REVIEW: HERBAL PLANTS AND THEIR USES.

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ABSTRACT: India is a rich source of herbal plants, Herbal plants used as medicines from ancient time. The different plant shows different activity, plants medicinal use depends on chemical constituent present in a particular plant. Some plants show analgesic activity, some plants show antipyretic, anti-inflammatory activity, some shows wound healing activity. Some plant use in skin-related disease

An herbal plant has low side effects than synthetic medicines. Herbal plant-like Tulsi has multiple uses such as anti-inflammatory antibacterial use in cough.

KEYWORDS: Herbal plant, Uses, Tulsi, Analgesic anti-inflammatory activity.

INTRODUCTION:

The herbal plant has different medicinal activity. Different herbal contain different chemical constituents depending upon chemical constituents plants showing activity.[1] The herbal plant has fewer side effects than synthetic medicines; drug use in herbal medicines is large quantity and long term treatments as compared to synthetic medicines. Herbal medicines have a high cost as compared to synthetic medicines [5].

Some herbal plants and their medicinal uses as follows:

GRAPE:

Grapes are available in many colors and forms. Green grapes, purple grapes, red grapes, grapes juice, grapes jam[3].

FIG.1. GRAPES.[9]

Grapes are a good source of water and fiber. Grapes show antioxidant property and grapes are nutrients rich fruits so use in many conditions like cancer, heart diseases, beneficial for skin, diabetics[2].

CANCER:

Grapes contain polyphenol which shows great antioxidant activity. By research, grapes are lower or slow the growth of cancerous cells in the liver, stomach, colon, skin cancer, leukemia [1].

HEART DISEASE:

Animal studies quercetin and resveratrol may lower the chances of atherosclerosis and protect the damage caused by low-density lipoprotein (LDL), or "bad" cholesterol[4].

ALLERGIES:

Quercetin shows anti-inflammatory activity, and grapes may lower allergies like runny nose, watery eyes[7].

SKIN CONDITIONS:

Treat some skin conditions like acne[6].

GINGER:

FIG.2.GINGER [6]

Rhizomes obtained from plant *Zingiber officinale*. Belonging: *Zingiberaceae* family.

Ginger dried powder used in the processing of food and cosmetics. Ginger oil and juice also used in food processing[8].

Ginger contains gingerol chemical constituents, ginger has a unique fragrance and flavor obtained from ginger oil due to containing gingerol.[6]

Gingerol is the main active chemical constituents of ginger; it has anti-inflammatory and antioxidantt activity.

Ginger can treat nausea, muscle pain, morning sickness, lower cholesterol level, may help prevent cancer, fight with infections, Lower cholesterol levels [8].

TULSI:

FIG.3. *OCIMUM SANCTUM*.[5]

Family*: Lamiaceae*.

Tulsi contains vitamin c and eugenol which has antioxidant activity. Eugenol shows a positive effect on the heart, which also lower the cholesterol level in the blood that is proved.

Tulsi contains vitamins A and C which is having antioxidant activity, use to protect skin from damage by its antioxidant action.[3]

Also use in tussive, fever, anti-aging activity, fight acne, treats kidney stones, relieve headache also use in pain of migraine, antibacterial action used in cold and cough[9].

ALOE VERA:

Aloe barbadensis

Family: *Asphodelaceae*

FIG.4.ALOE VERA.[10]

Aloe Vera contains antioxidant and antibacterial action due to the presence of polyphenols.

Also used in burns condition, reduce constipation, reduce skin wrinkles due to antioxidant action, lower blood sugar level, and treat sores[13].

Aloe Vera gel also used for hair smoothening and moisturized hairs prevent damage hairs, also used to moisturized skin useful for dry skin[9].

CLOVE:

Caryophyllus aromaticus

Family: Myrtaceae.

FIG.5.CLOVE.[13]

Clove contains vitamins and minerals so show the antioxidant action.

The active chemical constituent present clove is eugenol.[11] It may protect from cancer, eugenol oil causes cancer cell death. By study, eugenol found anticancer activity[12].

Antibacterial activity: clove can kill bacteria include *E. coli.*

It also uses in regulating blood sugar: by animal study proved it regulate elevated blood sugar level. May reduced stomach ulcer, use in tooth pain.

CONCLUSION:

Herbal plant and their medicinal use discussed in the review and discussed active chemical constituents and their uses for human health.

All herbal plants show different activities like antibacterial, anti-inflammatory, antitussive, antipyretic.

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