

## Health and Herbs

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**Abstract-** *India is a developing country. Most of people in India are living in village. They earned through agriculture and small industry. Population resides in towns and village where you can not find proper medical facility. People were not so much aware or educated to go to doctors or cities. People used Tulsi, Ginger, Garlic, Ajwain, Giloy, Marwa plant, Turmeric, Ashwagandha, Cumin, Aloe vera, Amla to cure the disease. These simple things can boost the immunity, low in cost, easily found and can be used anytime. All these herbs also become beneficial during Covid-19.*

### Introduction-

**Concept of health-** Health is the state of being free from diseases but this is not a complete definition of health. According to the World Health Organisation “Health is a state of complete physical, mental and social well-being and not an absence of disease.” It means that health includes physically not, mentally relaxed. Happy and healthy from worries and socially one is able to get with people, have confidence in dealing with people in society, help others and sensitive their needs.

Health means there should be no disease and all the organs of body should work adequately. Social Health is rooted in “Positive material environment” (focusing on financial and residential matters) and “Positive human environment” which is concerned with social network of the individual. WHO definition of health introduces the concept of “well-being”.

All over world countries have been suffering from COVID-19 Virus since 2019. First case of COVID-19 has found in Nov 2019 in Wuhan city of China. After first case COVID-19, virus spread speedily one individual to another, one country to another country, one continent to another continent. After two month all countries were infected by COVID-19 Virus. After many precautions COVID-19 Virus spread speedily in Europe, U.S.A. and Asia. India found first case of COVID-19 in January 2020. On 13<sup>th</sup> March World Health Organization announced COVID-19 Pandemic. After WHO announcement every country tried to stopping the COVID-19 Virus. Indian Prime Minister Shri Narendra Damodar Das Modi announced one day Janta curfew on dated 22<sup>nd</sup> March 2020. After that day Indian government announced 40 days Lock down in India.

Every country tried to keep away the infection of COVID-19 Virus, but COVID-19 Virus speedily infected people in India and other countries. People were infected and dying in coming months.

### Immunity

The recovery rate of India was better than other countries. Recovery rate in India was good because of good immunity power of Indians. Immune power of Indian people much better than other countries. Protein against infections disease is only one of the consequences of the immune response, which in its entirety is concerned with the reaction of the body against any foreign antigen.

The science of immunology is concerned with the specific mechanisms by which living tissues react to foreign biological materials including invading microorganisms so that resistance or immunity develops. The host defence system’s integrity and its ability to react to and overcome invasion by microorganisms is of vital importance for the survival of the individual.

Immunity against infection diseases is of different type:

1. Innate immunity
2. Acquired immunity

Immunization is such process in which immunity provided by using immunizing agent. The immunizing agent may be classified as Biologicals for passive immunization (antisera and immunoglobulins). Plants have biological immunization and have vital role in increasing immune power of an individual.

There are several thousand drugs yielding plants all over the world. Most of the plants are known as ayurvedic voids. Only a few drugs or herb plants re-cultivated. Most of the supply of drug is obtained from wild plants growing in all parts of world and especially in tropical regions. These drugs yielding wild plants are popularly known **Jari Butis** in India. India has been well known for its heritage of varieties of herbal plants. In this way, drugs of herbal origin have traditionally been used in India since very inception of Indian civilization. A part from Ayurveda, the oldest system of indigenous medical system **Unani** is the later developed healing system which together uses over 700 species of herbs for medicine an immunization. Drugs generally derived form different parts of plants like leaves, stem, flower seed etc.

Kutaki, Bhui Amla, Neem, Tulsi, Ginger, Garlic, Ashwagandha, Giloy/Guduchi, Bhringraj and Punernave are some of the significant herbs and plants which have been traditionally used by the indigenous medical practitioner.

Some information is particularly using of Herbal medicine to improve or boost immune power to fight against virus, bacterial infection, Nutritional Complications etc. Some popular plants and herbs of India traditionally used for boosting immune powers of an individual are discussed here under.

### 1. Turmeric [Haldi]

English name- Turmeric, Hindi name- Haldi, Sanskrit name- Haridra

This herb is cultivated commonly in Andhra Pradesh, Maharashtra, Bengal and Orissa.

Turmeric is aromatic, stimulant, antiperiodic, tonic, alternative and carminative. It is given in diarrhea, inter-mitten fevers, dropsy urinary troubles, jaundice and liver disorders. It is commonly used for cleaning foul ulcers. It makes a good dressing for wounds. It is anti-inflammatory, antioxidant and also good for skin. Turmeric contains curcumin- a phytochemical which helps to remove toxins of body and strengthen immune system to fight off germs and bacteria. Turmeric should consume with milk daily.

### 2. Tulsi- English Name- Holy Basil, Hindi Name- Tulsi

Tulsi is an create hairy aromatic plant of 30-60cm with simple green strongly sainted leaves with antioxidant properties has been traditionally used in Ayurveda for healing various diseases. It is worshiped in India as a sacred plant. Tulsi leaves are expectorant, stomachic, anti-cattarhal, diaphoretic and aromatic their decoction or infusion is given malaria, gastric disease of children and liver disorder; as a prophylactic against malaria fresh leaves are taken with black paper. Antioxidant properties of tulsi has capacity to repair cells damaged by exposure to radiation. Due to their initial significantly higher availability they also reduce the lipid peroxidation, there by significantly protecting DNA and membrane from free radical damage. Tulsi also shows anti-inflammatory activity against all the four phlogistic induced inflammation. It may be inferred that ocimum sanctum may be a useful anti-inflammatory agent.

### 3. Ginger- English Name- Ginger, Hindi Name- Adrak, Sanskrit Name- Ardraka

Ginger is a perennial herb. The root stock is horizontal, tuberous and aromatic native of south East Asia but now cultivated mainly in Karela, Uttar Pradesh, Andhra Pradesh, Maharashtra for the rhizomes. The rhizomes are used as a stimulant and flavouring agent. It is given in

dyspepsia and flatulent colic. Ginger is anti-aging. it is helpful in cold and flu. It is antioxidant and give us power to fight against Virus. It makes a valuable drug for disorder of the digestive system, rheumatism, piles, pulmonary and catarrhal diseases dropsy, febrile diseases etc. A paste of ginger is a local stimulant and rube facient in headache and toothache.

**4. Cinnamon-** English Name- Cinnamon, Hindi Name- Dalchini

Cinnamon bark is aromatic, cordeas astringent stimulant and carminative. It is given in diarrhea, nausea, gastric irritation and vomiting, spasmodic affections of the bowels, toothache and labour caused by defective uterine contractions. It may be used in form of powder. Its bark paste is applied to the temples to get relief from neurologic pains and severe headaches. The oil of cinnamon is used as a carminative, antiseptic and astringent.

**5. Giloy-** English Name- Heart-leaved moonseed, Hindi Name- Giloy, Sanskrit Name- Amrita valli

Giloy is a climbing shrub with broad leaves known as Amrita in Ayurveda has shown effect to prevent fibrosis tissue deposition in post-insult period. The suppression of Kupffer cells deprives the hepatocytes from cyto-protective effects. Due to its macrophage activating property, which is opposed any suppressant influences on Kupffer cells. It has been proved that suppression of Kupffer cell deprives the hepatocytes from cytoprotective effect. It is immunity booster, antipyretic, antitoxic, anti-inflammatory. It is given in fever, coughs, flatulence, mental stress and anxiety.

**6. Garlic-** English Name- Garlic, Hindi Name- Lahsun, Sanskrit Name- Aristha

Garlic is strong smelling, glabrous, bulbous-rooted and perennial about a foot in height. Garlic has great medicinal value. it is used as an anthelmintic. It is given in fever, cough, flatulence and disorder of the nervous system, pulmonary phthisis, whooping cough and dilated bronchitis. Garlic oil is useful for rheumatic pains, nervous diseases.

**7. Neem-** English Name- Azadirachta Indica, Hindi Name- Neem

Neem or Azadirachta Indica, an evergreen tropical tree of 15-20 meter tall with medium dark green leaves. Neem has been traditionally used for its medicinal properties as panacea for several diseases. Neem also works anti-inflammatory agent in certain diseases including liver enlargement as it is anti-inflammatory, anti-allergic, insecticidal, nematicidal, spermatocidal, anti-dramatic, anti-viral, anti-fungal, anti-AIDS, anti-cancer, antimalarial, anti-pyretic, anti-arthritis, hypoglycemic and immunomodulatory. Inhibition of chemiluminescence generation activity of phenolic compounds from Neem may account for a major part of the anti-inflammatory activities and its therapeutic benefits. Neem not only keep the blood clean but also boost up the immunity.

**8. Black Cumin-** English Name- Cumin, Hindi Name- Zira

Cumin is an annula aromatic 1 to 3 feet high plant. It is native of Mediterranean region but now commonly grown in Punjab and Uttar Pradesh. Cumin is a good source of thymol. Cumin can keep safe from viruses and bacteria. Its seeds and oil are antioxidants and flush out free radicals which is a cause of weakness of human body. Black cumin enhances the immunity and keep us safe from the attack of bacteria.

**9. Moringa-** English Name- Drumstick tree, Hindi Name- Sahjan

Moringa is herb that can help ward off many health complications and during the COVID-19 pandemic, it should be your go-to herb for immunity strengthening. It is immunity booster. It is the rich source of Vitamin C. It works in strengthen cells, muscles and tissues. It contains potassium, iron, calcium and amino acids.

**10. Ashwagandha-** English Name- Indian ginseng or winter cherry, Hindi Name- Ashwagandha

**Withania Somnifera** known commonly as Ashwagandha. It's leaves, roots, bark, fruit and seeds are consumed for their medical properties. It is found in middle east parts of Africa. It is an ayurvedic herb. It can decrease stress, strain, fatigue, pain, diabetes, skin disease, gastric and rheumatic arthritis. Consume ashwagandha during this pandemic which helps reduce the risk of contracting the coronavirus infection.

**11. Triphala-** Triphala is ancient powerful herbal remedy. It is traditional Indian medicine. Due to its health benefit it has become popular all over the world. It can be used in powder or supplement to treat several health issues as stomach, constipation and inflammation. It has antioxidant, anti-inflammatory and anti-bacterial effects. Triphala contains properties of three fruits- Haritaki, Bibhitaki and Amla. It is rich source of Vitamin C and Vitamin A. Start your day with Triphala.

**12. Mulethi-** English Name- Licorice or Liquorice, Hindi Name- Mulethi

Mulethi is found in many regions of Europe and Asia. It is naturally sweet. Consuming the essence of this root is beneficial for numerous aspects of health. It is antiseptic, antidiabetic and antioxidant. It helps in fighting respiratory infections. It positively affects the functions of brain. It cures vata disorder.

**13. Amla-** English Name- Indian gooseberry, Hindi Name- Amla, Sanskrit Name- Amalaka

It is phytonutrient and antioxidant. It is the richest sources of vitamin C. Amla can be benefited in fighting against free radicals that can attack and damage brain cells. It can rejuvenate and revitalise the body system. It is also helpful in the gastro-intestinal tract. Amla is also believed to stimulate regeneration of red blood cells and help improve haemoglobin content in body. It can help soothe joint pains. Amla can be used in powder, tablets or in liquid form. Amla powder can be consumed by mixing with honey, twice a day.

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