



Potential of traditional herbal plants: A source of phytomedicine in health care sector

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Abstract:

Plants used in traditional systems such as Siddha, Ayurveda, Unani have flourished as systems of medicines for thousands of years. The Indian Traditional plants have been used to heal and cure diseases and to improve the health and wellbeing. In current pandemic SARS-CoV-2, the combination of 15 herbal plants which is a siddha formulation possess a strong pharmacological effect may prevent the coronavirus. Plant based food possess macronutrients (carbohydrate, proteins and lipids), micronutrients (minerals and vitamins), and phytochemicals (polyphenols, carotenoids, etc.). The literature survey of herbal plants and its health benefits status that there are involved in food combinations as natural medicines such as Curcumin, Black pepper, Ginger, etc. The herbal plants and its compounds showed greater biological properties such as antioxidant, anti-inflammatory, antimicrobial, antitumor activity, anti-diarrheal, antispasmodic, antidiabetic and immunomodulatory. In this present pandemic period many Indian traditional plants and herbal based food materials were used as key source for increase human immunity power against new SARS-CoV-2. However, the demands of producing good quality, pathogen free food the herbal plant source may be involved to prevent the food by foodborne pathogen and toxins. Recommendation is to develop the medicinal Garden with well-known medicinal plants to obtain natural foods which contain all the nutritional values, and make our future generation healthy.

Biography:

Roshini Soundararajan lives in Coimbatore District, Tamil Nadu, India. She is interested in Herbal plants research and Natural medicine. She has done her Bachelor of Science (B.Sc) from from Kongunadu Arts and Science College, affiliate to Bharathiar University, India. Currently she is doing her Master of Science (M.Sc) degree in Biotechnology from Kongunadu



Arts and Science College, Coimbatore, Tamil Nadu, India Affiliation to Bharathiar University, India. She has attended several International seminars and one day workshops. Currently she has done her Case study on Phytochemical components, bioavailability and medicinal properties of Kabasura kudineer Chooranam towards on control of coronavirus infection rate and immunity development.

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