



Herbal Plants and Strategies for Preventing Diseases

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COMMENTARY

Medicinal plants have been utilised in medicine from the beginning of time. Global studies have been conducted to test their efficacy, with some of the findings leading to the development of plant-based medicines. The global industry for medical plant products is worth more than \$100 billion each year. The function, significance, and utility of medicinal plants in combating diseases of public health concern are discussed in this study, with a focus on contemporary disease preventive strategies. The strategies for the "whole population" and "high-risk" are compared. The commonfactor approach is highlighted as a technique of involving other health promoters in promoting the ideas of medicinal plants. Under the five basic principles of the Primary Health Care (PHC) approach, the role of medicinal plants in preventing common diseases is investigated further. Medicinal herbs have an important role in illness prevention, and their promotion and usage are compatible with all current disease preventive techniques. However, deliberate efforts must be made in the design and implementation of these strategies to appropriately identify, recognise, and position medicinal plants. In the field of medicinal plants, these approaches bring intriguing and new perspectives. Recommendations are made for strategizing medicinal plants' future function and location in illness prevention.

In the traditional medical system, herbal remedies have proven to be the most effective treatment. In India, the forest provides around 90% of the herbs and medicinal plants. Approximately 100 plant-based novel medications were released into the United States drug market between 1950 and 1970, including deserpidine, reseinnamine, and vincristine, all of which are derived from higher plants. Medicinal plants have provided humans with a wide range of powerful pharmaceuticals to treat illnesses and disease suffering. Despite advances in synthetic drugs, some plant-derived drugs have remained their usefulness and relevance. Plant-based medications are becoming more popular around the world. There have been significant advancements in the pharmacological evaluation of many plants used in traditional systems of medicine as a result of modern study on herbal plants or medicine. Secondary metabolites or chemicals found in medicinal plants, such as tannins, terpenoids, alkaloids, and flavonoids, determine the therapeutic effectiveness of the plants, particularly their antibacterial capabilities. The use of plant-derived materials as an indigenous remedy in traditional medicine has been related to the introduction of plant-derived pharmaceuticals into modern medicine. Antibacterial, antifungal, anticancer, antidiuretic, anti-inflammatory, and anti-diabetic characteristics have been discovered in some of the plants. Plant-based medicines are used to treat mental illnesses.

Skin conditions, tuberculosis, diabetes, jaundice, hypertension, and cancer are among the most common. Traditional medicine and medicinal plants have long been used as a normative basis for maintaining good health in most underdeveloped countries. Oral illnesses are serious health issues, with dental caries and periodontal disease being two of the most common and avoidable infectious diseases worldwide. Poor dental health is linked to chronic disorders and systemic diseases, and it has an impact on overall quality of life. Large numbers of people die every day in underdeveloped countries around the world from preventable or curable diseases due to a lack of even basic health care. Malnutrition is frequently linked to diseases in these countries. The developing world is not a single entity, but rather a collection of significantly disparate countries and regions at various stages of development. Plants' significance in traditional medicine and as raw materials in the pharmaceutical industry cannot be overstated. Herbs are almost universally used to heal ailments in non-industrialized countries. Opium, aspirin, digitals, and guinine, among the medications currently available to doctors, have a long history of use as natural remedies. Because of the huge spread of traditional medicine and a growing interest in herbal therapies, the use of medicinal plants is on the rise all over the world. Plants are used in medicine to maintain and improve physical, mental, and spiritual health, as well as to treat specific ailments and conditions. Traditional therapies that have been adapted in industrialised countries are referred to as "complementary" or "alternative" medicine. Traditional medicine has remained popular in all parts of the developing world, and its usage is spreading rapidly in developed countries.

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