



## Nature's Cure: Medicinal and Herbal Plants

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### COMMENTARY

Medicinal plants are nature's best gift and cure kit to humans. These plants have ability to treat even the severe diseases. Medicinal plants are used for treating ailments, headaches, stomach problems, gives relief from bug bites and many more. These plants have medicinal values but can be consumed in simple ways like these plants can be consumed in form of tea or can be used as oil. It can also be used as flavonoid, perfume and medicine. Also these plants do not have any side effects as it is free from chemicals. Herbal or Medicinal plants like Aloe Vera, Tulsi, Neem, Turmeric and Ginger has been used to cure ailments such as diarrhea, constipation, hypertension, low sperm count, dysentery and weak penile erection, piles, coated tongue, menstrual disorders, bronchial asthma, leucorrhoea and fevers. These are basic home remedies used for treating mild problems. Apart from home remedies these plants are rich source of ingredient and thus it can be used in drug development. Many of these plants are used in making medicines like aspirin, toothpaste and are used in natural dye, pest control and many more. These plants help in healing and boosting physical and mental wellbeing [1-3].

#### ***Different medicinal plants includes***

For healing wounds, boils and sores homely things like black pepper, cinnamon, aloe, sandalwood, red clover, safflower are used. To reduce fever black pepper, sandal wood and safflower are used. Sandalwood is used for stopping discharge of blood. Aloe, Sandalwood, Turmeric are used as antiseptic. Cough Syrups are made using Ginger and cloves. Chamomile, Ajwain, Basil, Cardamom, Chrysanthemum, Coriander, Peppermint, Cinnamon, Ginger and Turmeric are useful in promoting good blood circulation [4-6]. Some of the medicinal plants and their benefits are described below:

#### **Basil**

Vitamin K and Iron present in the basil helps in combating common ailments. Basil benefits includes: Reduces stress, Has Strong antibacterial properties, Rich source of antioxidants, Prevents harmful effects of aging, Reduces inflammation and swelling, Strengthens bones and liver, Boosts immunity and Improves digestion.

#### **Cayenne Pepper**

Capsaicin is the compound present in Cayenne Pepper and is responsible for cayenne's spicy nature. Health benefits includes: Removes toxics from the body, Boosts metabolism, Aid in digestion, Improves circulation, Relieves pain and lowers cholesterol.

#### **Chamomile**

High concentration of antioxidants is present in Chamomile and this helps in relieving ailments. Health benefits includes: Improves overall skin health, Relieves pain, Aids sleep, Reduces inflammation and swelling, Rich source of antioxidants and Relieves congestion.

#### **Garlic**

Health benefits includes: Helps in preventing heart disease, Lowers cholesterol and blood pressure, Prevents dementia (Alzheimer's and other degenerative diseases) and Improves digestive health.

#### **Lemon Balm**

Health benefits includes: Calms down restlessness, anxiety and stress, Reduces inflammation, Treats cold sores, Soothes menstrual cramps.

#### **Parsley**

Health benefits includes: Provides relief from bloating and supports digestive health, Fights bad breath, Supports bone health and is Rich source of antioxidants.

**Peppermint**

Health benefits includes: Provides relief from allergies, Soothes muscle pain, Relieves headaches, Reduces nausea, gas and indigestion, Supports digestive health, Treats bad breath, Highly antibacterial.

**Flax seed**

It is common species found in every house and its health benefits include: Helps in decreasing obesity, regulating blood pressure, preventing colon cancer, inflammation, hot flashes.

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