

Editorial Note on Medicinal Plants in Curing Diseases and Boosting Immunity

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EDITORIAL NOTE

The Medicinal & Aromatic Plants aims to broadcast the latest findings from systematic explorations in the areas of Medicinal Plants, Medicinal Herbs, Plant Medicine, Aromatic Plants, and Fragrant Plants; Healing Herbs; Aromatic Flowers, Common Medicinal Plants, Aromatic Crops, History of Medicinal Plants and Aromatic Shrubs. The journal lays special emphasis on the Medicinal Plants, Aromatic Plants and the associated Aromatic Compounds. The journal has been publishing the most recent developments in the fields of Plant Medicine, Healing Herbs, Herbs Side Effects, and Plant Spirit Medicine as full-length research articles [1].

Medicinal plants can be characterized as the plants that have helpful properties or apply gainful pharmacological impact on the human or animal body. Therapeutic plants have been utilized against different ailments for a large number of years. Medicinal plants utilized in the treatment of basic diseases, for example, malaria, cholera, pneumonia, tuberculosis and asthma. The utilization of plants to fix a few sorts of human diseases has a long history. Different parts of plants, for example, leaf, stem, bark, and root, so on are being utilized to prevent, ease symptoms or revert abnormalities back to normal. Plants have the most various great investigations and are the more secure decisions among home grown remedies.

Traditional medicine is still recognized as the preferred primary health care system in many rural communities, due to a number of reasons including affordability and effectiveness. Ayurveda experts have emphasized that medicinal herbs such as Garlic, Basil, Turmeric, Ginger, Ashwagandha, Amla, Clove, Cinnamon, Tulsi, Mint leaves, etc., are helpful in strengthening the immune system to fight against the deadly virus. Strong immunity is necessary to fight any kind of foreign antigens that enter our body [2].

Furthermore, the widespread traditional uses of natural herbs and medicinal plants in curing and preventing diseases are very well described in ancient times. Different medicinal, aromatic, and edible plants are known to present antibiotic, antidiabetic, antioxidant, anti-inflammatory, and hyperlipidemic properties, among others and several herbal derived products or dietary

supplements are market-available today, being advertised for their health claims.

Plants are an integral part of all living organisms of the earth, and medicinal plants are widely distributed worldwide. Since immemorial time, humans from all the cultures worldwide have independently selected plants as a food. Moreover, as a consequence of the intensification of the agricultural practices, several wild edible plants have been gradually excluded from daily diets, depriving the human body from a more diverse panel of plant phytochemicals.

Several plants have been used for medicinal applications and have been traditionally consumed as decoctions and infusions. Since medicinal plants are nontoxic and easily affordable they play a vital role not only for pharmacological research and drug development, but also when plant constituents are used directly as therapeutic agents and as starting materials for the synthesis of drugs.

So the herbal drugs, which are cheap with less side effects, will be helpful to cure diseases of all the people including countries of the third world. In the present study we identified some of medicinal plants used by people to cure skin diseases. This could help in creating mass awareness regarding the need for conservation of such plants.

Practically, the medicinal herbs play a supplementary role in developing the immune system and fighting the viruses including covid-19.

The rapid explosion of the human population and several changes in their life style reflect the epidemic increase of chronic diseases and associated pathological complications. Food is not only intended to satisfy hunger and provide essential macro- and micronutrients for the body, but it can also supply bioactive ingredients that aid to decrease nutrition-related diseases and ensure physical and mental wellbeing.

In our journal we cover all research aspects related to medicinal, aromatic, and edible plants food, and nutrition; including methods for their extraction, purification, comprehensive profiling characterization, and quantification; the elucidation of their mechanisms of action with focus on antioxidant,

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Received date: July 20, 2020; Accepted date: July 23, 2020; Published date: July 27, 2020

Citation: Sindhu Sri M (2020) Editorial Note on Medicinal Plants in Curing Diseases and Boosting Immunity. Med Aromat Plants (Los Angeles) 9: e181. doi: 10.35248/2167-0412.20.9.e181.

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antimicrobial, anticancer, antidiabetic, anti-inflammatory, etc. and improved methods for assessing bioactive components and their bio accessibility [3].

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