



WEB OF SCIENCE™

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Corresponding author: MIHAILOV Cezara, E-mail: mihailov.cezara11@gmail.com

1. Clinical Emergency Regional Hospital Ilfov Bucharest Romania
2. "Titu Maiorescu" University, Medicine Faculty, Bucharest Romania

Abstract

Since 60.000 years ago, the medicinal plants are used for the treatment of various diseases. Nowadays, worldwide studies are carried out regarding medicinal agents derived from plants because the currently available drugs either have certain side effects or are highly expensive. According to World Health Organisation, 80% of population uses herbal medicines for their primary health care needs. There are a lot of diseases for which we can use medicinal plants as an alternative strategy for the treatment. Medicinal plants are used in osteoporosis, rheumatoid arthritis, bone defects, muscle atrophy and other serious illnesses like HIV/AIDS, tumours, liver fibrosis, atherosclerosis and heart diseases. During the last two decades, Traditional Chinese Herbal Medicines have increasingly fascinated consumers and health care providers in the West. Consequently it was necessary the integration of Chinese and Western medicine requiring attention to the eventually toxicity of the herbal ingredients used and the different interactions with other drugs. Moreover this year was published a Traditional Chinese and Western Medicine protocol regarding the rehabilitation from COVID-19 infection. India also uses herbal medicines in the official alternative systems of health such as the ancient Ayurveda medicinal system which is popularly practised in the Indian subcontinent.³ Today studies show that different extracts of plants used in rheumatic diseases can contribute to slowing the osteoarticular destruction process, maintaining the capacity of work, moderate diminution of pain and as a result to the improvement of the quality of life.

Keywords: *medicinal plants, herbal medicine*