

Medicinal Plants in Curing Diseases and Boosting Immunity

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The Journal of Herbal Medicine aims to broadcast the latest findings from systematic explorations within the areas of Medicinal Plants, Medicinal Herbs, Plant Medicine, Aromatic Plants, and Fragrant Plants; Healing Herbs; Aromatic Flowers, Common Medicinal Plants, Aromatic Crops, History of Medicinal Plants and Aromatic Shrubs. The journal lays special emphasis on the Medicinal Plants, Aromatic Plants and the associated Aromatic Compounds. The journal has been publishing the foremost recent developments within the fields of Plant Medicine, Healing Herbs, Herbs Side Effects, and Plant Spirit Medicine as full-length research articles.

Medicinal plants are often characterized because the plants that have helpful properties or apply gainful pharmacological impact on the human or animal body. Therapeutic plants have been utilized against different ailments for an outsized number of years. Medicinal plants utilized within the treatment of basic diseases, for example, malaria, cholera, pneumonia, tuberculosis and asthma. The utilization of plants to repair a couple of kinds of human diseases has a long history. Different parts of plants, for example, leaf, stem, bark, and root, so on are being utilized to stop, ease symptoms or revert abnormalities back to normal. Plants have the most various great investigations and are the safer decisions among home grown remedies. Traditional medicine remains recognized because the preferred primary health care system in many rural communities, thanks to variety of reasons including affordability and effectiveness. Ayurveda experts have emphasized that medicinal herbs like Garlic, Basil, Turmeric, Ginger, Ashwagandha, Amla, Clove, Cinnamon, Tulsi, Mint leaves, etc., are helpful in strengthening the system to fight against the deadly virus. Strong immunity is important to fight any quite foreign antigens that enter our body.

Plants are an integral a part of all living organisms of the world, and medicinal plants are widely distributed worldwide. Since immemorial time, humans from all the cultures worldwide have independently selected plants as a food. Moreover, as a consequence of the intensification of the agricultural practices, several wild edible plants are gradually excluded from daily diets, depriving the physical body from a more diverse panel of plant phytochemicals.

Several plants are used for medicinal applications and have been traditionally consumed as decoctions and infusions. Since medicinal plants are nontoxic and simply affordable they play an important role not just for pharmacological research and drug development, but also when plant constituents are used directly as therapeutic agents and as starting materials for the synthesis of drugs. So the herbal drugs, which are cheap with less side effects, will be helpful to cure diseases of all the people including countries of the third world. In the present study we identified some of medicinal plants employed by people to cure skin diseases. This could help in creating mass awareness regarding the necessity for conservation of such plants. Practically, the medicinal herbs play a supplementary role in developing the immune system and fighting the viruses including covid- 19. The rapid explosion of the human population and a number of other changes in their life style reflect the epidemic increase of chronic diseases and associated pathological complications.

Food is not only intended to satisfy hunger and supply essential macro- and micronutrients for the body, but it also can supply bioactive ingredients that aid to decrease nutrition-related diseases and ensure physical and mental wellbeing.