safflower are utilized to recuperate wounds, bruises and boils. Basil, Fennel, Chives, Cilantro, Apple Mint, Thyme, Golden Oregano, Variegated Lemon Balm, Rosemary, Variegated Sage are some significant therapeutic spices and can be planted in kitchen garden. These spices are not difficult to develop, look great, taste and smell astonishing and a large number of them are magnets for honey bees and butterflies. Many spices are utilized as blood purifiers to adjust or change a long-standing condition by disposing of the metabolic poisons. These are otherwise called 'blood cleaning agents'. Certain spices improve the invulnerability of the individual, subsequently diminishing conditions like fever.

Some herbs are also having antibiotic properties. Turmeric is more useful in inhibiting the growth of germs, harmful microbes and bacteria. Turmeric is widely used as a home remedy to heal cut and wounds. To reduce fever and the production of heat caused by the condition, certain antipyretic herbs such as Chirayta, black pepper, sandal wood and safflower are recommended by traditional Indian medicine practitioners. Sandalwood and Cinnamon are great astringents apart from being aromatic. Sandalwood is especially used in arresting the discharge of blood, mucus etc. Some herbs are used to neutralize the acid produced by the stomach. Herbs such as marshmallow root and leaf. They serve as antacids. The sound gastric corrosive required for appropriate absorption is held by such herbs. Indian sages were known to have cures from plants which act against harms from creatures and snake bites. Herbs like Cardamom and Coriander are eminent for their tempting characteristics. Other sweet-smelling spices like peppermint, cloves and turmeric add a charming fragrance to the food, accordingly expanding the flavor

of the meal. Some spices like aloe, sandalwood, turmeric, sheetraj hindi and khare khasak are regularly utilized as germicide and are high in their restorative values. Ginger and cloves are utilized in certain hack syrups. They are known for their expectorant property, which advances the diminishing and launch of bodily fluid from the lungs, windpipe and bronchi. Eucalyptus, Cardamom, Wild cherry and cloves are likewise expectorants. Herbs, for example, Chamomile, Calamus, Ajwain, Basil, Cardamom, Chrysanthemum, Coriander, Fennel, Peppermint and Spearmint, Cinnamon, Ginger and Turmeric are useful in advancing great blood course. Therefore, they are used as cardiac stimulants. Certain medicinal herbs have disinfectant property, which destroys disease causing germs. They additionally hinder the development of pathogenic microorganisms that cause transferable diseases.

Herbal medication professionals suggest sedative spices, which give a calming impact to the body. They are frequently utilized as sedatives. Certain sweet-smelling plants, for example, Aloe, Golden seal, Barberry and Chirayata are utilized as gentle tonics. The harsh taste of such plants lessens poisons in blood. They are useful in obliterating disease as well. Certain spices are utilized as energizers to build the action of a framework or an organ, for instance spices like Cayenne (Lal Mirch, Myrrh, Camphor and Guggul. A wide assortment of spices including Giloe, Golden seal, Aloe and Barberry are utilized as tonics. They can likewise be nutritive and revive a solid just as sick person. Nectar, turmeric, marshmallow and liquorice can viably treat a new cut and wound. They are named as vulnerary spices.

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