

Evaluating the Effectiveness, Safety, and Regulation of Herbal Medicine in India

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Abstract: Herbal medicine has gained significant popularity in the India as a complementary and alternative approach to health care. This review examines the efficacy, safety, and regulatory framework surrounding herbal medicine use. While some herbal remedies, such as echinacea and St. John's wort, have shown promising results for specific conditions, the overall efficacy of many herbal treatments remains inconclusive due to limited clinical evidence. Safety concerns include potential side effects, interactions with prescription drugs, and contamination risks, underscoring the need for caution among users. Regulatory oversight, primarily under the Dietary Supplement Health and Education Act (DSHEA) of 1994, classifies herbal products as dietary supplements, limiting FDA authority to enforce strict pre-market testing for safety and efficacy. Consequently, while herbal medicine offers potential health benefits, consumers must be well-informed and mindful of regulatory limitations to ensure safe and effective use.

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