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Importance of Herbal Drugs in Health Care

Sharma Prerna^{1*} and Upadhyaya Kumud²

¹Maharashi Markendswar University, India

²Kumaun University, India

Herbal medicine refers to the use of plants and herbs for the purpose of cure and mitigation of human ailments. Plants have been used for medicinal purposes by humans since long before recorded history. Although modern medicine has taken over the lead from herbal medicines in the treatment of diseases in humans, the use of herbals has increased in recent years worldwide, as they are believed to be safer than modern medicines with few or no side effects. Herbal drugs are commonly administered as an extract of the whole herb, as herbal tea or fresh juice. Many times, the whole herb is consumed either fresh or in the dried and powdered form. Herbal medicines are the synthesis of therapeutic experiences of generations of practicing physicians of indigenous systems of medicine for over hundreds of years. Herbal medicines are now in great demand in the developing world for primary health care not because they are inexpensive but also for better cultural acceptability, better compatibility with the human body and minimal side effects. Herbal medicine is considered by many to offer an alternative treatment for various diseases, particularly lifestyle diseases that require lifelong pharmaceutical medication and thus raises safety concerns. More recently, the use of specific extracts of herbal medicines was popular in the United States and Canada from the nineteenth century until the 1930s before slowly falling out of favor with the advent of modern pharmaceuticals. The World Health Organization estimates that 80% of people in developing countries depend on herbal medicine and traditional practitioners for their primary care.

Keywords: Herbal Medicine, Health Care.

Biography:

Sharma Prerna, field of specialization is Pharmacognosy in Pharmaceutical Sciences and she has completed her master in Pharmaceutical sciences (2012) honor with gold medalist/appreciation in RITS, Sirsa, India and recently she is pursuing her PhD from last four years at the Uttarakhand Technical University, Dehradun, India. She has 6.9 years of experience as an assistant professor & IIC head in MM School of pharmacy Maharishi Markandeshwar University, Sadopur (Ambala), her field of expertise is standardization of herbal plants/ herbal formulation. Her research area includes pharmacognostical & phytochemical investigation of Indian medicinal plants. She has 04 research/review publication national/international journals of repute to her credit and deligated more than 20 National/international conferences /workshops. Recently, she has given oral presentation on clinical pharmacology and toxicology in Dubai on 4-5 December. She is the life member of professional bodies like association of pharmaceutical teachers of India (APTI). Organizer Secretary in government funded program like DST, MSME. Collaboration with different reputed pharmaceuticals industry like Sun Pharmaceuticals, Panacea Biotech, Mankind Pharma, Torque Pharmaceuticals Pvt. Ltd., Zee Lab. Pvt. Ltd., got appreciation certification received by Haryana State Pharmacy Council, Panchkula and Ministry of Micro, Small & Medium Enterprises.