**Herbal Medicine**

Student’s Name

Institution Affiliation

Course Code

Date

Herbal Medicine

 Herbal medicine or supplement are natural compounds from plants, flowers, seeds, roots, bark, or leaves that are used to treat disease whereby people can use them for medicinal purposes to enhance general health and wellbeing. These herbs got similar characteristics with other pharmaceutical medications and they should be taken with care. It is considered that they have powerful ingredients which most of which are not known hence should be treated with the same caution as prescribed. People may use herbal medicine because they are not comfortable with pharmaceutical medications, they may also use herbal medicine to start treatment before conventional medicine and to treat mild and moderate conditions, to increase energy, boost the immune system, lose weight, enhance mood, and improve sleep. Some of these herbal medicines include Echinacea, Aloe vera, and Ginko Biloba. They are available at the pharmacy or even at your local supermarket.

 Firstly, Echinacea is one of the examples of herbal medicine, it is also called one flower and it is a flowering plant that is a famous herbal remedy. It originated in North America. It contains most of the parts that are useful for treatment which include roots, petals, and leaves whereby roots are the most known to be powerful and most effective. It has purple or pink petals depending on the species and it is surrounded cone or seed head that is brown, red, or spiky. Echinacea has several varieties that are ingredients in herbal remedies these include, E. purpurea with purple petals, E. pallida with pale petals, and E. angustifolia with narrow petals, all these three ingredients have different health benefits. Echinacea can be found in most supermarkets (Brazier et al., 2023). The reason why most people take is that it contains antivirals and antimicrobial varieties, aid in the immune system, and is also people used to help in some treatment of illnesses including yeast infections, coughs and colds, bronchitis, upper respiratory infections, wounds, toothache, canker sores, and year infections. It can be taken as a tea or supplements. On the review, even though it has side effects like stomach pain and nausea it is capable of combating the indicated illness as from the research it has been beneficial to most people.

 Secondly, it is Aloe vera is an example of herbal medicine. Aloe vera is also known as a wonder plant, it is one of the popular herbal medicine that has been used for centuries to date. Aloe vera are leaves that are erect, succulent, and form a dense rosette. It is mostly used as a gel that is extracted from the plant's leaves. It is used in herbal remedies, food supplements, and cosmetics and it is cultivated worldwide as aloe gel obtained from the leaves (Cobb, 2017). Most people use it for the treatment and prevention of some diseases and bacteria which include irritable bowel syndrome, wounds from the second-degree burn, protection from skin damage after radiation therapy, protection from ultraviolet irradiation, it contains antioxidant and antimicrobial properties that kill bacteria, diabetes-induced foot ulcers, and teeth and gum. It is one of the medicinal that is known for many herbs. It is available for purchase at a supermarket or even a fresh food store. It is known for its benefits in healing different sorts of diseases.

 Thirdly, Ginkgo biloba is an example of herbal medicine. Ginkgo biloba is well known as Ginkgo which is obtained from the maidenhair tree, it is extracted from dry leaves and can be as tea or a supplement. People use it for a variety of reasons which include treating a wide range of ailments including mental difficulties, sexual dysfunction, heart disease, and dementia. It contains varieties of antioxidants that have several benefits (Wilson, 2017). Ginkgo helps in blood circulation and promotes good memory for some people. However, it has side effects such as internal bleeding which it should be taken with care and caution like other pharmaceutical medicine. Ginkgo got other traditional uses that people benefit from including treating gonorrhea, treating intestinal worms, soothing bladder irritation, and preventing bed wetting. It can be obtained from supermarkets or even online or health food stores.

 In conclusion, herbal medicines are obtained from plants to treat disease and enhance well-being and general health. Some are powerful and should be taken with total care. They are sold in the form of teas, extracts, fresh or dried plants, tablets, capsules, and powders. Apart from being beneficial and treating most diseases, they have side effects that can be harmful therefore it is important to get information from reliable sources to get proper guidance and prescription. Regardless of the reasons those consuming herbal medicine should be informed that the kind of product they are buying is safe and got what they are expecting. Consumers should also be given information concerning the dosage, efficacy, and contraindications.

References

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