Herbal medicines also known as botanical medicines or phytomedicines refers to the use of a plant's seeds, berries,roots,leaves,bark or flowers for medicinal purposes that includes prevention and treatment of diseases. It ranges from traditional and popular medicines of every country to the use of standardized and tritrated he herbal extracts.

Examples include:

1. Moringa Oleifera

It's also known as drumstick tree or horseradish tree or oil tree or benzolive tree.

It's main ingredients are their leaves which contain flavonoids including myricetin, quercetin,kaempferol,isohamnetin or rutin and phenolic acid.

It's mainly used as food,medicine,cosmetic oil or forage for livestock.

It's grown for it's nutritious pods.

The most used parts of the plant are leaves rich in vitamins, carotenoids, polyphenols,phenolic acid, flavonoids, alkaloids,glucosinolayes,isothiocyanates, tannins and saponins which have medicinal properties.

It's flowers are also edible.

However,there are compounds found on it's root and bark that's not entirely safe.

It's characteristics allow it to have pharmacological properties including antidiabetic, antiinflammatories, anticarcinogenic, antioxidant, cardio protective, antimicrobial and hepatoprotective properties.

2.Hibiscus Sabdariffa

Phytochemical analysis showed that hibiscus rosa-sinensis contains tannins, anthraquinones, quinines,phenols, flavonoids, alkaloids,terpenoids, saponins,cardiac glycosides,protein free amino acids, carbohydrates, reducing sugars, mucilage, essential oils and steroids.

Used in: Reproductive, antidiabetic, fibrinolytic,hypolipidemic, antioxidant, antiinflammatory, antipyretic, analgesic, immunomodulatory, anticonvulsant, antidepressants,memory enhancement, cytotoxic, antimicrobial, antiparasitic,dermatological,antihaemolytic, urinary, hepatoprotective neuroprotective and antitussive.

3.Mondia ecornuta

It's also known as mukombero.

It's composed of perennial herbaceous woody climber with heart shape leaves and a vanilla aroma.

It's used to improve appetite and libidos, as a galactagogue,as a fertility medication also as an antidepressant.

In my opinion, healing is psychological in every individual thus if one believes that the herbal medicine will help with relief then one can incorporate it. It will work. However, majority of the herbal medicine are used for more than 2 week dosage as supplements that may result in long term side effects wherein their pharmacological properties are unknown. This may therefore result into effects especially on organs like the kideys which are a vital organ in excretion of toxins on the body.

In conclusion, avoid herbal medicines owing to their long term use.