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Indian Herbal Plants used as Antipyretic: A review

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Abstract

The World Health Organization has listed approximately 21,000 plants, which are used for medicinal purpose around the world. Among these 2500 varieties are in India, out of which 150 species are used commercially on a fairly large scale. The role of traditional medicines in the solution of health problems is priceless on a global level. As estimated by WHO, 80% population of underdeveloped countries rely on traditional system of medicine. India is the chief producer of medicinal herbs and is called as botanical garden of the world. Plant based drugs are used as remedial agents or their chief constituent separated by chemical processes which are employed as medicines. The most common illness is fever which is pharmacological known as pyrexia characterized by elevation of body temperature above 37° C. Fever is associated with symptoms of sickness behavior which consist of lethargy, depression, anorexia, sleepiness, & inability to concentrate. Traditional use of herbal medicine is very basic and integral part of various cultures and spread of modern science. Medicinal plants are the only easily accessible health care alternative for most of our population and traditional medicines remained a part of our integral health system. The use of Ayurvedic medicines are common in both adults and children and are increasing in many areas of the world. This review article will discuss the benefits with use of herbal medicines as Antipyretic activity.

Key-words: WHO, Antipyretic, Medicinal Plants, Traditional system

Introduction

A medicinal plant contains so many chemical compounds which are the major source of therapeutic agents to treat human diseases. In current period, focus on plant research is increasing all over the world and a large body of evidence has been collected to show immense potential of medicinal plants used in various traditional systems. Plant based drugs are used as therapeutic agents or their chief constituent separated by chemical processes which are employed as medicines. Ayurveda is the most widely practiced of the Indian traditional medicine systems, but there are others such as Siddha and Unani which are also used in the Indian subcontinent. Recent discovery and advancement in medicinal and aromatic plants have lead to the enrichment of health care of mankind. There are many traditional systems of medicine in the world, each with different associated philosophies and cultural origins.

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Herbal drugs as antipyretics

The role of traditional medicines in the health problems is precious on a global stage. A large number of tribal plants such as chirchitta, bhringraj, bija sal, arjuna, neem, tulsi etc. are used traditionally to cure pyrexia in India. Most ayurvedic preparations are polyhedral which take care of the multiple components of disease conditions. The group of antipyretic drugs has been defined in Charak Samhita. Various medicinal plants like Neem, Arjuna, Aswagandha, Tulsi, etc. traditionally used for treating fever. This article concentrate on the treatment of fever related to herbal traditional medicines.

List of plants used as the antipyretic

S. No.	Common Name	Botanical Name	Habit	Habitat	Part Used	Family	Uses
1	Neem	*Azadirachta indica*	Tree	North India	Leaves	Meliaceae	Antipyretic
2	Amla	*Emblica officinalis*	Tree	All India	Fruits	Euphorbiaceae	Antipyretic;
3	Pan	*Piper betel*	Shrub	Central India	Leaves	Piperaceae	Antipyretic; Carminative.
4	Bambo	*Bambusa vulgaris*	Shrub	Bengal; India	Shoot; Seeds; Roots; Leaves	Graminae	Antipytretic; Diuretic
5	Cashew	*Anacardium occidentale*	Tree	South India	Fruit; Seed; Bark; Oil	Anacardiaceae	Antipyretic; Irritant; Astringent
6	Ganja	*Cannibis sativa*	Herb	Persia; Central Asia	Leaves;	Cannabaceae	Antipyretic; Analgesic; Sedative
7	Wild mint	*Lantana involucrate*	Shrub	All India	Whole Herb	Verbenaceae	Antipyretic
8	Sage	*Cordia globosa*	Shrub	All India	Fruit; Kernel; Bark	Boraginaceae	Astringent; Demulscent
9	Bhringaraj	*Eclipta erecta*	Herb	Indian-Himalaya	Roots; Leaves	Compositae	Antipyretic; Emet ic; Purgative
10	Rasaut	*Berberis aristata*	Herb	Bhutan; India	Root Bark; Stem; Wood	Berberidaceae	Antipyretic; Astringent;
11	Jangali Lahusan	*Allium sativum*	Herb	All India	Bulb; oil	Liliaceae	Antipyretic; Antiseptic;Anti h elmintic
12	Bhindi	*Abelmoschus esculentus*	Herb	India	Seed	Malvaceae	Antipyretic; Emollient; Diuret ic; Aphrodisiac
13	Damanpaper	*Oldenlandia Herbacea*	Herb	All India	Whole Herb	Rubiaceae	Antipyretic
14	Imli	*Tamarindus Indica*	Tree	South India	Fruits	Caesalpiniaceae	Antipyretic; Carminative
15	Swet Chandan	*Santalum album*	Tree	South India	Wood; Volatile oil	Santalaceae	Antipyretics; Sedative; Astringent
16	Nirgandi	*Vitex negundo*	Shrub	South India; Burma	Roots; Flower; Fruits; Bark	Verbenaceae	Antipyretic; Astringent
17	Harivera	*Pavonia Odorata*	Herb	Western India	Roots	Malvaceae	Antipyretic; Diuret ic
18	Gurach	*Tinospora*	Shrub	South India	Stem; Root	Menispermacea	Antipyretic;

		cardifolia					Antidot
19	Kali-Mirch	*Piper nigrum*	Shrub	Western India	Dried Fruits	Piperaceae	Antipyretic; Carminative; Antiperiodic
20	Suganhi	*Hemidesmus indicus*	Herb	India	Root, Juice	Ascepiadaceae	Antipyretic; Demulscent;
21	Sarivan	*Desmodium Gangentium*	Herb	Indian Himalaya	Root; Bark	Leguminosae	Antipyretic; Bitter Tonic
22	Dhaniya	*Coriandrum Sativum*	Herb	All India	Leaves; Seeds	Umbelliferae	Antipyretic; Carminative
23	Gulancha	*Cocculus cordifolia*	Shrub	Western India	Stem; Leaves; Roots	Menispermaceae	Antipyretic; Aphrodisiac
24	Akasbel	*Cuscuta Reflexa*	Herb	India	Seeds; Stem; Fruits	Convolvulaceae	Antipyretic; Carminative
25	Kasondi	*Cassia occidentalis*	Tree	India; Burma	Leaves; Seeds; Root	Caesalpiniaceae	Antipyretic; Purgative
26	Jawasa	*Alhagi maurorum*	Shrub	South Indiia	Seed; Oil	Papilionaceae	Antipyretic; Laxative; Diuret ic
27	Bish	*Aconitum ferox*	Herb	Nepal; India	Dried Roots	Ranunculaceae	Antipyretic; Diaphoretic; Diuretic
28	Cinchona	*Cinchona Officinalis*	Tree	All India	Bark	Rubiaceae	Antipyretic
29	Harar	*Terminalia chebula*	Tree	India	Fruit	Combretaceae	Antipyretic; Astringent; Purgative
30	Stavari	*Asparagus adscendens*	Shrub	India	Tuberous Roots	Liliaceae	Antipyretic; Demulscent; Nutritive Tonic

Conclusion

From this review study, it is clear that the medicinal plants play a vital role against various diseases. Various herbal plants and plants extract have significant antipyretic, diuretic astringent and sedative activity in different animal models. Our review result shows that above-mentioned medicinal plants could prevent from various diseases.

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