Herbal medicine

Herbal medicine also called botanical medicine or phytomedicine.

Herbal medicine is medicine derived from natural sources include plants, fungal and bee products, as well as minerals, shells and certain animal parts.

History of herbal medicine

- Plants had been used for medicinal purposes long before recorded history. Ancient Chinese and Egyptian papyrus writings describe medicinal uses for plants as early as 3,000 BC.

Thai traditional medicine

- The Kingdom of Thailand has its own system of traditional medicine called Thai traditional medicine.
- It originated during the Sukhothai period (1238-1377).
- Treatments prescribed for patients can be herbal medicine preparations, Thai traditional massage, hot herbal compresses, or herbal steam baths.

Herbal medicines in Primary health care

- Primary health care has increased the use of medicinal plants by the public, an attempt has also been made to increase the use of herbal medicines in hospitals in place of modern medicines, where appropriate, by including some herbal medicines on the National List of Essential Drugs.
National List of Essential medicines

- 71 herbal medicines have been registered under the National List of Essential Medicine.

- The publication of Medicinal Plants Manual for health-care workers and the public with 57 medicinal plants were selected and recommended for the treatment and relief of 19 groups of common minor symptoms and diseases.

Main active ingredients herbal medicine

- Primary metabolites
  - Found in all plants and perform primary metabolic requirements. For example; Carbohydrate, Lipid...

- Secondary metabolites
  - Unique to specific species.
  - Increase their overall ability to survive and overcome local challenges by allowing them to interact with their environment. For example Terpenoids, Alkaloids, Flavonoids...

Roles of Secondary metabolites

- Self protection
  - Antioxidant, free radical-scavenging
  - UV light-absorbing
  - Antiproliferative
  - Protection against herbivory and microbial infection such as bacteria, fungi, and viruses.
  - Attractants for pollinators and seed-dispersing animals.
  - Allelopathic defenders of the plant’s growing space against competitor plants.

How to prepare herbal medicine

- Infusions
- Decoctions
- Macerations
- Tinctures
- Poultices and Compresses
- Baths and Bathing Remedies
- Powders

Infusions

- Water is brought just to a boil and then poured over an herb. Covered and allowed to sit/steep for 10-15 minutes.
Decoctions

- Plant material is boiled for a longer period of time to soften the harder woody material and release its active constituents.
- **Strong Decoctions** is to boil the mixture longer. This is usually indicated when working with larger woody pieces of bark. Longer boiling time, up to 2 hours or more or boiling 20 minutes, then it is allowed to soak overnight before straining out the herb.

http://www.barberynresorts.com/spain/ayurveda/illness.html

Tinctures

- A tincture is an alcohol (40% – 50%) and water extract which is used when plants have active chemicals that are not very soluble in water, and/or when a larger quantity is prepared for convenience and wanted for longer term storage.

http://mountainroseblog.com/guide-tinctures-extracts/
http://www.holisticbodytherapy.net/wellnessproducts/tinctures-potions-and-elixirs

Macerations

- The fresh or dried plant material is simply covered in cool water and soaked overnight.
- Normally this is used for very tender plants and/or fresh plants, or those with delicate chemicals that might be harmed by heating or which might be degraded in strong alcohol.

http://vireoperfumes.blogspot.com/2010/04/lapsang-souchong-infusion-for-sale.html

Poultices and Compresses

- **Poultices** are applied herbal directly to the skin. Usually on rashes and wounds and as topical pain-relieving remedies. Poultices are prepared by mashing up fresh leaves or roots by hand or with a mortar and pestle then apply on skin.

http://www.nailsmag.com/demoarticle/1262/herbal-warrior-relief-pedicure

- **Compresses** are simply soaking a cloth in a prepared infusion, tincture or decoction and laying the cloth onto the affected part of the body/skin.
- **Thai Herbal Compress ball** is a combination of healing herbs is bundled together in a muslin cloth, steamed and then applied to the body in gentle pressing, circular and rolling movements.

http://www.aromantic.com/herbal-compresses.htm
Baths and Bathing Remedies

- Medicinal plants are added to bath water and the patient is soaked in it. Fresh plants are generally used for bathing remedies by chopped or crushed before adding to the bath water.
- In the alternative, try 20 to 30 ounces of a strong decoction or infusion added to bath water and soak in it for at least 10 minutes.

Powders

- Most of herbs have 60-80% moisture content and can not be stored without drying. Some herbs can be dried in sun and some or air dried in shade by hanging them upside down from the stems. Dried herbs should be crushed by spice mill, coffee grinder, food processor, or traditional mortar and pestle.
- Herbal powder can be filled in to gelatin capsules or mixed with honey and formed into traditional herbal pills by hand.

Recommendations for the use of herbal

- **Turmeric**
  - *Curcuma longa* Linn.
  - Part Used: Rhizome
  - Turmeric contains curcumin and an essential oil. Curcumin is polyphenol, increases the mucus content in gastric juices and prevents histamine induced gastric ulceration. Dry rhizomes yield 5.8 % essential oil.

Peptic ulcer

- *Banana*
  - *Musa Saptentum*
  - Part used: Green unripe fruits
  - Bananas have long been recognized for their antacid effects that protect against stomach ulcers and ulcer damage. Effects on various mucosal defensive factors.

Flatulence, Dyspepsia

- *Turmeric*
- *Ginger*
- *Clove*
- *Garlic*
- *Holy basil*
- *Lemon grass*
- *Fingerroot*
- *Garlic*
- *Holy basil*
- *Lemon grass*
- *Fingerroot*
Diarrhea

Andrographis
- *Andrographis paniculata*
- Part used: Leaf, stem
- Andrographolide is an extremely bitter substance extracted from the stem and leaves. It is a useful supplement for treating diarrhea resulting from infection with the *E. coli* bacteria.
- Andrographis might stimulate the immune system.
- Side effects: loss of appetite, diarrhea, vomiting, rash, headache, and fatigue.

Guava
- *Psidium guajava Linn.*
- Part used: Leaf (infusion) or unripe fruits (mixed with limewater (calcium hydroxide))
- Leaves contain a fixed oil, volatile oil, tannin and saponins.
- Properties: Anti-diarrheal, antiseptic, antispasmodic and astringent.

Mangosteen
- *Garcinia mangostana*
- Part used: Rind (mixed with limewater)
- Mangosteen rind contains tannins, it is an excellent astringent and used for the prevention and treatment of dysentery and diarrhea and used for the treatment of numerous skin diseases.

Banana
- *Musa Saptentum*; Green unripe fruits

Pomegranate
- *Punica granatum L.*; Rind, Bark (mixed with limewater)
- The rind of the fruit and the bark of the pomegranate tree is used as a traditional remedy against diarrhea, dysentery and intestinal parasites.

Constipation

Tamarind
- *Tamarindus indica*
- Part used; Ripe fruits
- Tamarind pulp is rich in pectin, simple sugars and organic acids, including tartaric and citric acid. It is a natural mild laxative, and is eaten fresh or in dried form to relieve constipation.

Hoary Basil/Hairy Basil.
- *Ocimum basilicum* L. f. citratum Back;
- Part used; Seed
- Basil seed is used as a bulk-forming laxative
- May prevent sugar absorption and help reduce appetite.
Constipation

Senna
- *Senna alexandrina* P. Miller
  - Part used: Leaf, Pod
  - Leaves and Pods contain anthraquinone glycoside such as sennoside A and B, aloe emodin, dianthrone glycoside.
  - Senna is used as a stimulant laxative.

Nausea and vomit

Indian Mulberry, Noni
- *Morinda citrifolia* L.
  - Part used: Unripe fruits
  - The decoction or infusion of roasted mature unripe fruits is commonly used for the treatment of nausea and vomiting.

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Nausea and vomit

Ginger
- *Zingiber officinale*
  - Part used: Rhizome (dried, infusion)
  - Ginger to be effective for reducing the nausea and vomiting associated with pregnancy.
  - Take ginger before starting chemotherapy treatments helped to reduce the severity of nausea.

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Anthelmintic *

Ebony tree
- *Diospyros mollis* Griff.
  - Part used: Green unripe fruit
  - Mixed unripe fruits (The number of fruits equivalent to patient age but not more than 25) with coconut milk.
  - Used to get rid of a parasitic Threadworm, Hookworm and Tapeworm.
  - Used extensively to dye black silk since ancient times

Anthelmintic *

Pumpkin
- *Cucurbita moschata* Decne., *Cucurbita maxima* Duch.
  - Part used: Seed
  - 60 g of seeds are ground and added to 500 ml of milk that has been sweetened with 15 ml of honey and 30 ml of cane sugar. One-third of this mixture should be swallowed every two or three hours and after the last dose, followed by castor oil two hours later.
  - Eliminate both tapeworms and roundworms.

Loss of appetite

Bitter melon
- *Momordica charantia* L.
  - Part used: Green unripe fruit

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  - Part used: Green unripe fruit
Cough
- Ginger
  - Part used: Rhizome (as Ginger Lemon tea)
- Indian gooseberry, Emblica
  - Phyllanthus emblica L.
  - Part used: Fruit
- Lemon
  - Part used: Fruit
- Solanum indicum L.
  - Solanum indicum L. scabru, Solanum tributum L. scabera
  - Part used: Fruit

Suppression of Urine
- Natural Diuretics
  - Lemon grass
    - Part Used: Stem
  - Roselle
    - Hibiscus sabdariffa L.
    - Part Used: Fruit
  - Indian Marsh Fleabane
    - Pluckea indica (L.) Less.
    - Part Used: Leaf, Stem

For patient: Check with your doctor or pharmacist before you take any other medicines or herbal remedies at the same time as a diuretic.

Dermatophytosis
- Superficial fungal infection
  - Garlic
    - Part Used: Bulb
  - White crane flower ตันติ้ง
    - Rhinacanthus nasutus Kurz.
    - Part Used: Leaf (Tinctures)
  - Betel vine ใบขี้ต้ม
    - Piper betle Linn.
    - Part Used: Leaf (Tinctures)

Burns
- Aloe vera
  - Aloe barbadensis Mill.
  - Part Used: Clear gel inside the leaves

Muscle pain
- Cassumunar ginger
  - Zingiber cassumunar Roxb.
  - Part used: Rhizome
  - Essential oil was an active ingredient having analgesic and anti-inflammatory properties.