

Historical aspects of the traditional medicines

Abstract

Traditional medicines comprises the medical aspects of the traditional knowledge that developed during courses of the generation within various societies, before the era of the modern medicines, the majority of the world population depend on the traditional medicines for the primary health care of the diseases, they are easily available and simple and the reliability of the herbal medicines is still very useful in comparison to the chemical based medicines. WHO has formulated the many kinds of the strategies for the sustainable uses of the herbs for the treatment of the various kinds of the diseases. In this review article we are presenting the historical aspects of the traditional medicines and there development within the different communities.

Keywords: diseases, pharmacology, WHO, drugs, primary health care

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Introduction

Traditional knowledge sometimes entitled as the folk medicines or the indigenous medicines developed within the generation over the time. These medicines were very prevalent in the different cultures before the advent of the modern medicines. WHO defines traditional medicines as the sum total of the knowledge skills, and practices based on the theories, belief, experiences, of the indigenous cultures. Theses herbal medicines were used for the maintenance of the health from the centuries, for the prevention, diagnosis and the treatment of the different kinds of the diseases.^{1-3,6} In the Asian and the African countries 80% of the population relies on the traditional medicines for the primary health care.^{1,2,6} In the traditional medicines following practices are used, theses includes the ayurvedic medicines, siddha medicines, unani medicines, and ancient Iranian medicines, Chinese's traditional medicines are also the a part of the alternative medicines in the different cultures.^{1,6} Traditional medicines includes the following aspects, theses are enumerated as the herbalism, ethnomedicines, ethnobotany and the ethnopharmacology. Traditional medicines include the formalised aspects of the folk medicines. These are the longstanding remedies of the knowledge of the generation passes form one generation to another generation over time.^{1-3,6}

Ancient uses of the herbal plants

- i. Traditional medicines or the alternative medicines include the folk medicines. The history of the herbs dates back to the 5000years ago in the Sumerians, they described the utility of the herbs for the treatment of the various disorders.²⁻⁶
- ii. In the ancient Egyptians the Eber payrus forms the one compilation which goes back to the 1552 BC and here he describes the uses of the plants for the treatment of the various kinds of the disorders.
- iii. In Indian charak sanhita and the shrutha sanhita is the best compilation for the uses of the plants for the treatment of the many kinds of the diseases .
- iv. In India ayurveda is so the oldest branches for the treatment of the various kinds of the disorders.¹⁻⁶
- v. In china during the Hna dynasty, shennang bencao compiled the first herbal book for the treatment of the many kinds of the disorders of that era prevalent in the china dynasty at that time.^{2-4,6}

- vi. During the Tung dynasty there was the person known as the Yaoxing cum compiles the utility of the plants for the various purposes.
- vii. In the early Greeks the Pythagorous, followed by the Hippocrates, Aristotle, Theophrastus, disco rides, Galen also describes the utility of the plants for the treatment of the plants for the several diseases.
- viii. In the roman cultures also the various plants have been used for the Varity of the purposes.^{5,6}

Herbal medicines in the middle ages

In the Middle Ages the herbal knowledge was transmitted from one generation to the another by the transmission of the knowledge by the local peoples and by the sculptures and the other description which were made by the differ peoples in the different times. Some of the notified work of the peoples is enlisted as In the Arabs also the uses of the herbal plants was also the very useful activity in the daily life.¹⁻⁶ The German peoples translate the early roman Greek compilation in 1546 and the period beyond that, the main person was the Hieronymous boch, he worked n the roman- Greek compilation of the herbal work and published the book known as the Kreuter boch. The work was translate in the Dutch in the form of the Pempatades by Rembert dodoens. Fransisco Hernandez physician to phillip II of Spain utilise the year 1571-1577 in gathering information from Mexico and then compiled the literature in the form of the Medic arum novae Hispanial thesaurus. In the 17 and the 18 the centaury in the America the traditional folk healers, frequently woman's used the folk medicines or the herbal medicines for the cupping and the leaching , native American traditional healers introduced in to the world the treatment of the malaria, dysentery, goitre and the other dieses of the urinary problems.

Peoples of the Spain are also influences by the Arab peoples and their cultures and there utility of the plats for the treatment of the diseases. In the modern era the herbal medicines are used by the community or the peoples which are underdeveloped and the countries which are driven by the poverty. Since in the country like the USA and the Britain and in the Germany for the treatment of the diseases. However country like the Africa and the India and the other developing nations also the peoples depend on the herbal medicines for the treatment of their primary health care.^{1-4,6} Traditional Chinese's herbal medicines: Traditional Chinese's medicines (TCM) are the

traditional medicines which have been used in the china form the long times about the 2500years before in the form of the traditional medicines, they are used in the form of the acupuncture, massage and the exercise. The Chinese's traditional medicines were the very best in the world in that time. Still today in some of the aspects the TCM cannot replace by the other folk medicines in the world. In the greater china still today the traditional medicines(TCM) are used for the treatment of the diseases, however western chemical medicines have influenced the whole medicinal aspects of the world but the TCM is still the very widely used for the treatment of the diseases. The traces of the TCM goes in to the shang dynasty before 14 to 15th BC.

Medicines in the medieval Islamic world. In the history of the medicines , the Islamic medicines or the Arabic medicines was the very valuable medicines in the world, they developed in the Islam and in the Arabs during the thousands of years before, the sciences of the herbal medicines are known. It was the golden age of the Arabs medicines and they flourish the world medicines very much. Islamic medicines preserve the antiquity of the classical knowledge of the medicinal plants.⁷⁻¹⁰ Ayurvedic system of medicines: In the India the ayurveda is the main historical branches for the utilization of the herbal plants for the treatment of the various diseases. It is the very old and the reliable method for the treatment of the disorders in India form the ancient time and form the time immortal. Still today in many part of the India it is the primary way for the heath purposes .The efficacy and the reliability of the herbs in this system is undoubtedly very good and stable.^{11,12} Traditional medicines have always increasing popularity worldwide. Even it has been seen that in the country like the India and the other countries of the world also the utilization of the traditional medicines are increasing day by day. The safety and the efficacy of the traditional medicines and complementary medicines as well as the quality control always become the subject of the concerns. Various traditional medicines are developed in the different cultures in the different times but without the previous knowledge and the absence of the transmission of the knowledge the public standards are also very poor for the correct efficacy of the Traditional herbs.^{1-3,6}

Some of the challenge which are related to the herbal medicines are include as

- i. Challenges related to the regulatory status of the herbal medicines
- ii. Challenges related to the quality control of the herbal medicines
- iii. Challenges related to the Assessment of the safety and efficacy
- iv. Challenges related to the safety monitoring of the herbal medicine

Conclusion

Well this is short summary of the traditional medicines and the regulation. A detailed account can be written on that aspects and the other parameters. This Mini review articles is beneficial for the peoples who are working in the field of the bio prospection of the herbs for the medicinal purposes. Traditional methods are the primary means for the treatment of the diseases in India as well as the other part of world for their easy and the rapid uses for the treatment of the diseases. They are based on the people's experiences over time on the herbal medicines in the world. However there efficacy needs to be more experimentations, since in many case three effects seems to be the toxic and the dangerous, despite theses parameters of the TM

a they are still reliable and the easy means for the treatment of the diseases.

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Conflicts of interest

The author declares that there is no conflict of interest.

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