

Some of Egyptian Medicinal Plants and Heart, Blood Disease

Mohammed Sayed Aly Mohammed

National Research Center, Egypt

ABSTRACT:

Many medicinal plants have significant effect upon the diseases, such as diabetes, skin, liver cancer, heart, respiratory, blood and nervous system. Medicinal plants in Egypt contain high concentration of secondary metabolites, according to the suitable environmental conditions. The ancient Egyptian had written a lot of information about medicinal plants and their uses and many drugs of these medicinal plants are still used in medicine. Many of medicinal plants were cleared on wall of temples and in the papyri, famous Ebers papyrus that written in 1550 B.C. cardiovascular diseases (CVD) can be defined according to the World Health Organization (WHO) as a defect of the circulatory system including heart and blood vessels. There are many types of CVD such as Coronary Heart Disease (CHD), cerebro vascular disease, heart attacks and strokes. Deposition of fatty substances, cellular waste, cholesterol and other substances on the inner walls of blood vessels is the major cause for CVD, World Health Organization (2014).

Traditional medicinal plants definite a phyto- remedies, their use still burgeoning worldwide, the medicinal plants are used as a herbal for recovery to many disease, and of their constituents now used in very beigest scale to cure from many disease such as diabetes 2, skin, liver, cancer and heart disease too. Drugs of herbal or their derivatives considered natural products that mostly have not any side effects.

Medicinal plants contain many compounds which do an excellent effect to remedies from many diseases, such as essential oils that used as sedative, skin disease, relaxing and so on. Phenols and flavonoids that used as antioxidant that prevent cancer, glyoxidates that have a good effect upon heart disease such as querciten of onion, scillaren of white squill, allyl of garlic and so on of the contents of medicinal plants that the spot will be light on their active ingredients for heart disease in the present work.

Herbal and natural products of folk medicine are practiced for centuries in almost all cultures worldwide. However, in most of the world countries, especially those in the African continent, Asia and South and Central America, the majority of the population (roughly 80%) still relies to a great extent on herbal medicine for their primary healthcare. Moreover, in developing countries and rural societies, the use of medicinal plants is both a valuable resource and a necessity, and furthermore a real alternative for prevention of diseases. Despite the countless progress in profitable drugs, the collective confidence in alternate therapies (especially herbal therapies), even in western countries, stems from the detail that approximately of these remedies have so far proven to be very effective in countries. However, scientists and medical professionals have found that the herbs themselves, which possess unique combinations of chemical components, are more effective than the chemical derivatives.

Only in recent times there has been an exponential growth in the area of herbal medicine and these drugs are gaining acceptance both in emerging and advanced countries because of their natural source and

less side effects. Ethnic people and trials of world are endowed with a deep knowledge concerning the utilization of medicinal plants to cure various diseases. However research on the local knowledge related to plant species utilization for heart disease still lacks adequate attention. The current investigation aims to recognize, gather and document the current folk information connected to the use of medicinal flora for healing of heart disease a total of 87 medicinal plants representing 37 families are reported for their therapeutic use against heart disease. In most of the heart treatments with medicinal plants, the herbal preparations are administered topically. Further scientific investigation is essential to assess biochemical essential as well as the pharmacologically valuable alkaloids, glycosides and any other supportive plant product available from the local flora for the enhanced posterity of mankind.

A number of herbs contain potent cardio active glycosides, which have positive inotropic actions on the heart. Herbs have been used as medical treatments since the beginning of civilization and some derivatives have become mainstays of human pharmacotherapy. For cardiovascular diseases, herbal treatments have been used in patients with congestive heart failure, systolic hypertension, angina pectoris, atherosclerosis, cerebral insufficiency, venous insufficiency, and arrhythmia. However, numerous herbal remedies used today have not experienced careful technical assessment, and some have the probable to cause serious toxic possessions and major drug-to-drug interactions. With the great occurrence of herbal use in the world, clinicians must request about such health practices for cardiac disease and be learned about the potential for profit and harm. Ongoing research is essential to clarify the pharmacological activities of the numerous herbal remedies now being used to treat cardiovascular diseases.

Some plants, used to treat cardiovascular diseases, have been considered. the plants, that were given, reflects the main approaches to phytotherapy of diseases of the cardiovascular system, this is the use of cardiac glycosides the first highly effective drugs for the treatment of heart failure, P-active compounds, strengthen the blood vessels and regulate metabolism in the body, a variety of alkaloids, including stimulating the activity of the body, which is important, for example, in hypotension. A number of medicinal plants are representatives of the ruderal flora (motherwort). It causes widespread use of plants in folk medicine.

Medicinal plants have been used in patients with congestive heart failure, systolic hypertension, angina pectoris, atherosclerosis, cerebral insufficiency, venous insufficiency and arrhythmia since centuries. A recent rise in the popularity of alternate medicine and natural products has revived concern in traditional remedies that have been used for the treatment of cardiovascular diseases. The aim of the present study is to clarification of some Egyptian medicinal plants upon heart, blood disease such as *Tropaeolum majus* L. *Uriginea maritima* (L.), *Salvia* Species, *Allium cepa* and *Allium sativum*. The location, chemical components, active ingredients, and position of effect of previous plants.