

A STUDY ON ROLE OF HERBAL PLANTS

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Project Guide

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ABSTRACT

ROLE OF HERBAL PLANTS

The Awareness on the Herbal Plants in the society

Herbal medicine (HM) is the fulcrum of complementary and alternative medicine, which in recent times is increasingly gaining widespread popularity all over the world and gradually streaming toward integration into the mainstream healthcare systems. The use of HM cuts across gender, social and racial classes in both developing and developed countries of the world. Herbal medicines (HM) include herbs, herbal materials, herbal preparations and finished herbal products that contain as active ingredients parts of plants, or other plant materials, or combinations and are used especially for the prevention and treatment of diseases. In contemporary times, HM remains a major component of the primary healthcare in many rural African and Asian communities. It also constitutes an integral part of the culture of many societies of the world. Many herbs and herbal recipes have a long traditional history of folk uses and claims of health benefits. Scientific research has shown that HMs contain complex chemical compounds that are responsible for the pharmacological activities, which corresponds to health benefits and/or toxicity they elicit. HMs have been used as prophylaxes for the passive maintenance of health as well as for radical treatment of varieties of mild to serious diseases. The use of HM is an age long tradition which is enshrined in the culture of many societies. In past times, people have relied on it as their primary source of healthcare with much success. Despite modernization and the proliferation of conventional healthcare that hinges on the use pharmaceutical drugs. Some people still lay personal preferences on HM: this group of people will always prefer HM as their first line of therapy whenever possible irrespective of their economic, educational and social status. In recent times, there have been increased research activities to verify claims and determine safety and quality control standards for herbal materials and products. The scientific proof of safety and efficacy has contributed to the increasing confidence and popularity of many herbal products. There are also certain diseases where patients have indicated preferences for HM instead of on

pharmaceutical drugs. In connection with this we prepared a questioner regarding awareness on Herbal plants herbal medicines their significance and surveyed nearly 50 houses. We collected the data and summarized the results related to awareness on Herbal and medicines among different people in the society.