

## **Uses and Importance of Medicinal Plants As An Alternative Medicine A Historical Review**

Anil Kumar Bajpai<sup>1</sup>, DR. Kishor Kumar Agarwal<sup>2</sup>

<sup>1</sup>(Research scholar, Pt. RSU, Raipur)

<sup>2</sup>(Professor, Govt. College Jamgaon R. )

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**Abstract:** A medicinal plant is a plant which contain many special substance and chemicals which are used for therapeutic purpose to their special properties by which they can be used for medicinal purpose for curing different types of disease. Parts of plants are always used from thousands of years by the people of whole worlds. Their records is found in different literatures , Documents and Vedas, left this large amount of archaeological evidences exists which indicates that humans were using drugs obtained from medicinal plants during Paleolithic Period. After this many evidences have been found which medicate the uses of parts of plants their chemicals constituents and medical uses. In the present study we explain historical review of medicinal plants by which we explain that plants are important and useful natural resources for human beings from ancient's times to till date and how it is used

**Key words:** Plant, Medicine, ancient time.

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### **I. Introduction**

All animals and plants are depended upon each others for their needs. The association of humans and animals with plants originated with the beginning of life on Earth(1). Plant supplied shelter, oxygen, food and medicine needed by animals

With the evolution and need of humans, they recognize and categorize plants materials as their importance and necessities of life (2) by which they separated the plants where they can be used. They identified and grouped the plants according to their therapeutic value which developed traditional medicine system. In India in the forms of Ayurvedic and Unani system.

According to WHO, It was found that there were 35000 to 70000 species of plant which are used as medicaments. Actually the medicinal plants are the plants which have property to cure disease (3-4). They have special chemical properties by the virtue of which they can be used as conventional drugs. It was observed that there were 150 compounds identified in plants by which they can be used as medicine that type of plants is called as ethno medicinal plants and the study of traditional uses of plants is called Ethno botany.

### **II. Materials And Methods**

For this study collected the data from primary sources from books and agriculture fields where the plants are cultivated and also herbal pharmaceutical companies.

### **III. Results And Discussions**

It was found that uses of plants as medicines are always written in human history. A large amount of archaeological evidences exists which indicates that humans were using medicinal plants during the Paleolithic era . Approximately 6000 years ago (5) Sumerian created clay tablets with the list of hundred medicinal plants (6) The ancient Egyptian in 1500 B.C. gave the data of 850 plant which are used as medicine that is Garlic, Juniper, Cannabis, Aloe etc.

In India the Rig-Veda and the Atharvaveda are the earliest available documents who detailing the medicinal knowledge and formed the basis of Ayurveda System (6). Many other Indian herbalists such as Charak and Sushruta gave the detail description of medicinal plant. The Sushruta in 6<sup>th</sup> Century describes 700 medicinal plants . In ancient time left the India Chinese , Greek, Egyptian have also Knowledge about Medicinal Plants Their Importance(7)

In middle age it was found that Monasteries were the Primary sources of medical Knowledge in England and Europe (8,9). The monasteries are the local centers of medical Knowledge which provides raw material for treatments of common disorders. That time in the home folk medicine were also used by the local person. One another important thing in that time is some medical schools began to appear from 9<sup>th</sup> century in the Islamic world. Muslim Botanist and Muslim Physicians describe 637 plant drug in 9<sup>th</sup> century (10) Ibn-al-

Baitar described more than 1400 different plants food and drugs(11) In 13 century the experimental scientific methods was introduced which evolve the science of pharmacology (12) In this age Baghdad was an important center for Arab herbalisms. Some other literature and Manuscript was also found who described the detail of evolution and importance of Herbal medical science and Medicine. The books of Simples by Cordoba (936-1013) Corpus of Simples in 1197- 1248 by Malaga which introduced 200, New herbs ,Which were Involved in healing(13,14),Other books written Abu-Raylon in 11<sup>th</sup> century and in 12<sup>th</sup> century Zahr (15) describe the clinical trial of herbal medicines.

### 3.1 In Early Modern Era

This era is great age of herbs, that time many literature are available which proof that theherbal are important which have some special components for curing different disease which was explained in general history of plant 1597 by John Gerard. The English physician Enlarged 1653 by Nicholos Culpeper Gerards.

### 3.2 In Modern Era

In this time with evolution and development of different chemical there were many allopathic chemicals medicine were discovered they can provide easily and fast relief and cure the disease but due to their side effects peoples are again attract towards the herbal one of the best example is PatanjaliYogSamiti. In 2002 the natural center for complimentary and integrative health of the national Institute US funding clinical treats of herbal medicine.(16)Pharmacological activities and therapeutic application was published in year 2010. In which clinical effects of 1000 plants were explained(17)In India the herbal medicine is so popular due to this the Indian government created a new department Ayush. One another things is that for promotion of herbal medicine the national medicinal plants Board was established in year 2000(18).

## IV. Conclusion

Plants are important and supplementary sources of drugs and Dietary. It can provide biologically active molecules which are used for treatments of different types of disease. The history of the medicinal plants is so important which explain the continuity and importance of medicated plants from generation to generation where and how it was discovered and who observed the medicinal importance in different era because the plants provide biologically active and important molecules that can be used for treatment of different disease.

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