



## REVIEW ARTICLE

# Medicinal Herbs for Traditional Therapy in Modern Ayurveda and Pharmacy

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### ABSTRACT

*The availability and utility of various proven herbs for traditional therapy is prevalent in our country from the prehistoric era. The present exclusive Editorial article documents this very issue on which worldwide research is in progress.*

**Keywords:** Herbs, Medicinal plants, Health, Traditional medicine

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### INTRODUCTION

The importance and wide use of herbs and medicinal plants is documented since long in Ayurvedic system of medicine. The herbal drugs in various formulations in Pharmaceutical sciences are employed for treatment of various ailments and incurable infections in human beings [1].

### IMPORTANCE OF NEEM

Neem leaf is used for the treatment of diseases of the heart and blood vessels (cardiovascular disease), fever, diabetes, gum disease (gingivitis), leprosy, eye disorders, bloody nose, intestinal worms, stomach upset, loss of appetite, skin eczema, ulcers and hepatic disorders [2]. Neem (*Azadirachta indica*) and its derivative products are popularly in demand by the common mass for their inherent anthelmintic, antifungal, antidiabetic, antibacterial, antiviral, contraceptive, and sedative properties. Neem products are predominant in modern Ayurvedic and Unani medicine and are widely recommended for dermal diseases e.g. skin eczema, psoriasis etc. Oil obtained from neem leaves helps in blood purification systemically and to regulate the blood glucose level. It improves the luster of hair and metabolic functions of liver [3].

### PAPAYA FRUIT

Papaya (*Carica papaya*) is also applied topically for the treatment of cuts, rashes, stings and burns. Papain, a notable protease remains present in papaya (add reference). It is believed that it can raise platelet levels in blood. Papaya can be used as a medicine for malaria and dengue fever for its antimalarial and antiplasmodial properties. Raw papaya with its leaves finds its use in meat processing for meat tenderizing for the papain content in the fruit. It is a good topical supplement for treatment of acne, skin infections and wounds. The flesh of papaya is rich in dietary fiber and thus helps in lowering blood cholesterol. It prevents premature ageing and in treatment of endoparasitic worms in gastrointestinal tract. Papaya fruit aids in proper digestion and prevents constipation. It keeps colon infection away and helps in curing morning sickness and nausea. In addition, it contains anti-inflammatory enzymes which help in curing osteoporosis in elderly people and in alleviating joint arthritis [3].

In obese people, it acts as a weight reducer and in controlling body weight. Papaya helps in preventing menstrual cramps and helps in maintaining regular menstrual flow. Papaya is a rich source of Vitamins A and C and thus promotes immunity [3].

Shampoos and soaps contain papaya extracts as it helps in preventing dandruff and hair fall. It helps in regulating the growth of cancerous cells in hepatic cancers and also prevents renal problems by inducing antioxidant and oxidative free radical scavenging.

Papaya fruit is a source of nutrients such as provitamin A carotenoids, vitamin C, folate and dietary fiber. Papaya skin, pulp and seeds also contain a variety of phytochemicals, including lycopene and polyphenols [3].

#### **THANKUNI LEAVES**

'Thankuni' (*Centella asiatica*) leaves helps in the increase of hemoglobin in blood. It also promotes improvement in the venous system and encourages positive connective tissue growth [4].

#### **CONCLUSION AND FURTHER RECOMMENDATION**

Even modern ayurvedic system of medicine using the rich herbal source has proven to be effective in cancer treatment on which worldwide research is in progress for the documentation of the fact and establishment of the concept.

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