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Herbal drugs and new concepts on its use

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Core tip

Herbal drugs are frequently used to offer first-line and basic healthiness proposes. The link between man and his search for drugs in nature has a long-lasting history. Alertness of medicinal plants administration is a result of the many years of efforts against diseases due to which man learned to follow drugs in fruit bodies, vegetables and seeds, or other parts of the herbs. In fact, herbal drugs have gained growing popularity in the recent years, and are currently administered in various populations.

Introduction

Herbs have been administered for medical purposes and health for more than thousands of years. Herbal drugs are frequently used to offer first-line and basic healthiness proposes (1-3). Still in areas where modern medication is accessible, the attention on plants medicines and their consumption have been increasing quickly in recent years (2-4). Plants products in traditional and modern medicine are usually perceived by the general population as well tolerated and free of major adverse effects. While, as all medicines, herbal drugs products are predictable to be of appropriate quality safe and effective. Healing with herbal drugs is as old as mankind itself. The link between man and his search for drugs in nature has a long-lasting history. Alertness of medicinal plants administration is a result of the many years of efforts against diseases due to which man learned to follow drugs in fruit bodies, vegetables and seeds, or other parts of the herbs. In fact, herbal drugs have gained growing popularity in the recent years, and are currently administered in various populations (2-5). Medicinal plants products are complex mixtures of various organic substances which may come from any raw or processed part of an herb, consisting stems, flowers, roots, leaves and seeds. Under the current rule, medicinal plants are recognized as dietary supplements, which require a safety efficacy, as like the pharmaceutical drugs, while plants are often supposed as "natural" and therefore, though to be safe, however, many different side effects have been detected due to active ingredients, contaminants, or some interactions with drugs (3-6).

Conclusion

In fact, an herbal drug may be any form of a plant or plant product, consisting flowers, roots, leaves, stems and seeds. These plants can either be extracts or as sold raw, where the plant is macerated with alcohol, water, or other solvents to extract some of the chemicals of this herb. The resulting products consists various chemicals, including fatty acids, flavonoids, sterols, alkaloids, glycosides, saponins and others. While, any given plants contain various ingredients and some manufacturers are trying to create standardized plants products by identifying a suspected active ingredient and changing the manufacturing process to achieve a consistent amount of this chemical.

Authors' contribution

HN was the single author of the paper.

Conflicts of interest

The author declared no competing interests.

Ethical considerations

Ethical issues (including plagiarism, data fabrication, double publication) have been completely observed by the author.

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