

# Importance of Herbs with their Medicinal Values

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## Description

The term "medicinal plant" refers to a variety of plants used in herbal medicine ("herbology" or "herbal medicine"). It is the practise of using plants for medical purposes as well as the study of such practises. The term "herb" is a combination of the Latin word "herba" and the old French word "herbe." Herb now refers to any plant part, including fruit, seed, stem, bark, flower, and leaf, stigma, or root, as well as non-woody plants. Previously, the term "herb" only applied to non-woody plants, such as those found in trees and bushes. These medicinal plants are also utilised as food, a source of flavonoids, medicine, and perfume, as well as for spiritual purposes [1].

Long before the prehistoric period, plants were employed for medical purposes. Herbs were described in ancient Unani texts, Egyptian papyrus, and Chinese writings. Unani Hakims, Indian Vaid, and European and Mediterranean cultures have all used plants as medicine for over 4000 years, according to evidence. Herbs were employed in healing rituals by indigenous societies such as Rome, Egypt, Iran, Africa, and America, while others developed traditional medical systems such as Unani, Ayurveda, and Chinese Medicine, in which herbal remedies were used systematically. Traditional medical systems are still frequently used for a variety of reasons.

India has long been renowned as a rich repository of medicinal herbs among ancient civilisations. The forest in India is home to a vast number of medicinal and aromatic plants, which are mostly harvested as raw materials for the production of pharmaceuticals and perfumery products. In India's AYUSH systems, some 8,000 herbal treatments have been codified. The principal systems of indigenous medicines include Ayurveda, Unani, Siddha, and Folk (tribal) medicine. Ayurveda and Unani Medicine are the most sophisticated and commonly practised of these systems in India. According to the World Health Organization, 80 percent of people around the world use herbal medicines for some component of their primary health care. Around 21,000 plant species have the potential to be employed as medicines, according to the WHO [2].

The use of medicinal plants is seen to be quite safe, as there are no or very few adverse effects. The fact that these medicines are in tune with nature is the largest advantage. The golden truth is that herbal remedies can be used by people of all ages and genders. Herbs, according to ancient experts, are only answers to a variety of health-related problems and disorders. They undertook extensive research and experimentation in order to get reliable conclusions about the usefulness of various therapeutic herbs. The majority of the medications created in this manner have no negative side effects or responses. This is why herbal medicine is becoming increasingly popular around the world.

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Aloe, Tulsi, Neem, Turmeric, and Ginger are medicinal plants that can help with a variety of diseases. In many regions of the country, these are considered home cures. It is common knowledge that many people use Basil (Tulsi) to make medicines, black tea, puja, and other activities in their daily lives. Many herbs are used to honour rulers in many parts of the world as a symbol of good fortune. Following their discovery of the medical value of herbs, many customers have begun planting tulsi and other medicinal plants in their backyard gardens [3].

Medicinal plants are thought to be a rich source of components that can be utilised to make pharmacopoeial, non-pharmacopoeial, or synthetic medications. Apart from that, these plants have played an important role in the evolution of human cultures all over the world. Furthermore, some plants are regarded as vital sources of nutrition, and as a result, they are suggested for their medicinal properties. Ginger, green tea, walnuts, aloe, pepper, and turmeric are just a few of these plants. Some plants and their derivatives are key sources of active compounds used in aspirin and toothpaste, among other things.

Herbs are utilised in natural colouring, pest control, food, perfume, tea, and other applications in addition to medicine. Various medical plants/herbs are used in various nations to keep ants, flies, mice, and fleas away from houses and businesses. Medicinal herbs are now key sources for pharmaceutical production. Traditional medicine practitioners provide very powerful recipes for the treatment of common problems such as diarrhoea, constipation, hypertension, low sperm count, dysentery, and weak penile erection, piles, coated tongue, menstrual disorders, bronchial asthma, leucorrhoea, and fevers. The use of herbal medicine has increased dramatically during the last two decades, but there is still a substantial shortage of research data in this subject [4].

We are moving away from nature as our lifestyle becomes more techno-savvy. We can't get away from nature since we are a part of it. Herbs are natural products with no adverse effects, are relatively safe, environmentally friendly, and readily available. Traditionally, a variety of plants have been used to treat diseases associated with certain seasons. It is necessary to promote them in order to preserve human lives. In contrast to synthetic medications, which are seen as dangerous to humans and the environment, herbal products have become a symbol of safety. Although herbs have been valued for their medicinal, flavouring, and aromatic properties for millennia, the synthetic products of the modern era temporarily overshadowed their relevance [5].

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## Conflict of Interest

The author shows no conflict of interest towards this manuscript.

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