Some Popular Medicine

1. Medical Herbalism
2. Aromatherapy
3. Homoeopathic system of medicine
4. Traditional Chinese medicinal system
5. Ayurvedic medicine system
6. Unani system of medicine
7. Naturopathy medicine

Medical Herbalism



Out-line

- History of Herbal Medicine
- Herbs as therapeutic agents
- Modes of preparation of medicinal plants used in traditional medicine

History of Herbal Medicine

- ✓Use of plants in the alleviation and cure of bodily ills goes as far back as the history of the human race itself.
- ✓First official reference to herbalism as a definite art and the practice of a distinct group of persons.
- ✓The first name to be associated with herbal practice and to be attached to writings on the subject is that of Nicholas Culpeper (1616-1654), the "father" of medical herbalism.
- ✓English herbalism produced few prominent personalities during the late seventeenth and eighteenth centuries.
- ✓ Although the art was widely practiced during this period by many humble exponents.
- ✓The story is transferred to what is now the US of America.

Cont.....

- ✓Plants and their secondary metabolite constituents have a long history of use in modern ‘western’ medicine and in certain systems of traditional medicine
- ✓Sources of important drugs such used in modernize medicine atropine, codeine, digoxin, morphine, quinine and vincristine.
- ✓Use of herbal medicines in developed countries has expanded sharply in the latter half of the twentieth century.
- ✓ Monographs on selected herbs are available from a number of sources, including the (ESCOP, 1999), German Commission E (1998) and WHO, 1999.
- ✓ WHO monographs describe the herb itself by a number of criteria including :
  - ➢Herb part commonly used, its geographical distribution, tests used to identify and characterize the herb, the active principles, dosage forms and dosing, medicinal uses, pharmacology, C/I and adverse rxn.

Cont.....

- ✓**Herbalism** is the use of plants to support the body's own healing, is practiced by almost everyone in some way consciously or unconsciously.
- ✓Herbal medicine has been carried down to us from generation to generation.
- ✓This is most definitely true for women who have traditionally been the food preparers and caregivers for their families and communities.
- ✓Women practice herbalism when they tend their gardens, feed their families whole foods, or comfort the ailing with teas and other home remedies.
- ✓Cultures from the beginning of time and all around the world practice and rely heavily or solely on herbal medicine.

Cont….

- ✓Herbalism is nothing more than using what grows on the earth as food and as medicine.
- ✓ It’s Earth medicine.
- ✓There are so many ways to use plants as medicine like..
  - ➢Eat them whole as food dried or fresh.
  - ➢consume them in vinegars and oils.
  - ➢drink them in teas, infusions, decoctions, cordials, and wine take them in capsules, pills, tinctures, powders, extracts, and syrups; and
  - ➢ use herbs externally as ointments, salves, liniments, creams, soaps, and lotions.
  - ➢ can make toothpaste, shampoo, conditioners, bath salts, and medicinal oils.

Herbs as therapeutic agents

- ✓These natural foods possess a number of beneficial properties.
- ✓Work to reduce inflammation, improve the health of your heart, boost your immune system, and even prevent and fight cancer.
- ✓Naturally occurring, plant-derived substances are used to treat illnesses within local or regional healing practices.
- ✓Well-known systems of herbal medicine like Traditional Chinese Medicine and Ayurvedic Medicine believe in the central idea that there should be an emphasis on health rather than on disease.

Cont….

- **Anise**

✓Seed and oil of anise can be used to relieve several health conditions.

✓Anise aids digestion, works as an anti-flatulence agent, and can be used to relieve coughs and co

✓It can also increase urine flow, s
your appetite, ease menstrual
discomfort, increase
sex drive and increase milk pro
in women who are breastfeedin



10 Health Benefits of... Anise

1. Relives Head-aches & Migraines
2. Helps Ease Cramping Discomfort
3. Helps Relieve Bloating & Gas
4. Assists with Nursing Babies
5. Alleviates Respiratory Issues
6. Relieves Sore Throats
7. Cure Sleeplessness
8. Alleviates Nausea
9. Aids Digestion
10. Antiseptic



Cont….

- **Annatto**

- ✓ It is used as a coloring agent because of its bright color that ranges from yellow to deep orange.
- ✓ Contains antimicrobial properties and antioxidants, making it useful for killing bacteria, aiding wound healing, supporting your cardiovascular and eye health, and protecting your liver.
- ✓ Some people may have an allergy
  or intolerance to annatto, so introduce it into your diet



Health Benefits Of Annatto

- Oxidative damage
- Prevent poor eyesights
- Healthy digestion
- Accelerates wound healing
- Cancer prevention
- Protect and Strengthen the Kidneys
- Annatto strengthens bones
- Reduces gonorrhea
- Relieving stomach issues
- Prevent birth disease



www.lybrate.com

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Cont.....

❑Barberry

- ✓It is a berberine-containing plant that is used to fight infections due to its antibacterial, antifungal and antiprotozoal properties.
- ✓Also used to prevent and treat diabetes, aid digestion, cleanse your liver and gallbladder
- ✓ improve your cardiovascular health by improving hypertension, cardiac arrhythmias and ischemic heart disease.




24 Amazing Health Benefits of Barberries
Iron Absorption
Regular Menstruation Periods
Eases Up Inflammation
Chemotherapy
Urinary Tract
Treat Anemia
Gastrointestinal
WBC Production
Sore Throat
Skin Disorders
Diarrhea
Eye Health
Digestion
©PainAssist.com
Liver Cleanser
Food Poisoning
Detoxifies Blood
Controls Blood Sugar
Fights Metabolic Syndrome
Diabetes
Improves Flow of Blood
Immune system
Heart Health
Lowers Blood Pressure
Controls Cholesterol levels
For Information, Visit: www.ePainAssist.com

Cont…..

❑Borage

✓It is a plant that’s used for medicinal purposes.

✓The flowers, leaves and oil from the seeds can be used to improve skin conditions like eczema, reduce fever, and relieve conditions like cough, rheumatoid ar inflammation.

✓Borage oil contains high amounts of fatty acid that is helpful for treating a of health issues, like PMS symptoms, hormone imbalances, respiratory cond heart disease and stroke.




Borage
aka Starflower
Popular Uses:
- Mood Elevation
- Skin Conditions
- Hangover
- Flu & Colds
- Salads & Steamed Veg
- Menstruation & Menopause
- Vegetarian Alternative to Cod Liver Oil
- Source of GLA (Omega 6)
- Added to Wine, Drinks and Cordials since Old Times
www.herbs-info.com

Cont.....

- **Calendula**

✓It is a plant that's taken orally and used topically to treat or relieve a number of health concerns.

✓It possesses powerful anti-inflammatory capabilities, helps to speed healing, relaxes muscle spasms and improves oral health.

✓Calendula also contains antimicrobial and antiviral properties, and relieve irritations from cancer treatments like radiation and chemo



10 Health Benefits of... Calendula

1. Protects Stomach & Intestinal Lining
2. Stimulates Collagen Production
3. Regulates Menstrual Cycles
4. Relieves Skin Inflammations
5. Suppresses Ear Infections
6. Relieves Sore Throats
7. Relieves Haemorrhoids
8. Anti-inflammatory
9. Detoxifies Body
10. Anti-Bacterial



Cont….

❑Gotu Kola

- ✓Gotu kola belongs to the same plant family as parsley, celery and carrots.
- ✓It is loaded with antioxidants helps to repair skin conditions like psoriasis, reduce fever, improve blood circulation, reduces





10 Health Benefits of... Gotu Kola

1. Improves Blood Circulation
2. Relieves Stress & Anxiety
3. Increases Brain Capacity
4. Heals Wounds & Burns
5. Fatigue Remedy
6. Anti-Microbial
7. Diuretic
8. Nervine
9. Anti-Oxidant
10. Anti-inflammatory



Kava Root

Health Benefits Of Kava Kava

Kava Root is one of the most useful supplements on the market, as it can help almost any physical ailment. It is a perennial plant native to the Pacific Island region, that has been used as ceremonial and medicinal herb for centuries. Kava kava is a shrub of the pepper family.



Kava herb is used for its relaxing and calming effects. It is used for treating Anxiety disorders, phobias, Stress-related anxiety, insomnia, restlessness, jet-lag.



It is used to treat menstrual discomfort,venereal disease, urinary problems, as anti inflammatory agent against gout, rheumatism and bronchial congestion. muscular pain, cramping, stiffness.



Kava has analgesic and anti-inflammatory effects that it is used as pain killer to treat headache, fever, chronic fatigue syndrome and migraines.



It is also used as mouth wash for canker sores and toothache.



This herb is also applied to the skin to treat leprosy ,to promote wound healing and to treat tuberculosis.



Kava is used to treat ADHD, epilepsy, psychosis and sleep related health problems.

Source : http://www.medicalhealthguide.com/herb/kava.htm
http://www.yourhealth.com.au/information-on-natural-medicine-herbs-detail.php?name=kava

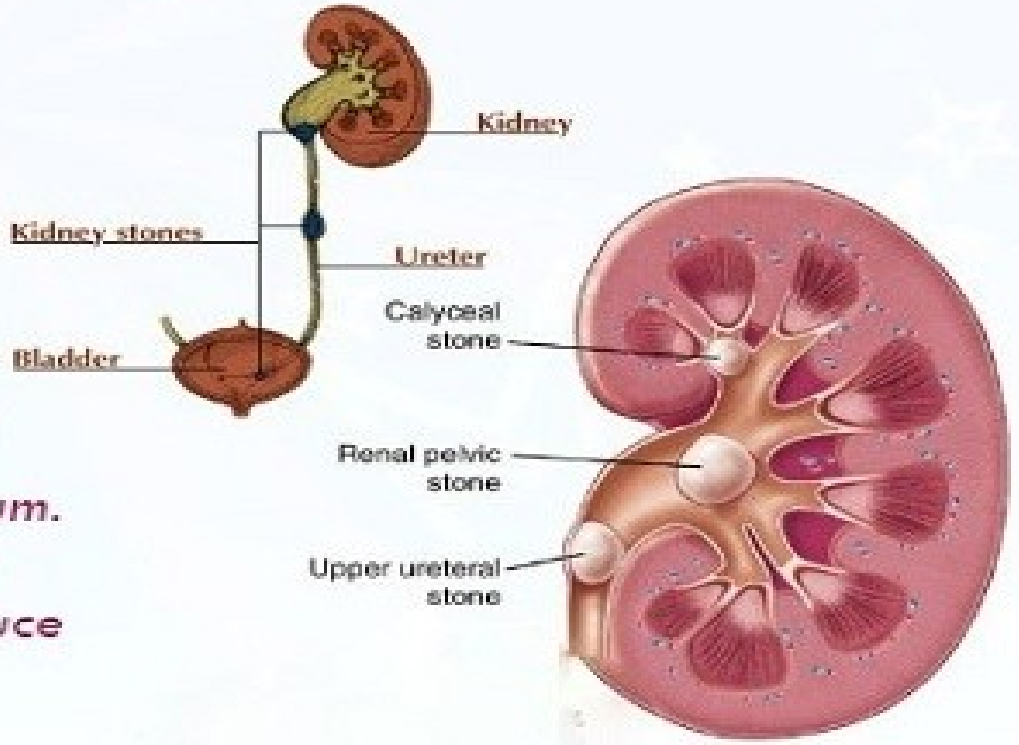
Designed and Developed in Public Interest by

NutraBusiness



BENEFITS OF KAVA KAVA

Treat Kidney Stones



KAVA KAVA *acts as a natural calcium channel blocker that disrupts the movement of calcium. Kava kava also has been used for relaxing the urethra. In addition, it also helps to reduce the risk of kidney stones effectively.*

Cont.....

- **Horny Goat Weed**

✓Horney goat weed works as a natural **aphrodisiac** because of its ability to increase testosterone production and estrogen levels.

✓Improve your libido, boost your circulation, regulate your cortisol levels, prevent bone loss,

✓Increase lear
dysfunction a





Benefits

- Horny Goat Weed increases sexual desire and appetite in men leading to better sexual performance.
- Horny Goat Weed is helpful in treating erectile dysfunction and impotence in men.
- Horny Goat Weed can be useful in treating Hay fever
- When combined with green tea and garlic, Horny goat weed can treat atherosclerosis.





Cont….

❑Nutmeg

- ✓It is a spice that comes from the seeds of an evergreen tree.
- ✓Rich in vitamins and minerals like vitamin B6, thiamin, manganese, magnesium, folate and copper.
- ✓When it’s used in small amounts when cooking or baking, nutmeg can help to aid digestion, ease pain, promote detoxification, boost cognitive function and regulating blood pressure levels.
- ✓Excessive ingestion of nutmeg can cause life-threatening toxicity.



Benefits of Nutmeg Oil

Organic Facts

Good for digestion

Aroma helps to remove bad breath

Reduces mood swings and depression



Helps treat kidney infections and diseases

Gives relief from toothaches and aching gums

Removes toxins from liver

Stimulates the cardiovascular system

Relieves congestion and symptoms of cold

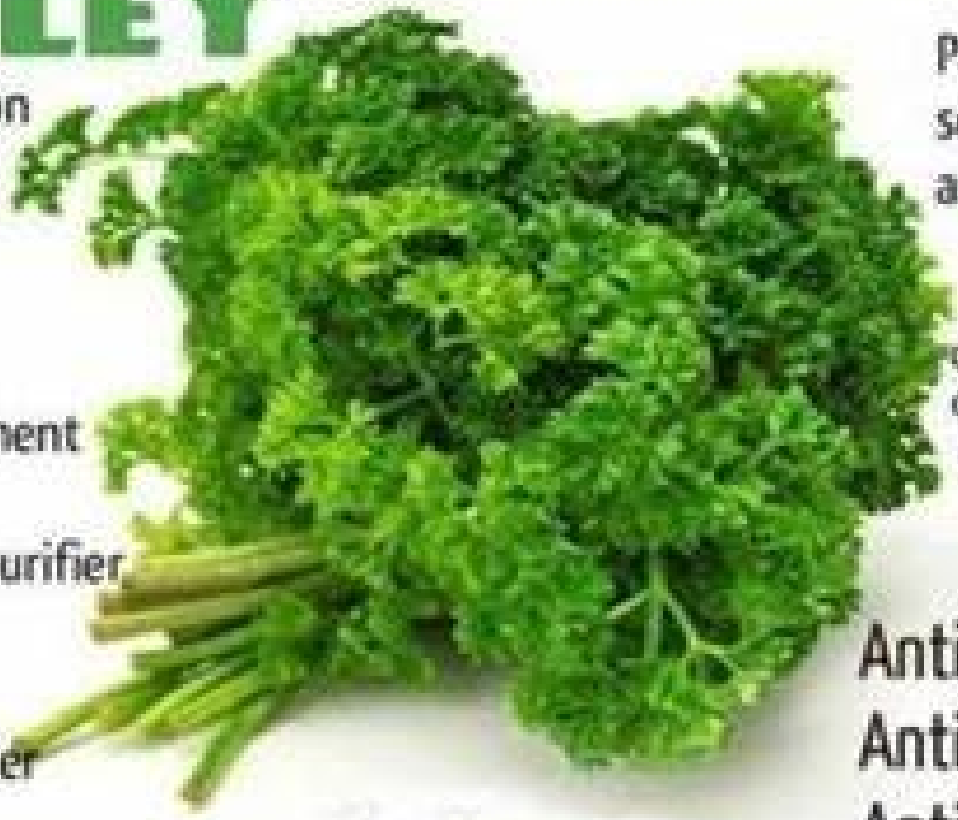
www.organicfacts.net

Cont.....

- **Parsley**

- ✓ It is an herb that can be used fresh or as a dried spice.
- ✓ It has the power to fight a number of health concerns, including bad breath, inflammation, kidney stones, digestive issues, skin problems, poor immunity, bladder infection and oxidative stress.
- ✓ Parsley is an excellent source of vitamins K, C and A, and it contains protective flavonoid antioxidants.

PARSLEY



Anemia-prevention
Bladder infection prevention
Digestive aid
Kidney health
Bad breath treatment
Anti-arthritis
Blood tonic and purifier
Natural diuretic
Gas reduction
Indigestion soother
Immune booster

Parsley is a great source of vitamin C and beta-carotene.

Just 1 tablespoon contains 61.5 micrograms of vitamin K, 5 milligrams of vitamin c and 316 IUs of vitamin A.

Antibacterial
Anti-inflammatory
Anti-oxidant

www.HealthyFoodScience.com

Cont…..

❑Red Clover

- ✓It is a plant that belongs to the legume family.
- ✓It can be used in extract form or in capsules to improve cardiovascular health, reduce menopausal symptoms, help you to maintain strong bones, reduce skin inflammation that causes conditions like eczema and psoriasis,
- ✓Fight respiratory conditions and lower your risk of certain cancers, such as prostate, endometrial and breast cancer.

Health Benefits Of Red Clover

Reduces Menopausal Symptoms

Hypertension

Lowers the Risk for Cancer



Treats Skin Inflammation

Fights Respiratory Infections

Prevents Cancer

Maintain Bone Strength

Makes Hair Strong

Improves Cardiovascular Health

www.lybrate.com

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Modes of preparation of medicinal plants used in traditional medicine

- ✓ Herbal remedies are prepared in several rather standardized ways which usually vary based upon the:
  - ➢ plant utilized, and sometimes, what condition is being treated.
- ✓ Some of these methods include infusions (hot teas), decoctions (boiled teas), tinctures (alcohol and water extracts), and macerations (cold soaking).
- ✓ Others include preparing plants in hot baths (in which the patient is soaked in it or bathed with it), inhalation of powdered plants (like snuff), steam inhalation of various aromatic plants boiled in hot water, and even aromatherapy.

Cont.....

1. Decoctions

- ✓Aqueous preparations of plant parts boiled in water for 15–20 min until the water volume is halved.
- ✓ Breaking the plant parts into small pieces before soaking in a given amount of water in an earthenware container.
- ✓water should cover the plant parts, then the container is covered, and the preparation is boiled until the water volume is halved.
- ✓boiled preparation is strained, cooled, and refrigerated which can be kept for 2 or 3 days.
- ✓ This procedure is suitable for extracting soluble and heat stable active constituents of the herb or herbal material.

Cont…..

❑**Strong decoctions**:

- ✓Depending on the type of plant material used, strong decoctions are prepared in two general ways.
- ✓The first involves boiling the mixture for a longer time.
- ✓Usually indicated when working with larger woody pieces of bark.
- ✓Longer boiling time, up to 2 h or more, is sometimes necessary to break down, soften, and extract the larger pieces.
- ✓Alternatively, when smaller woody pieces are used yet a stronger remedy is required.
- ✓The decoction is prepared as above (boiling for 20 min), then it is allowed to sit/soak overnight before straining out the herb.
- ✓When straining, it is ensured that the cut herb pieces are pressed in the strainer to get as much moisture/decoction out of the herb pieces.

Cont.....

❑Dried decoctions

- ✓Dried decoctions are produced by making very large batches of the herb formulas as decoctions (in large tanks), and then draining the liquid from the dregs.
- ✓The liquid is then evaporated (using heat and vacuum) to form a syrup.
- ✓The syrup is then put into a spray drier along with a powder carrier (usually starch or the dried, powdered, herb dregs).
- ✓ The remaining water is evaporated, leaving a dry powder

Cont….

2. Infusions

- ✓Extraction procedure in which boiling water is poured on the herb or herbal material to produce a dilute liquid preparation.
- ✓Herb or herbal material is allowed to stand for some time (usually 5–20 minutes).
- ✓ Sometimes another quantity of hot water is added and allowed to stand for additional time (why?).
- ✓The extracted plant material is removed by straining and the infusion is ready for use.
- ✓ Infusion is commonly employed to make herbal teas.

Cont.....

3. Maceration

- ✓Involves the procedures of mixing the properly comminuted herbal materials with the solvent
- ✓Herbal material is put in a container and solvent added until the herbal powder is thoroughly moistened.
- ✓Herbal materials are macerated in definite quantities of a solvent (at an optimal ratio of the amounts of herbal material to solvent), for a specified duration of time
- ✓The mixture is agitated at regular intervals for a defined period of time, strained, and the marc (the solid material) is pressed, to collect residual extract.
- ✓Allowing the mixture to stand at a certain temperature for a defined period of time, agitating as necessary.

Cont….

- ✓Chemical constituents are extracted from the plant tissues through a dissolution process into the liquid solvent.
- ✓All liquids are collected, combined and separated by decantation, centrifugation, straining or filtration.
- ✓Exhaustive bulk extractions via maceration can be quite time-consuming and require large volumes of solvent (drawback).