ROLE OF HERBAL MEDICINES IN COMPLIMENTARY & ALTERNATIVE MEDICINE

Presented by:
Hasan Abdullah,
DMD Brick Laboratories (Unani), Lahore – Pakistan.
B.Sc., B.Pharm., M.Phil. (Pharmaceutics).
The term complementary and alternative medicine (CAM) is an umbrella term for alternative medicine, complementary medicine, and integrative medicine.
Herbalism is a traditional medicinal or folk medicine practice based on the use of plants and plant extracts. Herbalism is also known as botanical medicine, medicinal botany, medical herbalism, herbal medicine, herbology, and phytotherapy.
There is evidence from the Shanidar Cave in Iraq that suggests Neanderthals living 60,000 years ago used medicinal plants. A body that was unearthed there had been buried with eight species of plants which are still widely used in ethnomedicine around the world.
FACTS

- Approximately **25%** of modern drugs used in the United States have been derived from plants.
- **Three quarters** of plants that provide active ingredients for prescription drugs came to the attention of researchers because of their use in traditional medicine.
- Among the **120** active compounds currently isolated from the higher plants **75%** show a positive correlation between their modern therapeutic use and the traditional use.
- More than **two thirds** of the world's plant species - at least **35,000** of which are estimated to have medicinal value - come from the developing countries.
- At least **7,000** medical compounds in the modern *pharmacopoeia* are derived from plants.
Herbal Associations

- ESCOP
- ABC
- BHMA
- German Commission E
- AHPA
- NHAA
- OHA
Few Statistics

- Herb Sales Up 3.3% in United States in 2010 with a total of 5.2 billion dollars.
- Annual market sales data are 3.8 billion Pakistani rupees (US$ 49 million) for 1999, 4.5 billion rupees (US$ 78 million) for 2000 and, 5 billion rupees (US$ 87 million) for 2001 (WHO).
Safety

Currently, the majority of adverse events related to the use of herbal products and herbal medicines that are reported are attributable either to poor product quality or to improper use, inadequate regulatory measures, weak quality control systems and largely uncontrolled distribution channels (including mail order and internet sales) may have been contributing to the occurrence of such events (WHO guidelines on safety monitoring of herbal medicines in pharmacovigilance systems).
Herbs of Indo-pak with a safe, traditional history of therapeutic use such as:

- Vasaka, Banafshah, Ephedra for **cough, cold, flu**.
- Fennel, Cardamom, Cinnamon, Ginger, Peppermint for **flatulence and dyspepsia**
- Hyoscyamus, belladona as **antispasmodic**
- Glycyrrhiza, Amla, Beedanaa in **Ulcers**
- Silybum, Kutki, kasni in **liver dysfunctions**.
- Tribulus, Asgand for **impotence**
- Aloe, curcuma, calendula for **skin**.
- Nigella, garlic, licorice as **immunomodulator and antioxidant**.
POPULARITY

- Naturopathic profession growing rapidly in US & Canada.
- In a survey of NCCAM (2004), USA, Herbal therapy, most commonly used CAM therapy (18.9%) with few exceptions.
- In Europe, Germany, UK as well as Arab countries, herbal medicines are common as health foods.
- Training and education in herbal medicine, such as Bachelor of Science etc., are offered at western universities.
- GNC stores chain started a couple of years before in Lahore, and they have opened 3 branches so far.
Many of the pharmaceuticals currently available to physicians have a long history of use as herbal remedies, including opium, aspirin, digitalis, and quinine.

The World Health Organization (WHO) estimates that 80 percent of the world's population presently uses herbal medicine for some aspect of primary health care.
Effectiveness

Even the modern science has accepted and in certain cases has no alternative other than the herbal origin remedies. Even some plant products or pharmaceutical drugs derived from them are incorporated into mainstream medicine.
A Few Examples

- **REPARIL**, a drug of choice for hematoma and in severe head injuries.
- **SINUPRET** from Germany is a drug of choice for sinusitis.
- **FLAVONOIDS**
- **SILYMARINE**
- Valerian & St. John’s wort as anti depressants.
- **CAPSAICIN**, Major ingredient of local analgesic creams.
- **Garlic, Tribulus terrestris, Echinacea** and many more are getting a good sale in developed countries.
Conclusion

LAW & ORDER, HERBAL MANUFACTURERS and PRESCRIBERS, together could bring a new horizon of remarkable revolution by reforming and reshaping the herbal medicines to face the challenges of the 21st century by providing an equivalent effective, economical and safe treatment by utilizing mostly our own resources.
THANK YOU