

HERBAL MEDICINES AND SKIN DISORDERS: AN OVERVIEW

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Abstract: Diseases of the skin account for a great deal of misery, suffering, incapacity and economic loss. Besides this, they are a great handicap in the society, because they are visible. However, due to recent advances, cutaneous scars can be successfully removed by plastic planning, laser therapy and skin grafting. This review has highlighted the role and utilities of some medicinal plants on different skin diseases. Current world-wide interest in traditional medicine has led to rapid development and studies of many remedies employed by various ethnic groups of the world. Skin diseases are most common form of infections occurring in people of all ages.

Keywords: Medicinal Plant, Traditional Medicines, Skin Disease.

Introduction: Skin is made up of multiple layers that protect the body from germs and other environmental toxins. Skin has many purposes including temperature regulation and insulation. The skin is considered the body's largest organ. A film called the "acid mantle" covers healthy skin and acts as a barrier. Skin also contains naturally occurring oil called "sebum" that protects and lubricates. Skin can develop many problems. Symptoms of poor skin health include sores, spots, cracks, oiliness, dryness, scaling, itching, chapping, pimples, and rash. Causes are varied and may include stress, caffeine overload, allergies, and high copper levels. This review deals with some important herbs mentioned in ancient literature which are exclusively used for curing various types of skin diseases. Each of the following herbs is dealt with the following subdivisions as Botanical Name, English Name, Family, Hindi Name and uses in Traditional Medicinal Systems

Annona Squamosa Family: Annonaceae **English Name:** Custerd apple **Hindi:** Sarifa

Traditional and Modern Use: Leaf is used in treatment of cuts and wound. It is insecticidal and is useful in destroying lice. Bark is also an astringent and tonic. It is also used traditionally as an oxytocic, uterotonic, antifertility, antifungal, antiplatelet aggregation.abortifacient, piscicidal, antiseptic agent.

Azadirachta Indica Family: Meliaceae **English Name:** Margosa **Hindi Name:** Neem

Traditional and Modern Use: Neem is one among the best blood purifier and detoxifier known to Ayurveda. It enhances immune system and neem oil is an antiseptic in itself. Leaf extracts are used in antiseptics and can be effectively used in treating psoriasis and chronic leprosy. It destroys fungus and bacteria and is best for almost all kinds of skin diseases including redness of skin and itching.

Butea Monosperma Family: Leguminosae-Papilionaeae **English Name:** Butea Gum Tree

Hindi name: Markundi

Traditional and Modern Use: Roots are useful in elephantiasis and in curing night blindness. They are also used to cure boils, pimples and tumors hemorrhoids and piles. Flowers are reported to possess astringent, diuretic, depurative, aphrodisiac and tonic properties. They are used as emmenagogue and to reduce swellings. Also effective in leprosy,

Curcuma Longa: Family: Zingiberaceae **English Name:** Turmeric **Hindi Name:** Haldi

Traditional and Modern Use: Turmeric has a long history in Ayurveda and is a primary component for cooking. The powdered form can be used with food, or is available as capsules as a dietary supplement. Due to the antibacterial and anti inflammatory properties of turmeric, it relieves the pain, swelling and inflammation associated authorities etc [10]. It is also used in treatment of acne, pimples and age spots. It has a skin brightening effect and so it is popularly used by women.

Datura Metel Family: Solanaceae **English Name:** Thorn apple **Hindi:** Datura

Traditional and Modern Use: The oil prepared from its leaf is used for diabetic ulcer, chronic ulcers, and cut wounds and other extra growths. The fruit of the plant is made dry and is powdered and is applied externally for scabies, allergic dermatitis. *Datura* acts as a Vermicide, anti-spasmodic, anodyne.

Gloriosa Superb Family: Liliaceae **English Name:** Malabar glory lily **Hindi Name:** kalikari, langli

Traditional and Modern Use: The root tuber is mixed with babchi seeds (*Psoralea corylifolia*), black cumin (*Nigella sativa*) and purple fleebane (*Vernonia anthelmintica*) and is made to a paste and is applied externally for various skin diseases [9].

Jasminum Polynthum Bot. Family: Oleaceae **English:** Jasmine **Hindi:** Chameli

Traditional and Modern Use: **Jasmin** oil can be used in a cream or lotion for dry, greasy or sensitive skin as well as to help reduce stretch marks and other scars. The flowers of the jasmine have good effects in the treatment of psoriasis. The flowers are crushed, made into a paste and are directly applied on the inflamed parts. This application reduces the pain and the itchiness of psoriatic inflammations.

Ricinus Communis Family: Euphorbiaceae **English:** Castor Bean, castor oil plant **Hindi:** Arandi

Traditional and Modern Use Castor oil is used internally in folk medicine for acute constipation, intestinal inflammation, for removal of worms, rheumatism and as a form of birth control. The extracts of the seeds are also used for this purpose. The oil is used externally for inflammatory skin disorders, furuncles, carbuncles, abscesses, inflammation of the middle ear and headaches. The leaves are used as an emmenagogue, anti-inflammatory and febrifuge and the root has been used to treat liver diseases and various forms of inflammation.

Semecarpus Anacardium Family: Anacardiaceae **English Name:** Marking nut tree

Hindi name: Bhilawa

Traditional and Modern Use: The topical application of its oil and swollen joints and traumatic wounds effectively controls the pain. In glandular swellings and filariasis, the application of its oil facilitates to drain out the discharges of pus and fluids and eases the conditions. The nut is purified and is processed in several forms such as powder, oil, ghee, and leghyam and is given for various skin diseases like leucoderma, allergic dermatitis, poisonous bites leprosy etc. Externally, the oil, mixed with coconut or sesame oil, is applied on wounds and sores to prevent the pus formation. It soothes and heals the cracked feet, when mixed with fala (*Shorea robusta*). For better healing of wounds, it works well, when medicated with garlic, onion and ajavayana in sesame oil.

Swietenia Chloroxylon Family: Rutaceae **English Name:** Ceylon Satinwood, **Hindi Name:** Girya.

Traditional and modern use: Dhoura is used in folk medicine in Chhattisgarh. In case of a problematic wound the dried leaves of Ceylon Satinwood are applied on wound in order to increase the healing process.

Future Prospect of Herbal Medicines: Herbal medicine is a triumph of popular therapeutic diversity. Almost in all the traditional medicine, the medicinal plants play the major role & constitute the backbone for the same. In order to make sure the safe use of these medicines, a necessary first step is the establishment of standards of quality, safety & efficacy. Tribal healers in most of the countries, where ethno medicinal treatment is commonly used to treat cut wounds, skin infection, swelling, aging, mental illness, cancer, asthma, diabetes, jaundice, scabies, eczema, venereal diseases, snakebite and gastric ulcer, provide instructions to local people as how to prepare medicine from herbs They keep no records and the information is mainly passed on verbally from generation to generation. World Health Organization (WHO) has shown great interest in documenting the use of medicinal plants used by tribals from different parts of the world. There is a need for a global movement for conservation of medicinal plants and revitalization of the native health traditions of local communities. The forests are steadily shrinking and the requirement of the medicinal plants is increasing steadily. This has resulted in unscientific and over exploitation of medicinal plants in the forest

Conclusion: The large population of the world is living in the rural areas, which is suffered from skin diseases like pityriasis, versicolor, psoriasis, eczema, papollona, pigmentednevi, melanoma etc. The cause of these skin diseases is microorganism like fungi, bacteria, virus which are present around us. People not only disturbed mentally and physically due to skin disease but also expand lot of money for their cure when these are at chronic stage. If these diseases are cured at initial stage then we can save lot of money. So the herbal drugs, which are cheap with fewer side effects, will be helpful to cure diseases of all the people including countries of

the third world. Herbal treatment is offered globally by most herbalists as a mix of traditional medicine as well as with modern research supported medicinal herbs. There are a number of medicinal plants which are used traditionally by the tribal people in skin disorder. In the present study we identified some of medicinal plants used by the people to cure dermatological disorders. Further extensive and detailed ethno-botanical and ethno pharmacological study may lead to the development of medicinal plants for skin care and

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