

Research on medicinal plants uses and benefits

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Abstract

Medicinal herbs have been used for healing since the dawn of time. The link between man and his hunt for pharmaceuticals in nature extends back thousands of years, as evidenced by a variety of sources including written documents, preserved monuments, and even original plant remedies. Attention to medicinal plant use is a result of man's long-term battles against diseases, which taught him how to look for drugs in barks, seeds, natural product bodies, and other plant parts. Modern science has identified their dynamic activity, and it has remembered for modern pharmacotherapy a variety of plant-based drugs that have been known and used for centuries. The improvement of knowledge related to the use of medicinal plants, as well as the development of mindfulness, has increased the capacity of drug specialists and doctors to respond to the issues that have developed as a result of the extension of expert administrations in support of man's life.

Individuals have been searching for drugs in nature since ancient times in pursuit of a cure for their ailments. The use of therapeutic plants began in a natural way, just as it does with other organisms. Because there was no enough data at the time, either concerning the causes of the ailments or which plant and how it may be utilised as a remedy, everything was based on personal experience. As expected, the explanations behind the utilization of explicit therapeutic plants for treatment of specific illnesses were being found; in this way, the restorative plants' use steadily deserted the empiric structure and got established on explicatory realities. The most established composed proof of therapeutic plants' utilization for arrangement of medications has been found on a Sumerian mud chunk from Nagpur, roughly 5000 years of age. It involved 12 plans for drug readiness alluding to more than 250 different plants, some of them alkaloid, for example, poppy, henbane, and mandrake. In Homer's legends *The Iliad* and *The Odysseys*, made around 800 BC, 63 plant species from the Minoan, Mycenaean, and Egyptian Assyrian pharmacotherapy were alluded to.

Cinnamon, iris rhizome, bogus hellebore, mint, pomegranate, cardamom, fragrant hellebore, monkshood, and other plants were given names based on imaginative characters from these legends. This generally deciphered archaic work of history provides a wealth of knowledge on the restorative herbs that established the essential material medical till the late Middle Ages and Renaissance. Of the absolute of 944 medications portrayed, 657 are of plant cause, with portrayals of the outward appearance, region, method of assortment, making of the restorative arrangements, and their helpful impact. In the medieval times, the abilities of mending,

development of restorative plants, and readiness of medications moved to cloisters. Treatment was based on 16 medicinal plants that the doctors priests grew in the cloisters, including sage, anise, mint, Greek seed, savoury, tansy, and others. The Arabs introduced a variety of new plants in pharmacotherapy, mostly from India, a country with whom they had trade contacts, albeit most of the plants were of genuine medicinal use, and they have since been included in all pharmacopoeias around the world.

Therapeutic plants were included in the compound pharmaceuticals, as well as remedies from the creature's and plant's birthplace. If the panacea was made from a variety of medicinal plants, rare creatures, and minerals, it was highly valued and sold lavishly. People have been trying to find remedies to relieve pain and cure diseases since the dawn of time. The mending properties of specific restorative plants were noticed, chronicled, and passed down through the years in each period, each progressive century from the advancement of mankind and progressed human advancements. The benefits of one society were transferred to another, which rebuilt old properties and discovered new ones till the present day. The endless and everlasting advantages of restorative herbs have resulted in the current and perfected design of their preparation and use.