

Herbals

More and more people are now moving towards herbals. The herbal drugs or medicinal plants are going to play an important role in human health in the coming days. With less side effects and more efficiency, herbals are going to stay here for the days to come.

As per the WHO estimates, people are more and more relying on herbal products, and it has been estimated that about three quarters of the world population is now relying on herbal products. It is only because the herbs come safe with no side effects. The herbs have no toxic chemicals that can harm your body.



The medicinal value of herbs had been known for centuries. The Indians, Chinese and the Egyptians had used herbs from time immemorial for many ailments. They have even developed their own traditions like Ayurveda (India) and the Chinese traditional systems.

Coming to the herbals, it is not known what specific ingredient causes therapeutic effect in the body. The herbs contain many ingredients and may be they work together for giving the desired results. But there are certain factors that determine the healing quality of the herbs. It may depend on the soil, climate and conditions of how it grows.

Herbals are known to treat many health conditions like asthma, premenstrual syndrome, eczema, rheumatoid arthritis, chronic fatigue, irritable bowel syndrome, migraine and menopausal symptoms among others.

If you prefer herbal medication, you should have to take it only under a doctor or a trained health care provider. Some herbs are known to have allergic reactions or are toxic or they may interact with other medicines. A health care provider or a doctor should have to know all about your health conditions before he prescribes herbal dosage. He may also take into account many factors before recommending herbals. He may consider the plant's habitat, species and variety of the plant, how it was stored and how it was processed, and if they are contaminants. Only a specialist will be able to know what herbal supplement will fit your body. Do not go for self-treatment using herbals as it can sometimes cause serious complications.



The herbs available come in various different forms like teas, oils, syrups, liquid extracts, pills, capsules and tinctures. Ginkgo (*Ginkgo biloba*), kava kava, saw palmetto, St. John's wort and Valerian are some of the known herbal supplements.

Many pharmaceutical companies claim to produce herbal drugs that treat or prevent certain diseases. But

when choosing herbal products, you have to be careful. There are no standard ways to determine if an herbal pill or drug is effective and if they can deliver the desired results.

There are many hurdles in choosing the herbal products. The hurdles of evaluating herbal drugs include insufficient quality control, lack of standardization and overall under-reporting.

Though herbal drugs are used for preventive and curative treatments, scientific studies in this herbal field are still in its infancy. If herbal drugs are used properly, they are more effective than the conventional medicines.

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