

## Herbal Medicine and its Treatment

Michel Tang\*

Department of Medicine, University of Kashihara, Sousse, Tunisia

\*Corresponding author: Michel Tang, Department of Medicine, University of Kashihara, Sousse, Tunisia, E-mail: micheltang@calu.us

Received date: November 03, 2021; Accepted date: November 17, 2021; Published date: November 24, 2021

Citation: Tang M (2021) Herbal Medicine and its Treatment. Am J Ethnomed Vol.8 No.10:e001.

### Editorial Note

Chinese herbal medicine uses plants and their leaves, stems, bark, flowers, fruits, and seeds to prevent or cure disease. 4 billion people, or about 80% of the world's population, use herbal medicine as part of their health care today. Different cultures use herbs in various geographical locations to treat common illnesses. They have been successful to some extent, and over the centuries, some herbal remedies have proven to be far more beneficial than symptomatic treatments. What exactly is Chinese herbal medicine? It can be broadly described as a natural cure or alternative therapy in which herbs and plants are used in the form of extracts, tablets, syrups, or powders which are used to cure diseases and illnesses in humans and, in some cases, animals. The administration of Chinese herbs was previously a profile. However, the failure of some symptomatic treatments and their side effects has led some patients to revert to ancient treatments that use herbs for salvation.

### Traditional Treatment Methods

#### Origin

Chinese herbs are also known as herbal remedies. Ancient Indians, Chinese, and Europeans have discovered the origin of herbs. They are effectively used for the healing purpose and their records are available in ancient texts. In India, more than 1100 medicinal plants are cultivated in wild forests and, about 60 genera are used in medicine. Despite their current demands, they are not growing in a controlled way. Moderately, the tribes use them for life on some belts that grow in the wild. They are purchased from the rainforest. Health care is crucial all over the world. So it is strange to use Chinese herbs silently without consulting a doctor. They are purchased over the counter or by people who are not qualified to make them. Very few drugs are on the market, especially in India and China, due to their few side effects. Combining them with symptomatic medications, for patients with chronic illnesses by general practitioners and physicians can have a positive step towards health care. They are cheap and therefore fit within the resources of patients in need of long-term care.

In contrast to India, the surge in demand for traditional medicines in China has allowed the government to grow these plants for further research and development. For medicinal value, nearly 600 species are grown in about 100 units. Chinese

herbs are also used in Ayurveda, Naturopathic, Homeopathic, and traditional Native American Medicines. About 74 kinds of plants are used in modern medicine.

#### When it is used?

Alternative medicine specialists, especially Chinese herbalists, provide herbal remedies for almost all illnesses. In general, herbs are effective in treating mild illnesses such as digestive problems, the flu, cough, headaches, and rashes.

#### How does it work?

Herbal medicines that bring the desired results, which are found in laboratory analyses, contain substances that trigger specific biochemical responses. For example, the inner bark of a certain type of willow tree, chewed by Native Americans to relieve headaches and other pains, contains salicylic acid, the active ingredient in aspirin. Some herbalists still recommend white willow to treat headaches, arthritis, and other painful conditions, contending that, it is less likely to cause stomach upset and other adverse effects of aspirin. Unlike conventional drugs, herbal remedies do not have the management of the Food and Drug Administration (FDA). Therefore, the consumer has no way of knowing whether a herbal product has been subjected to scientific testing to measure its safety and effectiveness. FDA regulations require that herbal products be advertised as nutrients or food additives, and that their labels do not contain specific medical claims or dosage information. Therefore, people who use herbal remedies usually look at books or rely on the advice of herbalists or other healthcare professionals.

#### Precautions

Many plants are toxic. Before taking it internally, make sure that exactly what is in herbal remedies. Consult paediatrician or paediatric nurse before using herbal remedies for child's illness. Take only the recommended dose. When taken in large quantities, minor and nontoxic herbal products can cause serious side effects. For example, plant compounds that can be effective laxatives (example: psyllium) in small doses often cause severe diarrhoea at high doses. Monitor yourself for possible side effects. If there is any widespread skin rashes, dizziness, dyspnea, or other signs of a severe reaction, contact the doctor or any local emergency room as they may cause an anaphylactic reaction.