

# Role of Ayurvedic Herbs in Medication

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## Abstract

Ayurveda is a term which means a "Science of Life" and it is a traditional and more acceptable system of medication includes numerous medical concepts and hypothesis. Ayurvedic system is a holistic medication system which comprised of ethical, psychological, physical, and spiritual health. Ayurvedic system has potentiality and delicacy for treatment of various diseases such as cancer, diabetes, arthritis, asthma etc. It act as alternative form of medication from ancient time. This review article on ayurveda focuses on importance of Ayurvedic herbs and their use in medication and also focuses on to improve research work on ayurvedic field and to encourage researchers to assess work on medication based on ayurveda and to promote Ayurveda.

**Keywords:** Ayurveda, Medication, Herbs, Traditional, Health, Diseases.

## Introduction

India is a birth place of various medicinal plants. Till now nearly 700,000 plants species has been discovered having medicinal value. In India Ayurvedic system developed between 2500 and 500 BC in India. Ayurvedic medication offers long healthy life to mankind so Ayurveda also known as "Science of Longevity" and it mainly emphasized on views and illness of humans.<sup>2</sup> Ayurvedic medication rejuvenates the human body through nutrition and diet. It provide treatment of various diseases such as allergy, hypertension, asthma, diabetes etc.<sup>3</sup> Ayurvedic system is totally a plant based play major role in medication system and totally based on observational evidence.

According to WHO nearly 60% to 70% of population of world rely on herbal medicines for healthcare. Faith of public towards this alternative medication because of side effects of synthetic drugs.<sup>4</sup>

Rural population emphasized more on ayurvedic system for their primary health but developed countries also rely on this than modern medication. Ayurvedic plants show positive action and having ability to reverse pathophysiological mechanism in body and eliminate doshas in human beings.<sup>5</sup> Ayurvedic preparations show supporting nature and act as a catalyst and help to maintain metabolic actions of body and eliminate toxicity from human body.<sup>6</sup>

Ayurveda mainly emphasized on Pacha Karma method which includes various therapies to cleansing, rejuvenation and enhance longevity in mankind.<sup>7</sup>

Old and classical ayurvedic based medication preparation multiherbal in nature includes many plants herbs and all ingredients combined in balanced way and very effective main herbs plays active role for treatment and other herbs show supporting act not cause any ill effect in human body.<sup>8</sup>

## Common Medicinal Plants and Their Use in Traditional Medicine

1. *Asparagus* (Shatavari) – Act as a Ayurvedic rejuvenative. and maintain the immune system of human body and also helps in purification of blood.
2. *Commiphora wightii* (Guggul) – Act as immunobooster, increases WBC count and helps to fight against various diseases.
3. *Glycyrrhiza glabra* (Yashtimadhu) - Antioxidant, Anti-cancerous and modulate interferon production. Act as an antimutagen, prevent damage of genetic material.
4. *Gymnema sylvestre* (Gurmarar) – Act as a "sugar destroyer," and shows glycolytic action, and decreases the strength of a glucose and helps to regulate sugar metabolism.
5. *Azadirachta indica* (Neem) - Stimulate antispasmodic action and Shows detoxifying properties. Helpful for maintaining the circulatory, respiratory digestive and urinary systems of human body



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6. *Piper longum* (Pippali) – Enhance digestive & respiratory systems accelerate smooth functioning of lungs, increase the bioavailability and enhance absorption power of the body.
7. *Piper nigrum* (Black pepper) - Used to improve digestive system enhance the body's power to absorb nutrients present in the food.
8. *Tinospora cordifolia* (Giloy) – Good source of natural vitamin C and act as a immune booster. Giloy increases count of white blood cells the killing ability of macrophages.
9. *Withania somnifera* (Ashwagandha) - Common name is "Indian Ginseng." Important ingredient in Ayurvedic systems and helps in treatment for many diseases. Act as a best health tonics.
10. *Zingiber officinale* (Ginger) - improves gastrointestinal system of the body used in Ayurvedic medicine to improve digestive system and to prevent nausea disorder.

#### Aim of the Study

We are in hands of nature, nature plays very important role and human beings not having power to get escape from nature, because of changing life style, mankind moving inside sphere of technology.

Medicines which having natural origin are eco friendly and easily available and not having any side effects. Ayurvedic medication system totally depends on medicinal plants but today time modern generation emphasized more on synthetic drug but herbal products are more safe than synthetic drugs but because of demerits of synthetic drugs people are accelerating towards herbal medicines. So this article mainly emphasized on importance of Ayurvedic herbs and their used in treatment of various diseases and try to make mankind aware about ayurvedic medication and try to promote this medical line globally.

#### Some important herbs used in Traditional Ayurvedic System

##### Anemia

Roots of - *Asparagus racemosus*, *Withania somnifera*, *Plumbago zeylanica*, *Glycyrrhiza glabra*.

Fruit of- *Phyllanthus emblica*, *Piper longum*

Leaves of- *P. amarus*, *Tephrosia purpurea*

##### Asthma

Roots of- *Zingiber officinale*, *Curcuma zedoaria*

Fruit of - *Solanum xanthocarpum*, *Piper longum*, *Phyllanthus emblica*

Leaves of -*Adhatoda vasica*, *Ocimum sanctum*

##### Blood Circulation

Roots of - *Zingiber officinale*, *Piper longum*, *Withania somnifera*, *Curcuma longa*.

Fruit of - *Phyllanthus emblica*, *Terminalia bellerica*, *T. chebula*

Leaves of- *Ocimum sanctum*, *Tephrosia purpurea*

##### Cancer

Bark of - *Azadirachta indica*, *Bauhinia variegata*, *Crataeva nurvala*, *Holarrhena antidysenterica*.

Fruit of - *Terminalia chebula*, *T. bellerica*

Stem of- *Tinospora cordifolia*

#### Cough

Roots of- *Zingiber officinale*, *Glycyrrhiza glabra*

Fruit of- *Phyllanthus emblica*, *Piper longum*

Leaves of- *Adhatoda vasica*, *Ocimum sanctum*

#### Diabetes

Roots of - *Curcuma longa*

Leaves of - *Gymnema sylvestre*, *Azadirachta indica*, *Aegle marmelos*

Stem of - *Tinospora cordifolia*

Fruit of - *Phyllanthus emblica*

#### Obesity

Fruit of - *Terminalia chebula*, *Tribulus terrestris*,

*Terminalia bellerica*, *Phyllanthus emblica*

Bark of - *Crataeva nurvala*

Roots of - *Zingiber officinale*

#### Thyroid Problem

Bark of - *Crataeva nurvala*, *Bauhinia variegata*

Leaves of - *Sida cordifolia*

Fruit of - *Terminalia chebula*, *T. bellerica*

Roots of - *Glycyrrhiza glabra*, *Zingiber officinale*

#### Conclusion

Today time health care cost rising drastically and people from rural area not able to afford and synthetic drugs having more side effects . Ayurvedic medication having a capability to remove diseases such as Doshas. Having all the positive aspects of Ayurveda still this medication is lagging behind because of lack of researches in this field . So this article emphasizes more on ayurvedic herb and their role in treatment of diseases and ayurvedic medication will definitely raise with pace in coming time and advanced researches will provide better place to Ayurveda in medical line.

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