
INTRODUCTION OF HERBAL MEDICINE AND ITS HISTORICAL BACKGROUND

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ABSTRACT

It highlights how herbal remedies, rooted in ancient practices, offer a safe, effective, and eco-friendly alternative to allopathic medicine. Traditional medical systems like Ayurveda and Traditional Chinese Medicine have relied on herbs for centuries. While developed nations have thriving herbal medicine markets, developing countries, particularly China, excel in medicinal plant cultivation and exports. India's herbal medicine sector is smaller but growing, especially in the nutraceutical market.

Keyword: what is herbal medicine, why herbal medicine, historical background of herbal medicine, present market status of herbal medicine.

1. INTRODUCTION

Herbal medicines are widely used in the global level. Because of the effectiveness of the medicines. Drug not toxic and produce less ADR and easy to use no have side effects. We have the medical traditional system for example ayurvedic system of medicine. Earlier we use the herbal medicine from the ancient time. We can discuss about the herbal medicines in this article.

What is herbal medicine ?

Herbal medicine is defined as the use of a plants for medicinal purpose. In the modern life we use herbal medicines as a alternative of allopathic medicine. Many plant derived compounds as the basis for Pharmaceutical drugs. Most are saved to use but there some herbs that should only be used by a professionals. Nutraceutical market is fastest grown market in the herbal medicine field.

Why herbal medicine ?

Herbal medicines are mainly used in the developing countries by about 80% of global population use the herbal medicines for basic healthcare. Herbal medicine is prone that are safe , effective and have fewer side effects. The medicine content natural components that align with body function. Herbal medicines are eco friendly and it can boost economic. Herbal medicines do not produce any harm to the body so we accept the herbal medicine. In the ancient time herbal medicine are also used for the memory loss diabetic wound etc.

Historical background of herbal medicine

Herbs have been used as medicine from the ancient time, with the record of 3000 BC in China and Egypt. There are the traditional medical systems like Siddha, Unani, Ayurveda and traditional Chinese medicine, have long relied on herbal medicines. Every medical traditions come from Babylon, China, Egypt and India. Advanced research centres emerged in the 20th century fostering biological treatments like antibiotics.

Present market status of herbal medicine

The top 10 best selling herbal medicines in developed countries like garlic, ginkgo, saw palmetto, account for nearly half of the herbal medicine market. In the developing countries like China there are 800 medicinal plants available, and herbal drug exports are significant.

In India the herbal market and exports are relatively small. In the ancient text like Charak Samhita and Sushruta Samhita describe the herbal medicines. Herbs like Sarpagandha, Maimool, and Sallaki have known mechanism of action. In the present market of India the nutraceutical product growth is increased and many people start the use of the herbal medicine.

2. CONCLUSION

Herbal medicine, deeply rooted in ancient traditions, provides a safe, effective, and eco-friendly alternative to allopathic medicine. While developed nations have strong herbal medicine markets, developing countries like China lead in medicinal plant cultivation and exports. India's herbal medicine sector is growing, particularly in the nutraceutical market. Overall, the global acceptance and use of herbal remedies continue to rise, offering promising avenues for both healthcare and economic development.

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