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Health life style and Treatment of Various Diseases with Ayurveda



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ABSTRACT

In Today's world health and wonder has become a significant part of our life. Now a day's people take more care on health looking forward for herbal product so we have elaborated an easy way to live a healthy lifestyle with relevancy in Ayurveda. In routine life many accidental issues occur due to external factors like burns, cuts etc. along with common symptoms like headache, pain and plenty of more to beat these hurdles Ayurveda plays a vital role in preventing such problems by following a healthy lifestyle. Humans are constantly fighting with ill health and always try to achieve healthy and happy lifestyle. All these attempts have brought up various systems of medicines. Ayurveda is one amongst the standard traditional system which help to require care of balance between humans and nature by using all methods of diagnosis, prevention and treatment.

Strong synthetic drugs are creating many side effect knowingly or unknowingly which sometimes cause more dangerous effect than the disease itself. Many herbs are effective which are simple, easily available and can be prepared reception. In this article commonly used herbs are Aloevera, Bhringraj, Moringa, Boswellia serata, Clove, etc. are reviewed to judge its scientific basis in usage as home remedies. The drug selection was made on the premise of its availability in every Indian home. All are proved to be effective within the treatment of the precise condition which acts by the goodness of its specific active constituents within the drugs.

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Introduction

Healthy lifestyle is a way of living that helps to stay ourself fit, dynamic with good nutrition, regular exercise and sufficient amount of sleep together with minimal risk for diseases or accidents. Imbalanced diet and improper lifestyle are major reasons for most of the sickness. Humans are constantly fighting with ill health and always try to achieve a healthy and a cheerful living. Thus, in order to prevent or cure illness, various system of Medicines have you been developed and amongst this Ayurveda is one such ancient traditional system of medicine which are evolved from the Vedas as per medical texts.

Ayurveda provides Gentle and nature friendly treatments mainly based on herbal and Ramayana's. Ayurveda Aims to treat many primary infections by using herbs which are easily accessible and are being regularly used by every individual at home in day to day life which is now known as home remedies. Home remedy is a treatment that utilizes certain spices, herbs or other items to cure ailment. It's also called as folk remedy as it is simply prepared medication without scientifically proven effectiveness. Health issues such as cold, cough, burn, headache etc. are mostly treated using these home remedies without any consultation such a consumption of homely prepared medicines without understanding the

pathology of the disease or effects of the medicines consumed can prove harmful. So here comes the need for validation of the remedies which are in common use. This article aims reviewing at scientific evidence for some of the remedies which is in use since long ago. In this article commonly used herbs are *Turmeric, Garlic, Clove, Ginger* etc are reviewed to evaluate it's scientific basis in usage as home remedies with its mechanism of action. Many of these spices and herbs in recent times proved to have been effective by scientific researchers.

Healthy Diet And Nutrition Plans For Various Seasons:

RAINY

Monsoon has come and it is soothing relief from the intolerable summer heat. However, we need to recall that the monsoon also invites a piles of health problems with it. As the rainy season affects the immune system of our body, it is very important to be cautious about what we intake during this season. So let's discuss monsoon diet plan to relish the thriving in health, beauty, and vigour.

Eat Seasonal Fruits: Fruits like Cherries, Papayas, Jamuna, and Apples are finest fruit diet in the monsoon to enhance the immune system.

Avoid Salt: Reduce the consumption of salt as it's induces to high blood pressure

Avoid Watery Foods: Avoid taking watery foods like Lassi, Watermelon, as they can cause swelling in the body.

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Curd over milk: Prefer curd instead of milk as it's help to avoid any evidence of bad bacteria in the body.

Boil water: Drink boiled water to prevent Pharyngitis.

Bitter is better: Vegetable like *Bitter Gourd* and *Turmeric* can also help to forbid infections.

Oils: Used corn oil as it may improve health as compared to Peanut oil or Mustard oil which will cause gastric problems.

Avoid spicy Food: Exclude spicy food as it increases body temperature.

Limit Meat: If you are non-vegetarian take meat used in soups and stew instead of heavy curry dishes.

Steam it: Eat steamed food rather than raw salad.

Avoid Street food: As far as possible avoid fast food [1].

WINTER

As the season is getting wintry, the probability of getting sick are getting higher! Many People concentrate more on the holiday planning's and least on their own health. In winter, eating the right food is very hard and thus habit can weaken our immune system. Some changes in our diet can actually make us remain fit and healthy during this season. Good nutrient uptake can be very powerful in preventing the Winter related illnesses so here are some diet tips which help to shape up in winter season.

Increase your daily Vitamin C intake: Vitamin C plays a vital role in boosting the antibodies. It is also helpful for maintaining the health of our skin. Vitamin C is well known as powerful antioxidant which fight against a lot of health issues. So take vitamin C rich fruits like *Lemon*, *Orange*, *Kiwi*, *Guava* and *Papaya*, to stay active.

Take more zinc: To keep Our self-free from ailment it's necessary to eat more zinc. Lack of zinc can sap the immunity, which makes a person more prone to a lot of diseases. Zinc help in growing and restore the body tissues. So eat more seeds, dairy, meet, nuts and dark chocolate to stay fit.

Eat iron-rich foods: Iron is the mineral which help from carrying the oxygen throughout the body to producing Red blood cells. Deficiency of Iron can cause anaemia but there are many foods which are rich in iron and can be added to the diet. So to fulfill requirement of iron ingest *Legumes*, *Quinoa*, *Spinach*, *Pumpkin seeds*.

Consume more eggs and fishes: Eggs contain more quantity of high-quality protein, zinc, selenium, copper, iron and vitamin D and B12. On other side fishes have numerous health benefits like protecting the heart from multiple diseases, increasing the good cholesterol.

Keep track of your carb intake: In winter people feel worn out with lot of mood swings. Its happens because our serotonin levels drops as these hormone are responsible for making us feel good so there is need to increase level of serotonin in our body by taking more carbs [2].

SUMMER

As summer begins everyone starts to become anxious. the hot climate hinder lots of our work and alters our eating habits. With temperature soaring only upwards everybody feels dehydrated and exhausted so our body constantly looks out for methods to relax. Below listed summer diet has a major role to play so accordingly all summer diet tips are enumerated for you to stay the body calm and energetic.

Diet & Nutrition Tips for summer:

Coconut water: Coconut carries abundant health benefits and has amazing cooling stuffs. It's contains glucose, electrolyte and minerals which aids to maintain our body well saturated and nourished.

Watermelon and melons: These fruits subdue more amount of water. They don't give heavy feeling and are easy to digest in stomach.

Cucumber: It's full of fibre and water and hence will keep ourself moisten and help in keeping constipation at bay. Sprinkle little salt, Pepper and Lime is a good replacement for anytime summer snack.

Mint: Mint is handy and are economically low priced herb which can be used in chutneys, raitas, dips and making refreshing cooling drinks hence it is known as a staple in several summer condiments.

Lime water: Nimbu paani or fresh Lime is high level on freshness quotient and an all time beloved healthy summer drink. You can have it salted or sweet with a dash of Cumin powder and Mint to tackle the heat [3].

SKIN CARE

ALMOND

Biological Source: *Prunus amygdalus var.dulcis*

Family: *Rosaceae*.

Chemical constituents: Vitamin A, vitamin E, Omega-3-fatty acids, zinc.

Presence of retinol in vitamin A stimulates production of new skin cells and smooth out fine lines. Vitamin E reduces UV (ultra-violet) damage to skin and prevents cell damage due to antioxidant properties. Omega-3-fatty acids protects from sun damage and diminishes premature aging. Zinc an important nutrient heals of acne and other facial scars.

Benefits of applying almond oil on skin are Anti- inflammatory properties reduces puffiness and under eye circles by soothing skin swelling. Emollient properties helps to improve complexion & skin tone. Fatty acid content in oil helps to dissolve excess oil on skin &retinoid reduces the appearance of acne also improves cell turnover. Almond oil also helps to treat dry skin including eczema, psoriasis [4].

USES: anti-inflammation, treat dandruff, weight loss, lowers cholesterol, boost immunity.

NEEM

Biological Source:*Azadirachta indica*

Family: *Meliaceae*

Chemical constituents:azadirachtin, nimbolinin, nimbin, nimbidin, nimbidol, gallic acid, catechin, polysachharides.

Neem tree belongs to the family *Meliaceae* which is found in abundance in tropical and semitropical regions. Azadirachtin&nimbolide has antiradical scavenging activity due to which it protectsthe cells from the damage caused by free radicals. Nimbidin and sodium nimbidate possess significant anti-inflammatory activity. Nimidin, mahamoodin, cyclic trisulphide and cyclic tetrasulphide, quercetin and beta sitosterol have antifungal and antibacterial activity. Limonoid inhibit production of inflammatory mediators and it also stimulates the activation of endogenous opioid pathways. Aaqueous extracts of *neem* cake hindersthe spore germination against three sporulating fungi such as *C. lunata*, *H. penniseti*, and *C. gloeosporioides* f. sp. *Mangiferae* [5-9].

Benefits of neem: Neem shows a remarkable effect on chronic skin conditions (acne, psoriasis, ringworm, eczema, wartz), Neem oil helps to clear, beautify & rejuvenate the skin.

Uses: Dental plaque, Insect repellent, Ulcer, Psoriasis, Fever, stomach upset, Malaria, Worms, Head lice, skin condition and diseases, Heart diseases.

HAIR CARE

BHRINGRAJ

Biological Source: *Eclipta prostrata*

Family: *Asteraceae*

Chemical Constituents: alkaloid ecliptine, wedelic acid, luteolin

Bhringraj is a natural herb used to maintain hairs. Regularly massaging the scalp with bhringraj oil can encourage faster hair growth. *Eclipta Alba (L.)* contains wide range of active constituent which includes coumestans, alkaloids, flavonoids, glycosides, polyacetylenes, tri-terpenoids. The leaves contain stigmasterol, β -terthienyl-methanol, wedelolactone, demethylw-edelolactone and demethylwedelolactone-7-glucoside. The roots give hentriacontanol and heptacosanol. The roots contain polyacetylene substituted thiophenes. The aerial part is expected to contain a phytosterol, β -amyirin in the n-hexane extract and luteolin-7-glucoside, β -glucoside of phytosterol, a Glucoside of a titerpenic acid and wedelolactone in polar solvent extract.

Bhringraj oil provides your hair a high dose of nutrition and helps

combat many problems such as dryness, dandruff and hair fall. Bringadi Oil gives a good hair treatment for hair loss and premature graying of hairs along with dandruff. By conditioning the hair deeply, it restores and nurtures damaged hair back to normal. The most common method of using Bhringraj on hair is in the form of Bhringraj oil or Bringadi Oil.

Benefits of Bhringraj: Prevents dandruff and dry scalp, treats baldness and helps in hair growth, forbids hair fall, enhances hair growth, prevents graying of hair and makes hair lustrous, repairs hair damage [10].

Uses: Liver disorder, Indigestion, Boost immunity, Diabetes, Anti aging effect.

AMLA

Biological source: *Phyllanthus Emblica linn*

Family: *Phyllanthaceae*

Chemical Constituents: Gallic acid, emblicanin A and B, punigluconin

Phyllanthus emblica Linn. Or *Emblica officinalis Gaertn* commonly known as Indian gooseberry or Amla is one in every of the foremost important medicinal plants in Ayurveda. It's a well known indisputable fact that all parts of amla are useful within the treatment of varied diseases. Among all, the foremost important part is fruit.

Main chemical constituents are tannins, alkaloids, polyphenols, vitamins and minerals acid, ellagic acid, emblicanin A & B, phyllembein, quercetin and antioxidant are found to be effective [11,12].

Amla could be a significantly inhibitor of 5-alpha reductase. The mechanism is, amla binds with cholesterol molecules and gets converted to pregnenolone this then turns into dehydro epiandrosterone [DHEA]. DHEA within the presence of 3-beta-hydroxysteroid dehydrogenase enzymes [3-b-HSD] and 17-beta hydroxysteroid dehydrogenase enzymes [17-b-HSD] forms into testosterone which inhibits 5-alpha reductase and changes to 5-alpha Dihydrotestosterone [5-a-DHT] which successively converts to 3-alpha & beta adiol thus by promoting hair growth and inhibiting hair loss [13].

Uses: Migraine, Respiratory disorder, Urinary problem, Gout, Jaundice, Impedes constipation [14].

EYE CARE

CARROT

Biological Source: *Daucus carota subsp. sativus*

Family: *Apiaceae*

Chemical Constituents: beta-carotene, Retinol, Retinal, Opsin, beta-carotene dioxygenase.

Carrot (Daucus carota L.) is a biennial plant in the *umbellifer* family *Apiaceae*. It is a root vegetable that were first used for medical purposes and gradually used as food. Carrots are rich in beta-carotene, which is what gives the vegetable its orange colour and which our bodies convert to vitamin A [15].

beta-carotene is the precursor of vitamin A. Vitamin A is needed for the eye to translate light into a signal that is sent to the brain, allowing us to see better in dimly lit surroundings. beta-Carotene is converted into vitamin A in the liver. Two molecules of vitamin A are formed from one molecule of beta carotene. The breakdown of beta-carotene occurs in the walls of the small intestine (intestinal mucosa) and is catalyzed by the enzyme beta-carotene dioxygenase to form retinal. The retinal is then reduced to retinol by retinaldehyde reductase in the intestines. Retinol is then esterified to palmitic acid which complexes with a molecule in the eye called opsin that is responsible for vision in low-light conditions [16].

Uses: Helps in weight loss, Lower blood pressure, Improve Dental health, reduce hair fall, Sun protection, Soothe dry skin, Antioxidant.

SPINACH

Biological Source: *Spinacia oleracea*

Family: *Amaranthaceae*

Chemical constituents: zeaxanthin, carotenoid, water, carbohydrates, protein.

Spinach contains carotenoids beta carotene and lutein, along with this they also includes 13 different flavonoids. Lutein are present in the entire retina and lens as well as macular region of the eye. They act as a antioxidant by protecting the macula tissue from oxidation by filtering blue light. These can cause free radical damage and oxidative stress to the eyes and can also cause macular degeneration. So lutein help forms by absorbing this damaging UV light. Vegetable is rich in lutein and also contains zeaxanthin, those help in treatment of age related macular degeneration (AMD). Antioxidants like lutein and zeaxanthin play a role in preventing cataracts. Both lutein and zeaxanthin play a vital role in the thickness of the macular pigment [17].

Benefits of spinach: include its ability to lower the risk of anemia, improve eye health, lower blood pressure and support brain health [18].

Uses: Anti-inflammatory, Wound Recovery, Boosts Hydration, may reduce your appetite, Osteoporosis, Iron deficiency anemia, Immunity booster, Supports cardiovascular health.

CUTS, WOUNDS AND BURNS

TURMERIC

Biological Source: *Curcuma longa*

Family: *Zingiberaceae*

Chemical constituents: curcuminoids -curcumin I, curcumin II, curcumin III

Turmeric is cultivated in topical areas of Asia. *Curcumin longa* is perennial rhizomatus herb. *Curcumin* has the ability to reduce the body's natural response to cutaneous wounds such as inflammation & oxidation. *Curcumin* has ability to enhance granulation, tissue formation, collagen deposition, tissue remodeling and wound contraction.

Effect of curcumin on each wound healing stage

Stage 1 (0 min) - haemostasis

Stage 2(0-3 days)- inflammation Inhibit /reduces inflammation, oxidation

Stage 3 (proliferation) -Promotes fibroblast migration, granulation, tissueformation, re-epithelization, collagen deposition.

Turmeric shows its antioxidant activities by direct scavenging of oxygen radicals and stimulating antioxidant responses by nuclear factor erythroid 2-related factor 2 (Nrf2) activation. *Curcumin* induces apoptosis through mitochondrial and receptor-mediated pathways, as well as through activation of caspase cascades which helps to shorten inflammatory phase. By quenching of free radicals and reducing inflammation by inhibition of NF-kB *curcumin* protects skin. *Curcumin* reduces wound-healing and it also improves the collagen deposition, increases fibroblast number and vascular density. Wound repair by regulating *TGF-beta* makes the *curcumin* pro-angiogenic agent angiogenesis activated by *TGF-beta* make easier accumulation of extracellular matrix and contributing toward the remodelling phase of wound repair [19,20].

Curcumin act as anti-inflammatory by following moa starting with it inhibits pro-inflammatory transcription factors (NF-kB and AP-1) leading to reduction of the pro-inflammatory cytokines TNFalpha, IL-1b, IL-2, IL-6, IL-8, MIP-1a, MCP-1, CRP, and PGE2 then it Down-press enzymes such as 5-lipoxygenase and COX-2 and -5; and hold back the mitogen-activated protein kinases (MAPK) and pathways involved in nitric oxide synthase (NOS) enzymes synthesis [21,22].

Uses: Anti-inflammatory, Anti HIV, antibacterial, antioxidant, nematocidal, antiparasitic, antispasmodic, anticarcinogenic.

ALOE VERA

Biological Source: *Aloe barbadensis miller*

Family: *Xanthorrhoeaceae*

Chemical constituents: aloe-emodin, aloin, aloesin, emodin, and acemannan,

Aloe Vera is a traditional medicine used to treat skin injuries because of its anti-inflammatory, antimicrobial and wound healing properties. Aloe emodin and aloesin shows healing activity due to angiogenic properties. Aloe emodin increases wound healing by increasing re-epithelization

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and angiogenesis. Aloesin promotes wound healing by increasing cell migration via phosphorylation of cdc42 and RalG, cytokines & growth factors. Aloe emodin, acemannan, aloin protect skin from inflammation. Aloin and emodin act as analgesics, antibacterials. *Aloe vera* facilitated rapid tissue epithelialization and granulation in burns, promote healing of caesarean wound [23].

Vitamins A (beta-carotene), C and E are antioxidants which neutralizes free radicals. Bradykinase helps to reduce excessive inflammation when applied to the skin topically, cholesterol, campesterol, β -sitosterol and lupeol have anti-inflammatory action and lupeol also possesses antiseptic and analgesic properties. Auxins and gibberellins that help in wound healing and have anti-inflammatory action. Glucosaminoglycans, gibberellins, a growth hormone interact with growth factor receptor which stimulates activity of growth hormone & proliferation which increases collagen synthesis, this accelerates wound contraction & increased the breaking strength of resulting scar tissue [24].

Uses: Digestive disease protection, Anticancer, Anti-inflammatory, Antidiabetic, Bone protection, Skin protection, Cardio protective, Antioxidant.

HONEY

Biological Source: *Apis mellifera*

Family: *Apidae*

Chemical constituents: fructose, glucose, sucrose, gluconic acid

Honey is a highly viscous sweet solution which is a combination of various sugars and procured from the nectar of flower or other plant secretions. The honey bee (*Apis mellifera*) is responsible for this mixture of sugars in addition to various other enzymes which originate from the bees. It also contains several amino acids, antioxidants, vitamins, minerals, glucose oxidase and gluconic acid. *Honey* shows wound healing property as well as acts as protective barrier. The antimicrobial activity in honey is due to enzymatic production of hydrogen peroxide. Highly viscous nature of honey provides a moist wound healing environment. Hyper osmolarity property of honey, allow it to absorb the exudates from the wound and facilitate the wound to heal in a moist environment. Honey has antibacterial, anti-inflammatory and anti-fungal properties.

Honey increases wound contraction and wound epithelialization. Honey has built-in capability to increase the formation of granulation tissue, stimulate tissue growth, and reduce edema, inflammation and the synthesis of collagen. Honey has the potential to deodorize the wound and also reduce pain. The anti-bacterial properties are due to the complex interplay of the various components of honey, namely hydrogen peroxide, methylglyoxal and bee defensin. Honey is capable of stimulating the monocytes the precursor of macrophages to secrete TNF- α on the other hand glycosylated protein can induce TNF- α secretion by macrophages and this cytokine is known to induce mechanism of wound repairing ability of honey to reduce reactive intermediates release may well limit tissue damage by activated macrophages during wound healing thus immunomodulatory activity of honey is relevant to wound healing [25, 26].

Uses: Antimicrobial, Immunomodulatory effect, Antibacterial.

COUGH AND COLD

LIQUORICE

Biological source: *Glycyrrhiza glabra* Linn

Family: *Leguminosae*

Chemical Constituent: glycyrrhizin, glycyrrhizic acid, isoliquiritin, and glycyrrhizic acid

Plant from the *Leguminosae* family is liquorice and its scientific name is *liquorice* Linn. it's an herb-type plant with medicinal value. Herbaceous plant is one such plant widely utilized in ayurvedic medicine and has versatile traditional uses. This plant species biological activities are anti-inflammatory and expectorant, controls coughing and has hormonal effects. It detoxifies and protects the liver. Medicinally, it's used internally for Addison's disease, Asthma, Bronchitis, ulceration, Arthritis, Allergic complaints and steroid therapy.

The liquorice powder and its extract are extremely useful in treating raw throat, cough, and bronchial catarrh. The presence of glycyrrhizin, an energetic compound of *Glycyrrhiza glabra*, enables it to own antitussive, demulcent, and expectorant loosening activities. Glycyrrhizin helps to scale back congestion within the upper tract and increases tracheal mucus secretion. Liquiritinapioside, a lively compound of methanolic extract of liquorice, can inhibit capsaicin, which induces cough. Moreover, the ethanolic extract of liquorice can inhibit sulphur dioxide gas-induced cough in experimental mice. Liquorice decreases irritation, and it works efficiently as codeine in pharyngitis. Carbenoxolone may be a semisynthetic compound derived from herbaceous plant that increases gastric mucus secretion [27].

Uses: Antiulcer, Anticonvulsant, Antimalarial, Anticancer, Muscle relaxant, Spasmolytic, Antithrombin, Estrogenic activity, Antihyperglycemic.

PEPPERMINT

Biological source: *Mentha piperita* L.

Family: *Lamiaceae*

Chemical constituent: cineol, limonene, menthofuran, menthol

Peppermint (*Mentha piperita* L.), is a perennial aromatic herb belonging to the family *Lamiaceae* (*Labiatae*). It is a natural hybrid between spearmint (*Mentha spicata* L.) and water mint (*Mentha aquatic* L.). This plant has many medicinal properties which is widely used in folk remedies and is cultivated all over the world for its use in flavor, fragrance, medicinal, and pharmaceutical applications. Peppermint has gained high attention from both food and pharmaceutical point of view. This herb is majorly used to relieve asthma and pulmonary diseases. Peppermint contains menthol which increases the nasal air force and aids to numb nerve endings in the throat thus by making the lung surfactant more efficient enabling better pulmonary function. The menthol in peppermint effects as a decongestant, condensing the inflated membranes in the nose and making it simpler to breathe, and also aids loosen mucus that is inside the lungs thus provides pain relief and reduce the urge to cough [28-30].

Uses: Immunomodulatory, Antispasmodic, Anti-angiogenic, Digestive problem, Muscle ache.

PAIN (Headache and Toothache)

Pain is an uncomfortable feeling that tells you something is wrong. It is steady, throbbing, stabbing, aching, pinching, or described in many other ways. Sometimes, it's just an inconvenience, sort of a mild headache. Pain can also cause some other physical symptoms, like nausea, dizziness, weakness or drowsiness. It also cause emotional effects like depression, anger, mood swings or irritability.

HEADACHE

GINGER

Biological Source: *Zingiber officinale*

Family: *Zingiberaceae*

Chemical Constituents: Gingerol, shagol, zingiberol, zingiberine.

The chemical compounds of *Ginger* are gingerols and shogaols having anti-inflammatory and pain-relieving effects. Many mechanisms are used to explain the analgesic actions of *ginger*, which includes inhibition of arachnoid acid metabolism via the cyclooxygenase (COX) pathways and hinders lipoxygenase (LOX). Shogaols may cause neuroinflammatory response through the down-regulation of inflammatory markers on microglial cells, and gingerols act as agonists on the capsaicin-activated vanilloid receptors.

Ginger extracts may increase level of serotonin, a chemical messenger involved in migraine attacks. Gingerol help to increase level of serotonin which help to stop migraine by reducing inflammation [31,32].

Uses: Ingestion, Common cold, Nausea, Osteoarthritis, Antidiabetic, Menopause, Reduction in high blood pressure.

TOOTHACHE

CLOVE

Biological Source: *Syzygium aromaticum*

Family: *Myrtaceae*

Chemical Constituents: Eugenol, Eugenin

Eugenol can be a well-liked painkiller and anesthetic utilized in dental treatment which inhibit voltage-gated sodium channels (VGSC) within the first supply neurons of the teeth. Along with Eugenol it also inhibits N-methyl-d-aspartate (NMDA) receptors which are involved in pain sensitivity [33].

It's not one all told the foremost widely known herb's, but volatile oil has many uses in daily life. Many people understand the healing qualities of volatile oil for toothaches and other tooth pains. If you have natural clove leaves, you will be able to simply place the leaf on the painful tooth and leave it there for a few minutes. Additionally, to toothaches, *cloves* are often also helpful in reducing the pain of inflammation. It helps to relieve the pain of bunions and warts. Immerse the rag in oil and apply to the area affected and Leave it for a few minutes until the pain calm down. Soaking a rag in clove oils or simply applying the oil to the skin may be a good applicator. Put pair drops of the oil during a beverage to use it for stomach pain purpose [34].

Uses: Antioxidant, Stomach pain, Calm the nerves and help in digestion, Protection against cancer, Improve liver health, Help to regulate blood sugar, Promote bone health, Reduce stomach ulcers.

BONES & JOINTS

MORINGA

Biological source: *Moringa oleifera lan*

Family: *Moringaceae*

Chemical constituent: vitamins, phosphorus, Flavanoids, ascorbic acid

Moringa oleifera (MO) Lam. (*Drumstick tree*) a plant belonging to the family of *Moringaceae*, is widely cultivated in India, used as a lively ingredient of the food preparation, medication and oil manufacturing. The majority parts of the plant are utilized in traditional medical practices. It's believed to be a miracle herb because it is used as food additionally as medicine for various ailments [35].

Moringa has rich source of vitamins, minerals and essential amino acids like beta carotene, water soluble vitamin, calcium and also contains antioxidants namely flavonoids, polyphenols, and ascorbic acid. All parts of the plant and in bonus it's multiple micronutrients plays a critical role in bone health and calcium absorption, like boron, phosphorus, magnesium, potassium. Anti-inflammatory and anti-oxidant activity of Moringa leaves extract indicated a big inhibition of nitric oxide (NO) production by macrophage cells, decrease in serum level of IL-1, IL-6, and TNF- α additionally to hindrance of COX2 pathway by inhibition of PGE2 production. Moringa extract has a suppressive activity against inflammatory paw edema in this two acute and chronic phases of CFA induced arthritis. Hence it helps to treat conditions like arthritis and will also heal damaged bones [36,37].

Uses: Controls blood sugar, Anti-Inflammatory, Mmaintains blood pressure, Antioxidants, Improves eyesight.

BOSWELLIA SERRATA

Biological source: *Boswellia serrata* (*Indian frankincense*)

Family: *Burseraceae*

Chemical Constituent: Boswellic acid, Serratriin, 5-lipoxygenase(5-LOX), monoterpenes.

Boswellia, also referred to as Indian frankincense, is an herbal extract taken from the *Boswellia serrata* tree. Natural resin extracts of *boswellia* tree are traditionally utilized in folk medicine for hundreds of years. Six acids in Boswellia gum resins contribute to the herb's anti-inflammatory properties which is called as boswellic acid, an active compound in *Boswellia serrata* gum resins extract which are specific non redox inhibitors of 5-Lipoxygenase [38].

Serratriin a completely unique composition containing the acidic and nonacidic fractions of *Boswellia serrata* plant product composition strongly inhibited 5-LOX activity with the half-maximal inhibitory concentrations. Serratriin strongly inhibited the leukotriene B4 and prostaglandin E2 productions in human blood-derived cells. Besides, serratriin reduced TNF- α production and also protected human chondrosarcoma cells from

IL-1 β induced SOX-9 depletion, respectively. Besides, the histological observations on Safranin-O green stained articular cartilage revealed that serratriin also prevented the MIA induced structural damage of the cartilage and reduced the loss of the extracellular matrix (ECM) components. In conclusion, this observations suggest that serratriin, a brand new composition of *Boswellia serrata* natural resin extracts, reduces pain and protects articular cartilage from the damaging action of MIA in an exceedingly rodent model [39,40].

Uses: Chronic bronchitis, Asthma, Chronic inflammatory bowel diseases, Ulcerative colitis, Crohn's disease, Menstrual cramps, Brain injury

CONCLUSION:

In ancient medicinal texts, herbal drugs and their formulations can be used for skin care, eye care, cuts, wound, burns, cough, cold and pain management. The overuse of synthetic drugs, which ends in higher incidence of adverse drug reactions, has intended humans to come back to nature for safe remedies. Herbal medicines are more efficacious with higher margin of result which is in a slow peak, but without harming anything in body. While there are a number of effective modern treatments for different conditions, herbal drugs that are proven to bring relief without detrimental side effects and these drugs can be used for further research studies so as to live Healthy life style.

Conflict of Interest

None

Ethical Consideration

None

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