

The Study on Some Important Medicinal Plant

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ABSTRACT

Medicinal plants have been used in virtually all cultures as a source of medicine. The widespread use of herbal remedies and healthcare preparations is described in the Vedas and the Bible. Medicinal Plants have been used for thousands of years to flavour and conserve food, to treat health disorders and to prevent diseases. Awareness of medicinal plants usage is a result of the many years of struggles against illnesses due to which man learned to pursue drugs in barks, seeds, fruit bodies, and other parts of the plants. Active compounds produced during secondary metabolism are usually responsible for the biological properties of plant species used throughout the globe for various purposes, including treatment of infectious diseases. The microbial growth in diverse situations is controlled by plant derived products. Almost every portion of the plant has own medicinal properties. The traditional medicinal uses of some plants species belonging to different families and general overview of the medicinal plants are reported in this review article.

Keywords: Medicinal plants; Secondary metabolites; Plant species

INTRODUCTION

The Indian holy books Vedas mention treatment with plants, which are abundant in that country. Use of plants as a source of medicine has been an ancient practice and is an important component of the health care system in India. In India, about 70 percent of rural population depends on the traditional Ayurvedic system of medicine. Numerous spice plants used even today originate from India: nutmeg, pepper, clove, etc. Medicinal plants are the “backbone” of traditional medicine, which means more than 3.3 billion people in the less developed countries utilize medicinal plants on a regular basis [1]. Herbs are the most important products in natural resources which directly have a positive impact on the lives of people. Many of the drugs we use are directly or indirectly from herbal medicinal products.

The Indian sub-continent has a very rich diversity of plant species in a wide range of ecosystems. Medicinal plants frequently used as raw materials for extraction of active ingredients which used in the synthesis of different drugs. Like in case of laxatives, blood thinners, antibiotics and anti-malarial medications, contain ingredients from plants. Moreover the active ingredients of Taxol, vincristine, and morphine isolated from foxglove, periwinkle, yew, and opium poppy, respective.

The practice of traditional medicine is widespread in China, India, Japan, Pakistan, Sri Lanka and Thailand. In China about 40% of the total medicinal consumption is attributed to traditional tribal medicines. Medicinal plant also used in industrial area. These range from traditional medicines, herbal teas, and health foods such as nutraceuticals to galenicals, phytopharmaceuticals and industrially produced pharmaceuticals. The world market for plant-derived chemicals – pharmaceuticals, fragrances, flavours, and colour ingredients, alone exceeds several billion dollars per year. Piper Nigrum L. (Black Pepper, Kaali Mirch), is also referred as king of spices due to the extensive use of its dried unripe fruit in almost all cooking worldwide [2]. Ahmed et al. have very extensively and nicely reviewed the biological role of black pepper [3]. Herbal medicines such as Brahmi and Ashwagandha help boost one’s energy level, increase nutrients, restore body cells, and enhance a person’s immunity [4]. Medicinal Plant is of the great of the health of individual and communities. The medicinal value of plants lies in some chemical active substances that produce define physiological action on the human body [5]. The Vinblastine used for the treatment of leukemia in children, Hodgkins choriocarcinoma, non-Hodgkins lymphomas, testicular and neck cancer was isolated from the *Catharanthus roseus*.

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The importance of traditional medicine has also recognized by World Health Organization (WHO) and has created strategies, guidelines and standards for botanical medicines. Medicinal plants are resources of new drugs and many of the modern medicines are produced indirectly from plants. In 1805, morphine became the first pharmacologically active compound to be isolated in pure form from a plant. The 19th century marked the isolation of numerous alkaloids from plants used as drugs.

CHARACTERISTICS OF MEDICINAL PLANTS

Two type medicines is-Synergic medicine, Preventive medicine. In the treatment of complex cases like cancer diseases the components of the plants proved to be very effective. Many of the modern medicines are produced indirectly from medicinal plants, for example aspirin. Many food crops have medicinal effects, for example garlic. Medicinal plants are resources of new drugs. Studying medicinal plants helps to understand plant toxicity and protect human and animals from natural poisons. The medicinal effects of plants are due to metabolites especially secondary compounds produced by plant species. Plant metabolites include: primary metabolites and secondary metabolites.

Aloe barbadensis: Cosmetic companies commonly add sap or other derivatives from *Aloe vera* to products such as makeup, tissues, moisturizers, soaps, sunscreens, incense, shaving cream, or shampoos.

Acacia mormelos: Lemons are a rich source of vitamin C, providing 64% of the Daily Value in a 100 g serving. Lemons contain numerous phytochemicals, including polyphenols, terpenes, and tannins.

Withania somnifera: the dried leaves are ground to a powder from which a paste is made and used for burns and wounds. Leaves of the *Withania somnifera* plants used in Joint pain and Reduce swelling.

Carica papaya: Papaya skin, pulp, and seeds enclose a multiplicity of phytochemicals, including polyphenols and carotenoids, as well as benzyl isothiocyanates and benzyl glucosinates.

Bacopa monnieri: *Bacopa* has been used in the customary Ayurvedic treatment for asthma and epilepsy. It is also used in

Ayurveda for ulcers, tumors, ascites, enlarged spleen, inflammations, leprosy, anemia, and gastroenteritis. Some of the uses of the plant include reducing anxiety and stress, neutralizing allergic reactions, treating indigestion, and boosting a person's memory.

Mentha spicata: It is used as a flavour for tooth paste and confectionery, and is occasionally additional to shampoos and soaps. Used as a fumigant, spearmint essential oil is an effective insecticide against adult moths.

Curcuma longa: In Ayurvedic and Siddha practices, turmeric has been used as an attempted treatment for a variety of internal disorders, such as indigestion, throat infections, common colds, or liver ailments, as well as topically, to cleanse wounds or treat skin sores.

CONCLUSIONS

From the above study we conclude that plants have a very versatile life style. The medicinal effects of plants are due to secondary metabolite production of the plants. In the present minor review medicinal plants studied for the treatment of many diseases of human beings. In the development of human culture medicinal plants have played an essential role. Medicinal plants are resources of new drugs and many of the modern medicines are produced indirectly from plants.

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