



Medicinal Utility of Plants in Various Ailments

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Abstract: Medicinal plants have been used for centuries traditionally in India to treat a wide range of ailments. They have been used for curing a number of diseases in Indian subcontinent as well as throughout the world for ages as part of tradition. Plants such as Tulsi are known for boosting immunity and relieving respiratory disorders, while Neem has powerful antibacterial and antifungal properties useful for skin diseases. Aloe vera is widely used to soothe burns and improve digestion, and Ginger helps in reducing nausea and inflammation. Similarly, Turmeric contains curcumin, which has strong anti-inflammatory and antioxidant effects. These natural remedies are often considered safer and more holistic, though proper knowledge and guidance are important to ensure their effective and safe use. Although modern medical science exist side-by-side with such traditional practice, herbal medicines have maintained popularity for a number of reasons. Herbal medicines or natural products are more widely available commercially, especially in developed countries. Several plants having medicinal properties are used for treating an array of ailments. Such medicinal plants are categorized for prioritization in research based on earlier reports. A few years back COVID-19 pandemic has forced a huge part of population in India seeking alternative treatments along with preventive measures and treatment options such as medicinal plants to fight against various health problems across the world. The present study is aimed to provide recognition to the utility of medicinal plants as a reply to a number of healthcare issues. Most of the studies done worldwide have reported that a number of medicinal plants prove to be helpful in combating various health problems as well as in improving immunity to human body

Keywords: Medicinal plants, healthcare, Indian plants, Immunity etc