



Importance of Traditional Medicine in Health Care

Yonas Tilahun*

Department of Ayurveda, Addis Ababa University, Addis Ababa, Ethiopia

DESCRIPTION

Traditional medicine is “the knowledge, skills and practices based on the theories, beliefs and experiences indigenous to different cultures, used in the maintenance of health and in the prevention, diagnosis, improvement or treatment of physical and mental illness”. According to World Health Organization, herbal medicine is the use of plants to treat disease and enhance general health and wellbeing). Herbs can interact with other pharmaceutical medications and should be taken with care. Never stop taking prescribed medications in favor of herbs without first discussing it with general physician. Be careful about purchasing herbal medicines over the internet. Some traditional folk medicines, such as unregulated herbal medicines, may not be manufactured to the same quality and standards as regulated medicines.

Chinese herbal medicine has its origins in ancient culture. It involves the medicinal use of plants to treat illness and improve overall health and well-being. Some herbs contain powerful ingredients that should be taken with the same caution as medicines. In fact, many medicines are based on artificial versions of naturally occurring compounds found in plants. For example, digitalis for heart treatment and heart rhythmic problems. Digitalis can increase blood flow throughout your body and reduce swelling in your hands and ankles.

It was obtained from digitalis plants. Chinese herbs contain active ingredients. The active ingredients of many herbal formulations are still unknown. Some medicines are based on a single active ingredient derived from a botanical source. Herbal practitioners believe that if the active ingredient is used separately from other parts of the plant, it may lose its potency or be less safe. For example, salicylic acid is found in Meadowsweet and is used in the production of aspirin. Aspirin can cause bleeding in the lining of the stomach, but Meadow Sweet naturally contains other compounds that help to prevent salicylic acid irritation. According to the herbalist, the effect of the whole plant is greater than the effect of that part. Critics argue that the nature of herbs makes it difficult to administer measured doses of the active ingredient. Herbal medicines do not have to go through the testing that drugs do. Some herbs,

such as comfrey and ephedra, can cause serious harm. Some herbs can interact with prescription or over-the-counter medicines. Plants have been used for medicinal purposes long before prehistoric period. Ancient Unani manuscripts, Egyptian papyrus, and Chinese books described the use of herbs. There is evidence that Unani Hakims, Indian Vedas, and European and Mediterranean cultures have used herbs as medicines for over 4000 years. Indigenous cultures such as Rome, Egypt, Iran, Africa and the United States used herbs in healing ceremonies, while other cultures have traditions such as unani, ayurveda and herbal medicine where herbal remedies were systematically used. Medical system has been developed. Traditional medical systems continue to be widely practiced in many ways. Population growth, inadequate supply of medicines, exorbitant treatment costs, side effects numerous artificial tablets and improvement of resistance to presently used tablets for infectious illnesses have brought about elevated emphasis on the usage of plant substances as a supply of drugs for a huge type of human illnesses. Ayush structures in India include Ayurveda, Unani, Siddha and Folk (tribal) drugs are the fundamental structures of indigenous drugs. Among those structures, Ayurveda and Unani Medicine are maximum evolved and extensively practised in India. Medicinal vegetation is taken into consideration as a wealthy source of elements which may be utilized in drug improvement pharmacopoeial, non- pharmacopoeial or artificial tablets. A component from that vegetation plays a crucial position in the improvement of human cultures across the complete world. Moreover, little vegetation is taken into consideration as crucial supply of nutrients and because of that they're encouraged for his or her healing values. Some of that vegetation encompasses ginger, inexperienced tea, walnuts, aloe, pepper and turmeric etc. Some vegetation and their derivatives are taken into consideration as crucial supply for lively elements that are utilized in aspirin and toothpaste etc.

Recipes for the remedy for illnesses together with diarrhea, constipation, hypertension, low sperm count, dysentery and vulnerable penile erection, piles, lined tongue, menstrual disorders, bronchial asthma, leucorrhoea and fever will be given through the conventional medication practitioners very effectively.

Correspondence to: Yonas Tilahun, Department of Ayurveda, Addis Ababa University, Addis Ababa, Ethiopia, E-mail: yonas @aau.edu.et

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