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# Herbal Medicine As a Alternative Source of Therapy: A Review

**SHREYA SINGH<sup>1</sup>, ADITYA GUPTA<sup>2</sup>, JAYANT KUMAR MAURYA<sup>3</sup>,**

1. Research Scholar, Ashok Singh Pharmacy College, Maharoopur, Jaunpur , U.P. 222180

2. Assistant Professor, Department of Pharmacology Ashok Singh Pharmacy College Maharoopur Jaunpur U.P. 222180

3. Principal, Ashok Singh Pharmacy College Maharoopur Jaunpur U.P. 222180

Corresponding Author: **SHREYA SINGH**

## Abstract:

This article reviewed the herbal medicine and how it is useful for depression, anxiety and epilepsies as well as aloe vera as herbal medicine. Alternative medicine is the aid of plant or herb to give conduct towards the disease: systematic and triated herbal extraction is applied to customary medication which is applied to each nation. As a rule, cultural practice can facilitate treatment, effectiveness, however, it does not necessarily improve health. Another instrument of herbal basis management direction include insufficient accurate and complete information about the structure of take away. In view of large and growing use of natural resources across the globe, it does not make sense to depend even on traditional apocalyptic beliefs; descriptive and realistic studies need to consider harmonisation in the acquisition of reliable data whether for health culturedian and patient's benefit.

**Keywords:** Trials of description, alternative medicine, traditional medicine, realistic trials, customary medicine system.

## Introduction

Herbal medicine is defined as the use of plants in treatment of different disease and illness with an overall objective of restoring health. They must be use with care because they may interfere with another prescriptions medications. The herbal medicine is derived from plant medicine called phytocogonosy used in the practice of traditional medicine as the basis. In fact, the world health organisation claims that herbal medicine comprise of ancient healing method which have existed for thousand of years before modern medicine was introduced into the society globally. The use of herbal medicine is greater than that most countries around the globe by a factory of two or three times. For primary healthcare, between 75 and 80 percent of the worlds population still turns to herbal medicine, particularly in underdeveloped nations. Mostly due to the widespread perception that herbal medications are only inexpensive and easily assesible locally and have no negative effcts. Many modern medical practices have their roots in the ancient use of plants for therapeutic purpose which predates human history. A century ago, the majority of effective medication came from plant sources, as amny conventional drugs today do. Herbal medication can also use minerals, shells, specific animal parts, and compounds from fungi and bees. In addition to helping with self-healing, reducing side effects, and improving general health, it also assist save money.

### Herbal medicine: Challenges and regulation

Traditional medicine provide a basis for the necessary care, which is recognized by the World Health Organization (2012). To this end, the US congress establish the office of alternative medicine within the National Institute of Health in 1989 as a means of promoting medical research based on alternative medicine. This led to higher amount of funds being channeled in research regarding these herbal products. A significant amount of money was also set aside by the National Institutes of Health's , National center in the U.S. during fiscal year 2005, approximately \$33 million that went towards herbal medicine: almost \$89 was allocated in Canada in exploring. Though this sum of money is only insignificant against the pharmaceutical industry's overall R and D costs, it still indicate that people, business, community and government are really interested in this areas. When the demand for this kind of medicine grows internationally, it leads to two major problems: they are highly significant. Internationally diverse and home nation regulations exist regarding the production and usage of herb and as well as their quality, safety and evidence of efficacy in healthcare claim.

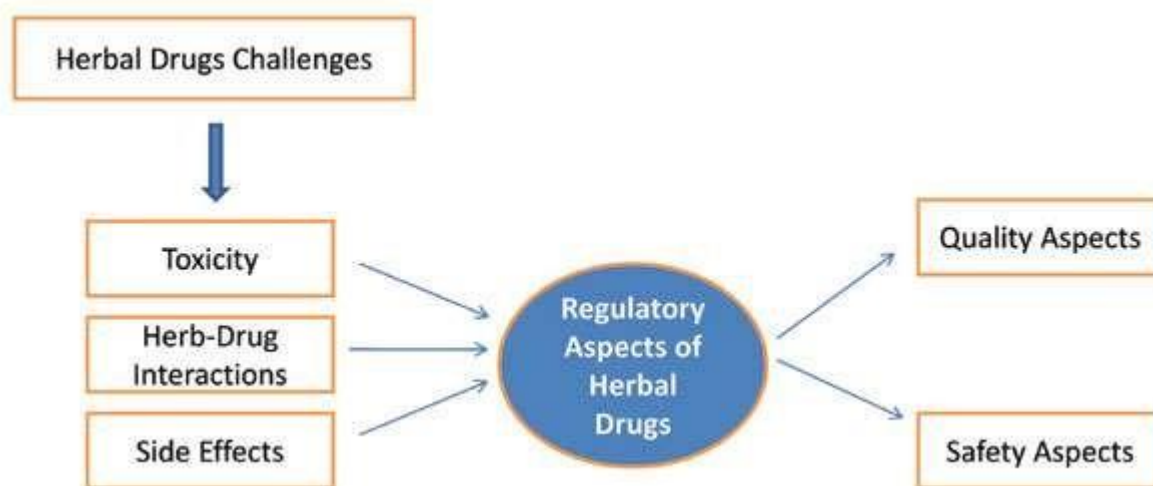


Fig.: Herbal Medicine Challenges and Regulatory Aspects

### International diversity and national policies

The assessment and control of herbal medicine is very hard because of different countries and traditional way which are used by many countries. Also, there is an array of herbs used too. Many barriers need to be overcome for traditional herbal medicine to be incorporated into legally recognized form of medical treatment. The World Health Organization identified the following problems with herbal medicine in a survey that was carried out in 129 countries: shortage of research data, regulation of herbal medicine, education and training, information sharing, awareness at national health authorities and control agencies, safety monitoring and assessment method for herbal medicines. The assistance from various nations is required for the following: meetings and conferences such as workshops on herbal medicine safety monitoring, information exchange on regulatory matters, general guidelines on research and evaluation of herbal drugs, availability of databases, workshops on regulation of herbal drugs. In order to define the position of herbal medicine in national healthcare systems, create necessary frameworks for implementing valid practices, ensure effectiveness, safety and authenticity of TMS and allow equal access to therapeutic resources should be other key necessities. In addition, harmonization of herbal medicine. Therefore, traditional clinical indicators of their uses, safety and efficacy are affected by experiences. In other countries laws in the United States, Canada and Europe can be applied to handle the legal issue of developing the herbal medicine industry.

### Quality, safety, and scientific evidence

For numerous years, herbal medicine has been applied in treating, preventing and promoting health, extending lifespan, and raising quality of life. However, there is little systematic evidence on whether they work or not and are safe. Many people prefer herbal medicine because they see it as a holistic approach to health care. However, evaluating scientific aspects of this form of medication is very challenging given many variables that need to be factored in. Herbal medicine is popular and even though it seems like they are harmless, they usually come from plants and mixed from plants that came from different species, they grow in various places too. The herbal extracts can also be adulterated, include other toxic substance. Another problematic issue is that although high- grade products have been employed in well- conducted control studies that shows the herb effectiveness, there exist numerous poor- quality doubtful herbal goods currently available in the market, which consumers unknowingly purchase at their own expense. There is a common belief among many that since herbs are naturally based products, they have no adverse effects, even at higher amounts. The use of herb is generally safe though it comes with unpleasant side effect that can be life threatening.

### Present status of herbal medicine

In addition, herbal medicine is popular not only in developing countries, but also worldwide. Over 95% of French and German physician tends to describe such herbs on daily basis.

It is estimated that over one billion dollars is spent on natural drugs in India while eighty nine dollars in the form of raw herbal extracts are exported. In 1996, the US market of herbal medicine was estimated to be worth some four billion dollars, twice it was worth ten years earlier. There has been an explosive growth on herbs based food products due to the US FDA relaxation on rules on sale of herbal food products. Statistics reveal that back in 1991, the European union herbal medicine sector was worth about six billion dollars, of which, one billion dollars belong to France and three billion dollars belong to Germany. A lot of drug meant for disease such as liver disease, bowel and heart disease, high blood pressure, depression, pain, cancer are obtained from plants.

A recent survey revealed that upto 60-90% of antibacterial and anticancer drugs are obtained from natural products with at least 39% of 520 new approved drugs.

One should note that herbal medicine is not only the phenomenon of developing countries only. Plants have returned into medicine as a result of science being popular along with public interest in them, especially within highly developed countries. Therefore, chronic disease patient's love using herbal remedies.

By 1994, pharmacologist Norman Farnsworth have already counted more than one hundred fifteen plant products which have been employed as a drug around the globe. A majority of drug sold in America are produced from existing plant based molecules or their derivatives.

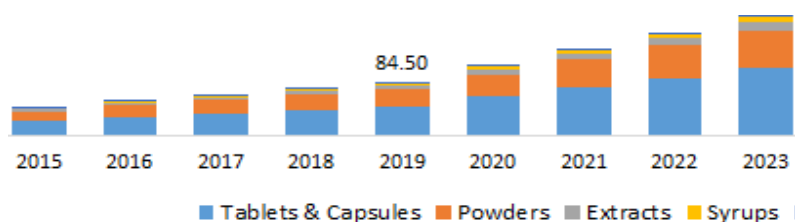


Fig.: Graph shows increment in herbal market from 2015-2023

### Herbal medicine for depression and anxiety

Cancer patients frequently experience anxiety and depression, both of which have detrimental effects. Herbs are often preferred by patients over conventional medications due to their limited efficacy and potential side effects.

Lavender, passionflower, and saffron were the most researched herbs, and their effects were on par with those of conventional anxiolytics and antidepressants. Chasteberry, chamomile, and black cohosh are also promising. All studies measured anxiety or depression symptoms, though not always as primary endpoints.

When compared to standard treatments, black cohosh, chamomile, chasteberry, lavender, passionflower, and saffron have favorable risk-benefit profiles and seem helpful in reducing anxiety or depression. They could help cancer patients by reducing the amount of medication they take and its associated side effects. Complementary therapies are becoming more and more popular as people seek out more natural ways to manage their health.

Certain supplements may be useful in treating mild to moderate depression, according to research. Here are a few of the supplements that are most frequently used by people:

- 1] **St. John's wort:** Another name for St. John's wort is *Hypericum perforatum*. For hundreds of years, this plant has been used as a popular herbal remedy for mental health issues. It is important for people to exercise caution when attempting this treatment option for depression.
- 2] **Ginseng:** The gnarled roots of the Asian or American ginseng plant are the source of this supplement. Eleuthero, Asian, and Siberian ginseng are distinct plants with various active components. It lessens the effects of stress and helps people become more energetic and mentally clear.
- 3] **Chamomile:** The *Matricaria recutita* plant yields chamomile, which is used to treat anxiety and depression. Compared to a placebo, it significantly reduces depressive symptoms.
- 4] **Lavender:** A well-liked essential oil is lavender oil. Lavender oil is commonly used by people to relax and reduce One common essential oil is lavender oil. Lavender oil is commonly used by people to relax, lower anxiety, and treat mood disorders.
- 5] **Saffron:** Saffron has been reported in some studies to be a safe and useful treatment for depression symptoms.
- 6] **SAME:** S-adenosyl methionine is shortened to SAME. It is an artificial version of a substance found naturally in the body. Research indicates that it possesses antidepressant properties.
- 7] **Omega-3 fatty acids:** Studies have shown that omega-3 fatty acid supplements are not generally helpful in treating depression.
- 8] **5-HTP:** Also referred to as 5-hydroxytryptophan, this dietary supplement may help control and raise serotonin levels in the brain.

For certain people, herbal and natural supplements might be effective. They are not, however, a sufficient replacement for traditional therapy or for those who run the risk of self-harm or suicidet has occurred in the field of botanical medicine in the past few decades. Rather than being eradicated by pharmaceutical chemistry and medical science. The objective evaluation of medical science has been beneficial to herbal medicine, and it has been discovered that herbal medicine has some very impressive credentials.

Herbal Remedy	Use	Complication
<b>St. John's wort</b>	Commonly used for anxiety and depression	Interferes with contraceptive pill, disturbs warfarin used to treat thrombosis, should not be used together with antidepressants
<b>Asian ginseng</b>	Used for a wide range of ailments and illnesses, many nondescript wellbeing claims	Harmful to patients with diabetes
<b>Ginkgo biloba</b>	Used for a wide range of ailments and illnesses, many nondescript wellbeing claims	Allergenic; should be avoided in diabetes, hypertension, or hypotension and for patients on steroid therapy
<b>Echinacea</b>	Unproven effects on boosting immune system	Allergenic
<b>Garlic</b>	General wellbeing claims and purported benefits for cardiovascular system	Causes blood thinning and interferes with HIV drugs

Fig.: Different Herbal Drugs for Treatment of Depression and Anxiety

### Aloe Vera as Herbal Medicine

Aloe vera is a significant and well-known plant in the Liliaceae family of medicinal plants. It goes by several names, including Indian aloe, Kunvar Pathu, and Ghrit Kumari. It is frequently offered in proprietary herbal preparations and is extensively utilized in contemporary herbal therapy. The Arabic word "alloe," which means "bitter," is thought to have originated from aloe due to the bitter liquid that is present in the leaves. Aloe vera, or *Aloe barbadensis* Miller, is a helpful plant that consists of two main parts: a clear gel and leaves with a high concentration of anthraquinone compounds. With numerous health benefits, including anti-inflammatory, antioxidant, antiviral, antibacterial, and wound-healing qualities, the gel is consumed as food. Numerous studies have shown that A. vera also has other effects, including lowering cholesterol, antidiabetic, antihypertensive, anti-obesity, and cardioprotective effects.

### Active Constituents of Aloe vera

There are seventy-five potentially active ingredients in aloe vera, including vitamins, enzymes, minerals,

sugars, lignin, saponins, amino acids, and salicylic acids. It contains vitamins, minerals, enzymes, sugars, anthraquinones, fatty acids, and hormones. Additionally, it contains seven of the eight essential amino acids and twenty of the twenty required amino acids for humans. About 3% of the gel is made up of saponins, the soapy material with cleaning and antiseptic qualities. Aloe vera is rich in vitamins, an excellent adaptogen, and an alkalizing agent that strengthens the immune system.

Salicylic acid, urea nitrogen, sulfur, phenol, cinnamonic acid, and lupeol. They all have the ability to inhibit viruses, bacteria, and fungi.

been used to treat digestive issues and skin injuries.



Fig.: Active Components of Aloe Vera

### Current Usage of Aloe Vera

Specifically, there are only a few such herbal medicine which are popular in western culture and production of which constitutes the industry on par with the largest worldwide manufactures of the aloe vera extracts. In 2004, the aloe industry was valued at about \$110 billion for finished goods with aloe content, and roughly \$125 million was dedicated to raw aloe material.

Aloe vera can be used for food, cosmetic, and pharmaceuticals. For toiletry and cosmetics, it is employed in skin moisturizer, shampoos, soaps, sun lotions, make-up creams, perfumes and shaving creams among others. The food industry relies on aloe vera as bittering agent and for the manufactures of functional foods especially healthy drinks. They can be applied both orally as an ointment. It is advisable that one should stop using aloe vera at least two weeks before any surgical operations since it increase the chance of heavy bleeding. It is known that aloe vera contains vitamins and it is also known that this nutrient get destroyed during its trip through gastrointestinal tract.

Aloe vera for juice, powder, concentrate just like many other components: its bioactive components give it some use in food, cosmetic and medicine.

### Herbal Medicine for Epilepsy

Herbal products with longstanding tradition of use in convulsive disorders provide tempting candidates for evaluation as potential new antiepileptic drugs. Crude extracts or particular

portion of herbal medication and purified substance obtained from them have been applied in well- tested

experimental animal convulsive models.

The following are few of most often used herbs for epilepsy:

1] A bush on fire 2]

Foundational

3] Hydrocotyle

4] Mugwort

5] Peony

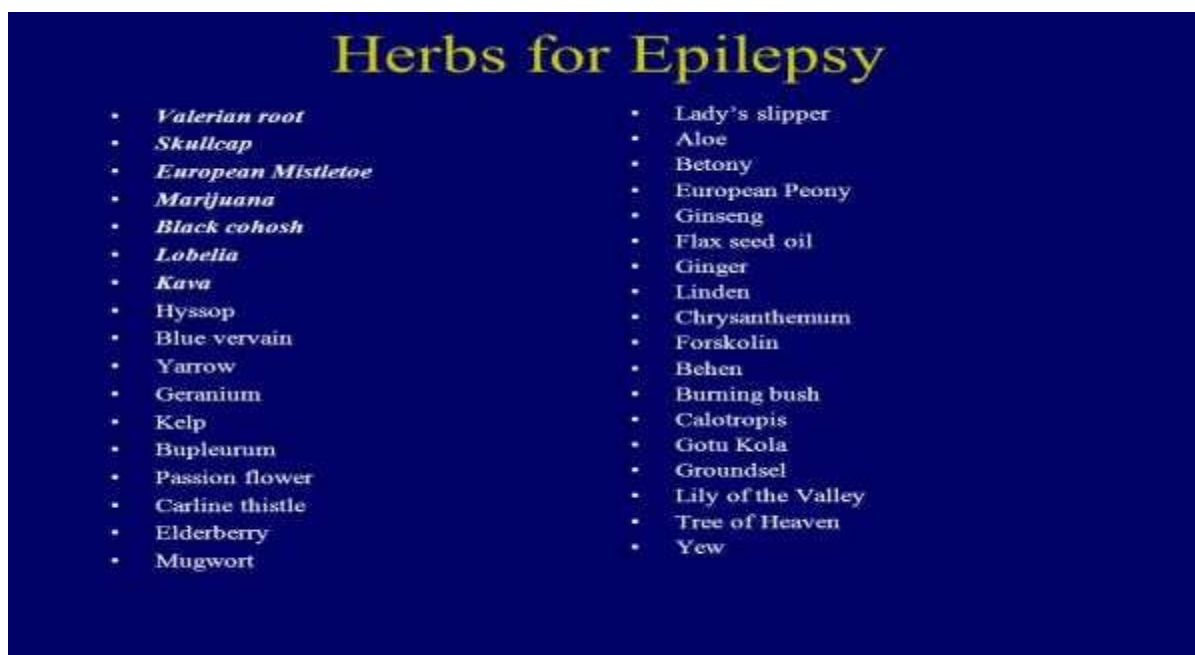


Fig.: Different Herbs for Treatment of Epilepsy

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