**Herbal Medicines and their Uses**

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Cultures worldwide continuously rely on traditional herbal medicines to meet their health needs. However, little or no known scientific evidence supports their effectiveness. Despite the growing technological advancements in the medical field, there is still a high demand for traditional herbal medicines. This essay discusses examples of herbal medicines that are easily accessible and bought in local supermarkets and pharmacies, their uses, and their active compounds. Additionally, give a reflection on the discussed topic.

Echinacea is one of the herbal medications. This flowering plant is well-known for its ability to be utilized as a therapeutic cure. Echinacea can treat many conditions, including wounds, stomachaches, burns, toothaches, and sore throats. Echinacea can be taken orally as a concentrated solution or supplement (Dall'Acqua et al., 2019). Similarly, it can be topically applied to a burn and wound-affected areas. The majority of its components have therapeutic qualities. However, the roots have the most therapeutic qualities compared to other plant components. Native Americans have long utilized the plant for therapeutic purposes; it is thought to have been discovered and used in North America. It has only been used to cure or prevent colds recently; while there is still no scientific evidence to support its efficacy, it is thought to lower the chances of getting sick by up to 20%.

Furthermore, Ginseng is another widely utilized herbal remedy. The roots of the Ginseng plant are used to manufacture medications by either drying them into a powder or boiling them into a concentrated solution. It is the most popular form of traditional Chinese medicine, with benefits for improved brain function, immunity, energy, and inflammation reduction. There are many different kinds, but two are the most well liked and frequently employed as treatments. They include the Asian and American types, namely the Panax ginseng and the Panax quinquefolius, respectively (Hou et al., 2021). While American Ginseng is known to improve both physical and mental relaxation, Asian Ginseng is thought to be more stimulating. Even though people have been using it for centuries as a form of medicine, modern scientific research has not produced any conclusive evidence to support its efficacy.

However, research on animals and in test tubes suggests that Ginseng includes particular compounds known as Ginsenosides, which have immune supporting, neuroprotective, and anti-cancer properties. However, more studies still need to be done on its efficacy in the human body. Ginseng herbal supplements are considered reasonably safe for short-term use, but there is still uncertainty about their long-term safety. Its users may have headaches, restless nights, and stomach problems, among other adverse effects. It is available online and at most health food stores.

However, turmeric is another natural remedy that has to be mentioned. Turmeric is an herb that belongs to the Ginger family (Chanda & Ramachandra, 2019). Has been utilized in the past for its therapeutic and culinary properties. Because of its anti-inflammatory qualities, it has gained popularity recently. The primary active ingredient in turmeric is curcumin. Curcumin can treat many illnesses, such as chronic inflammation, pain, metabolic syndrome, and anxiety.

Previous studies have shown that supplemental doses of curcumin are as effective for relieving arthritis pain as some common conventional anti-inflammatory medications, such as Ibuprofen (Paultre et al., 2021). Turmeric and supplements containing curcumin are generally regarded as safe. On the other hand, highly high dosages could cause skin irritation, headaches, or diarrhea. Fresh and dry turmeric can also be added to foods like curries, though consuming large amounts is unlikely to have a significant medical impact.

Despite little or no scientific evidence about their effectiveness, Herbal medicines are still highly in demand globally. The effectiveness and standard safety dosage have not been determined clearly particularly from review of the afore-discussed herbal medicines. These herbal medicines pose a danger upon their continuous usage among humans. Despite this, the medicines are accessible in local food stores, supermarkets, and pharmacies without prescriptions. To address the dilemmas of a standard safe dosage and the effectiveness of these herbal medicines requires establishing a policy regulation to curb their usage and those researchers to conduct thorough scientific research about these issues.

The essay has extensively discussed three herbal medicines, including Echinacea, Ginseng, and Turmeric, detailing their uses and active compounds. Despite the lack of sufficient evidence supporting the effectiveness of these medicines on humans, they continue to be widely used globally. They can even be purchased locally at food stores, supermarkets, and local pharmacies without prescriptions. For proper protection of people's health, policy regulations should be enacted to curb their usage, and proper scientific research should be done to establish their effectiveness and standard dosage for humans.

**References**

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