

Some medicinal plants that are abundantly used in Unani system,

- (a) *Aristolochia indica*, *Artemisia vulgaris*, *Cannabis sativa*, *Carica papaya*, *Celastrus paniculatus*; *Momordica charantia* are used for abortifacient and emmenagogues;
- (b) *Berberis aristata*, *Butea monosperma*, *Hibiscus rosa-sinensis* and *Saraca asoca* are used for emmenagogues (stimulates or increases menstrual flow) and also have depressant action on uterine muscles
- (c) *Allium sativum*, *Cinnamomum zeylanicum* and *Sesamum orientale* are used as stimulant action on the uterine muscles;
- (d) *Punica granatum* are used for abortifacient and have depressant action on the uterine muscles.

HOMEOPATHY

- ✚ Homeopathic medicine system works on the principle of '**like cures like**' (Similia Similibus Curanter).
- ✚ This medicine system of healing was coined by **Dr. Samuel Hahnemann**, a German physician.
- ✚ He has translated a book on the medicinal properties of drugs. During that time he read the properties of the **medicine Cinchona** and saw Cinchona cures malaria, because of its bitter taste.
- ✚ After that he named his new healing science by combining the two Greek words **homeo-, meaning "same," and pathy, meaning "disease."** **Materia Medica** is a book where the properties of medicines are listed on healthy individuals. Homeopathy system relies on this book.

Theory:

- ✚ Homeopathic medicine believes, various materials found in nature contain an energy field that can exert a healing effect on the body.
- ✚ This energy field is amplified, or "potentiated," by a series of dilutions. It is noticed that dilution enhanced the medicinal power of the drugs. The more the "mother tincture" is diluted, the healing effect will be stronger. It is based on the Dynamization theory by which the quality of the medicines is improved by vigorous shaking.
- ✚ This method is also helps to remove the poisonous properties of the drugs.
- ✚ The materials used in homeopathic formulations can come from natural herbs, from minerals, or from animal parts.
- ✚ Homeopathic preparations are written as 2X, 4X, 6X etc., "X" indicates potency. These indicate the number of times the mother tincture is diluted and potentiated. The higher number indicates more dilute with stronger healing effect.

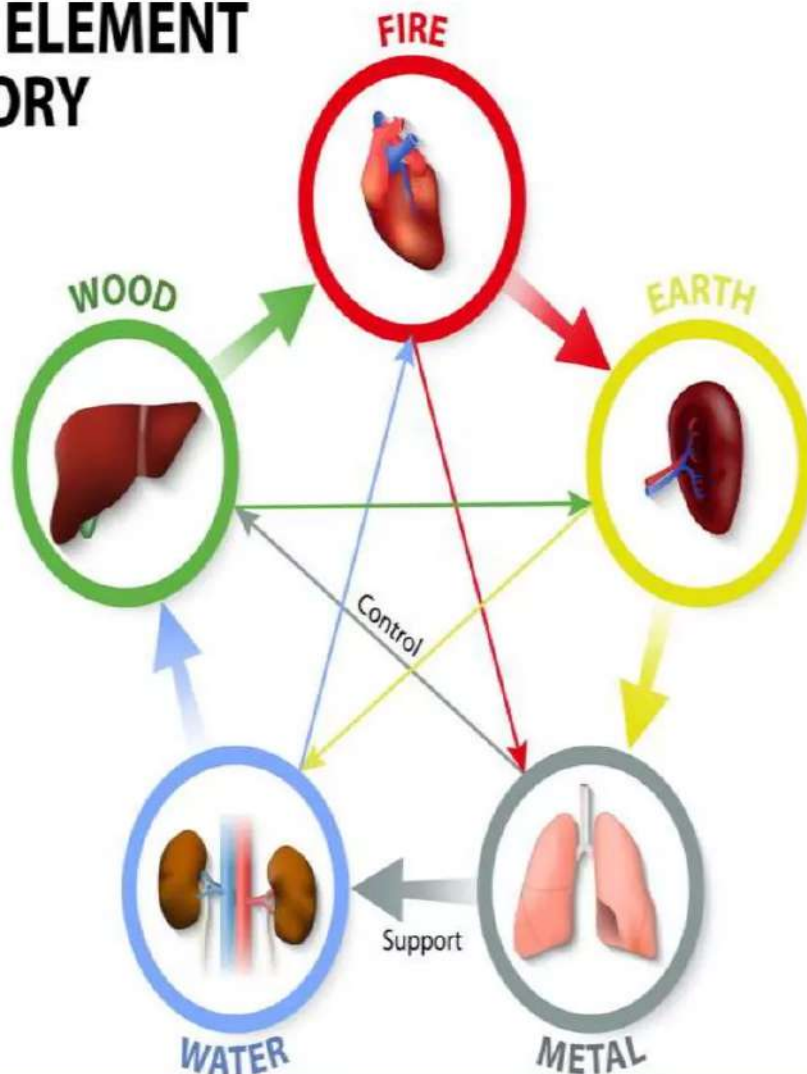
Role of Pharmacognosy in Homeopathy System

- ✚ Traditional medicines are used by people about 60% of the world's population for their primary health care system.
- ✚ Most of the drugs used in modern medicine and ancient Indian medicinal system are of plant origin.
- ✚ Dilutions of the drugs are prepared uniform drug strength which is represented by the dry crude drug as the unit strength.
- ✚ In case of mother tincture, it is made from dried substances and the plant juice as the unit from the fresh plant.
- ✚ Homoeopathy uses animal, plant, mineral, and synthetic substances in its remedies.
- ✚ Arsenicum album (arsenic oxide), Natrum muriaticum (sodium chloride), opium (plant), and thyroidinum (thyroid hormone) are some of the homoeopathic medicines extracted from different sources.

CHINESE SYSTEMS OF MEDICINE

- **Chinese medicine (CM) is a broad range of medicine practices that developed in China.**
- **It is based on a tradition of more than 2,000 years, including various forms of herbal medicine, acupuncture, massage, exercise and dietary therapy.**
- **The medicine practitioners used herbal medicines and various mind and body practices, such as acupuncture and tai chi, to treat or prevent health problems.**
- **The traditional Chinese medicine is based on 5,000 years of practice and experiences.**
- **This medicine system provides a complete assessment based on a unique cultural, diagnostic, and therapeutic approach.**
- **Chinese medicine system consist of three parts namely theory, treatment and prevention.**

FIVE ELEMENT THEORY



Theory: chinese medicine system is based on two systems viz. Yin and yang theory, and Five element theory.

41

Yin and yang theory is based on the “principle of chi” that promotes Biological activities by energy generation.

This yin and yang theory represent positive and Negative side of the energy which are opposite to each other.

Health reflects the balance Between yin and yang. If yin principle predominates the body then weakness, exhaustion are the result.

Excess yang causes irritability and excitement. When the yin and yang Elements in a person’s body are balanced the person is in good health.

The five element Theory is based on vital five organs namely heart, liver, spleen, lungs and kidney are related to five elements such as earth, wood, metal, fire and water. They all are interlinked and together they are known as “wu xing”

Principle:

The Eight Principles are in this system as follows:

1. **Yin:** Yin is cold. Yin with Yang is indicates for pattern diagnosis and describes the relationship between other three pairs of Principles.
2. **Yang:** Yang with Yin describes relationship between the other three pairs of the Principles. Like heat is Yang.
3. **Interior:** Interior describes diseases at manifest themselves in deep inside the body (Zang-fuorgans), such as qi, blood, and bone marrow.
4. **Exterior:** Exterior describes diseases that manifest themselves on surface of the body namely hair, skin, nails, and meridians. Its clinical features include body chills, fever, a weak pulse, headache etc.

5. **Heat:** Heat describes the absence of Cold. **Its symptoms are rapid pulse, fever, body chills, dehydration, and a sore throat when it combines with exterior pattern** but in **combination with an interior pattern, its symptoms are cold drinks, clear urine, and a slow pulse.**
6. **Cold:** Cold describes the absence of heat. **With combination of Exterior pattern, its symptoms are body aches, a tense pulse, fever, body chills, and headaches** but **with an Interior pattern, its symptoms show nausea, stomach pain, vomiting, and diarrhoea.**
7. **Deficiency:** Deficiency is used to describe a vacuity in qi, blood (Xue), or body fluids (Jinye) but it depend on the relation to Interior/Exterior and Cold/Heat, it can manifest as constipation, having a small appetite, dizziness, and slow pulse.

8. Excess: Excess is classified as any disease that cannot be identified as a Deficiency pattern. It means that one of the six excesses is present. Depending on how it relates to Interior/Exterior and Cold/Heat and show quick pulse, sweaty palms, and sharp stomach pains.

Treatment:

It aims to restore harmony between Yin and Yang with the patients as well as between patients to the World. Treatments are carried out with help of Herbalism, Acupuncture, Moxibustion, Cupping and Massage therapy.

Role of Pharmacognosy in Chinese Medicine

- Chinese herbal medicines are mainly plant based and they packaged as powders, pastes, lotions or tablets forms, based on uses of herbs.
- In this system, herbs are sometimes combined in formulations and given as teas and other various dosage forms.
- The system believes that herbs help boost Qi (Life force) and balance Yin and Yang in formulated drugs where many herbs are used in combinations that have scientific validation of their effectiveness as tonics or remedies for specific illness.
- Herbs restore energy balance to the opposing forces of energy i.e. Yin and Yang which run through invisible channels in the body.

- More than 300 herbs are traditionally used in Chinese medicine system.
- Some of important herbs are like Ginseng (*Panax notoginseng*), Wolfberry (*Lycium barbarum*), Dong quai (*Angelica sinensis*), Astragalus (*Astragalus membranaceus*), Atractylodes (*Atractylodes lancea*), Bupleurum (*Bupleurum chinense*), Cinnamon (*Cinnamomum cassia*), Datura (*Datura metel*), Ginger (*Zingiber officinalis*), Coptis (*Coptis chinensis*), Ginkgo (*Ginkgo biloba*), Mushroom (*Macrohyporia cocos*), Hoelen (*Pachyma hoelen*), Licorice (*Glycyrrhiza inflata*), Ephedra (*Ephedra sinica*), Rhubarb (*Rheum palmatum*), Rehmannia (*Rehmannia glutinosa*), Red yeast rice, Gotu kola (*Centella asiatica*), Salvia (*Salvia miltiorrhiza*).

Role of Pharmacognosy in Siddha System

- The siddhars did extensive research on plants and devised methods by which plants are used to control many diseases and also cures medicinally.
- There are many plants that are also described by them which are poisonous in nature as well as some plants are also used as antidotes for them. Therefore, plants are classified based on the way they affected the body.
- Siddha medicine gives importance to the multiple uses of plants and minerals. For simple ailments, herbs are used as preliminary treatment in this system.