

USE OF MEDICINAL PLANTS: BENEFITS, RISKS, LIMITATIONS AND PERSPECTIVES

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Annotation: in this article we focus Medicinal plants are the types of plants used in herbology or herbal medicine. These plants possess therapeutic properties or have beneficial effects on the human body. The [medicinal plants](#) are useful in the treatment of common ailments like relief from headache, indigestion problem and even irritation from insect bites. People use them as food, medicine, perfume, and flavonoid and in certain spiritual activities.

Key words: Medicinal plants, herbology, herbal, therapeutic, indigestion, flavonoid

Medicinal plants are the types of plants used in herbology or herbal medicine. These plants possess therapeutic properties or have beneficial effects on the human body. The [medicinal plants](#) are useful in the treatment of common ailments like relief from headache, indigestion problem and even irritation from insect bites. People use them as food, medicine, perfume, and flavonoid and in certain spiritual activities. It is an Ayurveda herb that has been used in Indian medicine for ages. It is a powerhouse of antioxidants, which fight free radicals and keep your cells healthy & free from diseases. [Giloy](#) is a universal herb that boosts immunity, something we need during the challenging times of widespread coronavirus. It combats liver diseases, urinary infections, and is useful in treating infertility. It helps reduce mental stress and anxiety and boost immunity. Giloy has anti-inflammatory & anti-arthritis properties that help treat arthritis and its symptoms.

Bhringaraj, also known as 'False Daisy' is a traditional herb recommended for long, strong and silky hair. People use Bhringaraj for treating skin diseases as well. It offers protection to the liver from harmful chemicals that can damage it. Intake of the juice of [Bhringaraj](#) leaves with honey also helps in fighting the bacteria, which causes dysentery. A fresh extract from its leaves is a perfect remedy for swelling, inflammation and relieving pain. Also, Bhringaraj has immunity-boosting properties which offer protection against infections & helps you stay healthy.

Tulsi is an Ayurvedic herb, also called Holy Basil, 'Queen of Herbs' or 'Elixir of Life.' It has a strong aroma & a flavour & differentiated by its medicinal properties. Often combined with black, green or white tea leaves for its health-

promoting ingredients. It lowers blood pressure, treats gastrointestinal disorders, regulates blood sugar, and helps relieve the joint pain associated with arthritis. [Tulsi plant](#) has antiseptic properties that kill damaging bacteria in the mouth and result in fresher breath. It is also a powerful adaptogenic herb that reduces stress and increases energy.

Aloe Vera is a popular medicinal plant that people use for treating skin infections and injuries. The aloe vera gel contains beneficial bioactive compounds, including mineral, vitamins and antioxidants. The polyphenols found in aloe vera inhibits the growth of bacteria that causes infection in humans. [Aloe Vera plant](#) has antibacterial, antiviral and antiseptic properties that help heal wounds and treat skin problems. It reduces dental plaque, helps treat mouth ulcers and may also treat constipation. Be aware herbal medicine can interact with other medications

Herbal medications and supplements may interact in harmful ways with over-the-counter or prescription medicines you are taking. Taking herbal supplements may increase or decrease the effectiveness of other drugs you are taking or may increase the risk of negative side effects. For example, St John's Wort mostly decreases the effectiveness of other medicines but increases the effects of antidepressants. If you are considering taking herbal medicines, it is always a good idea to talk to your doctor about possible side effects and interactions with other medications you are taking.

Purchase herbal medicine products from a reputable supplier. Not all herbal medicines that are sold are safe. Always purchase from a source that stocks products from a reputable manufacturer or supplier, such as health food stores, supermarkets, pharmacies or from a reputable practitioner. Be careful about purchasing herbal medicines [over the internet](#). Unregulated herbal medicines from overseas may not be manufactured to the same quality and standard as regulated medicines. In some cases, products purchased online have been found to have dangerous levels of [lead](#), [mercury](#) or arsenic, which can cause serious health problems.

Herbal medicines made in Australia are subject to regulations. Consult with your pharmacist about the safety and effectiveness of the herbal medicine or supplements you are thinking of buying. If you are considering taking herbal medicine, it is recommended that you:

Never stop taking prescribed medications without consulting your doctor.

Always tell your doctor if you are planning to start a course of herbal medicine for your condition.

Seek advice from your qualified health practitioner, your doctor or your pharmacist about the herbal medicine's safety, quality and effectiveness.

Always purchase products from a reputable source. Be cautious about buying herbal medicines or supplements manufactured overseas.

Take all herbal medicines strictly as prescribed and consult your health practitioner immediately if you experience any side effects.

Ethnoscience has recently reaffirmed in contemporary society that the use of natural products is an important factor for the cure and treatment of many diseases, both for its low economic cost and for its easy access. As a millenarian practice that accompanies diverse cultures, these have been increasingly valued and studied, aiming to find products that bring good health. The medicinal plants stand out in this group of products as important sources for the maintenance of the health. Miranda also says that knowledge about the use of medicinal plants is vast, and that in some situations these natural resources are the only forms of healing for diseases. For example, we can mention the poorest regions of Brazil where natural products are sometimes the only possibility of treatment that the residents of this place can obtain. And in these situations, where basic care is insufficient, medicinal plants are characterized as important resources that can meet such needs. This traditional knowledge about the use of medicinal plants, the main motto of ethnopharmacology studies, continues until today through the oral transmission of information between generations of families or specific ethnic groups. It is worth noting, however, that some of those who use medicinal plants attribute to them a harmless character to health, dividing the belief that these resources do not present toxicity and do not trigger side effects. However, the toxic capacity that some of these plants have or even the effects they can cause if administered along with other drugs is a real risk and must be a concern factor for health professionals, besides being considered a problem Public health. Therefore, this work seeks, through a literature review, to verify the benefits, risks, limitations and perspectives regarding the use of medicinal plants by users of health systems in Brazil, as well as the role of medical science professionals in this area. Context of diffusion and practice of traditional knowledge associated with the use of plants for therapeutic purposes. Nowadays, the sciences of man have been receiving important subsidies of popular medicine that offer them empirical medical knowledge and practices influenced by economic and social conditions. In ancient times, the Indians had the knowledge about the medicinal plants, making them their patrimony. The population was seeking to use conventional medicines, and this search resulted in the exchange of plants for drugs, with a decrease with the advances of industrialization, the use of natural products as a health aid for man. However, found articles have shown that the use of medicinal plants has been rescued, since besides being widely used as forms of prevention, promotion and rehabilitation of many diseases, it has also awakened the search for new drugs

through the presented and reported effects, in Especially by traditional communities and also by characterizing an important alternative in complement to the usual treatment. Another notable factor with respect to the great return of natural products is that many of them initially resort to treatment with medicinal plants only to use industrialized medicines when necessary, since for these people it is safer to rely on the known (natural products) Than to risk with what is not fully known (drugs). Since many seek for this complementary therapy to avoid adverse reactions that other conventional medicines may present. Complementary therapy through herbal medicines is an important artifact against the resistance that many microorganisms have created to industrialized drugs, both in combination with other drugs and the discovery of other drugs. In this regard, researchers show that the transmission of information regarding the use of medicinal plants comes for years, through daily living, from generation to generation, through members of the same family and the neighborhood, with only a small portion coming Of literatures or by means of communication. Ceolin still reports that women are the greatest holders of knowledge about medicinal plants, but she does not despise the wisdom of man about these products, possibly related to the fact that they cultivate plants and have information about the plant characteristics. According to Bettega, "ethnopharmacology has proven to be a powerful tool in the search for natural substances for therapeutic action, since they seek information from the knowledge of different peoples and ethnicities." Therefore, this science seeks in the traditions of peoples of different localities to find new therapeutic proposals in which not only the effectiveness of the medicine itself is taken into account, but its interaction with rituals typical of the regions determine the action and effectiveness of this practice. Being the person as a whole the focus of therapy, and not only the disease making possible the discovery of new drugs Medicinal plants are widely used as a form of self-care to prevent the need for more complex procedures, ie it is a practice that can reduce the number of hospital admissions, promote health and support for patients with chronic diseases. Some of the factors that most influence adherence to treatments mediated by these natural products are easy accessibility, since many grow them in backyards of their own homes, others simply use to maintain traditions or because they believe that they do not cause any adverse side effects and some Use only because they present themselves as an economically more viable alternative. Other relevant factors that increased the demand for these plants was the lack of opportunity of a large number of Brazilians, mainly in the northeast region, to obtain medicines already marketed. And the need to reduce expenses for those who face, mainly, chronic diseases, such as diabetes and hypertension, which lack constant treatment that sometimes requires a lot of money to obtain the drugs.

Final Considerations It was possible to observe that with the increasing use of natural products, health systems have been developing programs and policies that encourage the study of ethnopharmacology and its application together with primary health care demonstrating the importance of these complementary therapies to reduce more complex degrees of illness and Help in very debilitating treatments. In fact, this demonstrates that the transmission of information about ethnopharmacology and the use of medicinal plants is a relevant factor for the promotion of health, and health professionals must be aware of the different nuances involved in traditional medicine. It is also essential for this process the attention of the management bodies in the articulation of training and continuing education programs that meet the need to effectively insert health professionals in the context of alternative and complementary medical practices..

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