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A REVIEW ON STUDY OF HERBAL DRUGS MONOGRAPHS

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ABSTRACT

A pharmacopoeia is an official book used by the government to prescribe good medicine. Examples of Indian, British and Japanese medicines. Pharmacopoeias and herbal monographs and medical summaries are examples of descriptive and topographical texts on botanicals that describe the arrangement of plants. The monograph includes information on active pharmaceutical ingredients (APIs) and tests for contamination, identification, solubility, appearance, and more. . . Includes uses, ingredients, side effects, dosage, dosage, side effects of herbs.- Herbal medicines are an important part of the official health system in India through Ayurveda, Siddha. Unani, homeopathic yoga and naturopathy. According to the Indian Medicines Act, there is no separate section for herbal medicines and dietary supplements. Indian medicinal plants are a great source for preventing / delaying various diseases. Therefore, this paper reviews the history and status of herbal medicine standards and provides information on herbal medicine through the literature.

KEYWORD:-*Pharmacopoeia , Botenical species , Herbal drug , Ayurveda , Siddha , Unani ,Monograph.*

INTRODUCTION

Many types of plants are used as herbal medicine. Plant parts, including non-wood plants and fruits, needles, stems, seeds, leaves, flowers, stems, roots, etc. Only non-woody plants such as trees and shrubs are considered plants. These plants are used in food, medicine, perfumes, and even some research. Today, herbal medicines are used in different ways. Due to many reasons including high cost of medicine, side effects/harmful effects of synthetic drugs, lack of drugs, population growth, changes in herbal use,. In diseases, medicine is used to treat many human diseases. Indian forests are home to a variety of medicinal plants, many of which are harvested for raw materials to make medicines and perfumes. creams, including a variety of products. Provides scientific information, botanical properties, uses, dosage, side effects, contraindications of medicinal plants. The monograph helps us to learn the current and standard status of herbal medicines such as synonyms, plant species, source, chemical family, medicinal uses as well as medical effects, side effects, etc. (2)Each and every Text contains useful information Based on research and overview research on herbal medicine and brief information on herbal medicines and dietary supplements(3) The purpose of this overview article on herbal medicine monograph is to provide enough information to stimulate researchers. passion and also looking to the future.

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- **Format for Individual Herbal Monograph**

HERBAL MONOGRAPH CONTENT
TITLE
SYNONYM
VERNICULAR NAME
IDENTIFICATION PLANT MORPHOLOGY • Microscopy • Chemical testing • Nyias txheej chromatography • High performance liquid chromatography
PURITY TEST • Foreign matter • Ash content • Loss on drying • Extraction cost
SAFETY ASSESSMENT • Heavy Metals • Microbiological Limit
CHEMICAL COMPOSITION
MEDICINAL USE • Uses identified in folk medicine and unsupported from experiments or clinical studies • Supports Biology and Pharmacology Efficacy, clinical It is taught with experimental data obtained from research.
SAFETY INFORMATION • Scientific Research (Toxicology Research) • Other (Complaints, Precautions, Warnings, Warnings, Warnings)
DOSAGE
STORAGE
REFERENCE

Fig.1: Herbal Monograph Content

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✦ALOE VERA



•Botanical species:-Aloe barbadensis
•Family: Aloeaceae
•Medicinal parts: Leaves.
Areas of use:
•Purpose: As a local protection for wounds, burns, sunburns, and minor punctures.
•Major: Throat at times.
•Minor: Cancer, psoriasis, genital herpes, radiation dermatitis, type 2 diabetes, HIV, ulcerative colitis, irritable bowel, lung cancer prevention.
•Caution: Thyrotoxicosis, heart disease, electrolyte imbalance, diabetes or hypoglycaemia. Avoid excessive and long-term use (more than 2 weeks), because potassium can be lost and may change the electrophysiology of the heart.
•Indications: allergy to aloe or nausea, vomiting, signs and symptoms of gastrointestinal obstruction, gastric obstruction, appendicitis, abdominal pain of unknown origin, children under 12 years of age, pregnancy and breastfeeding, chronic constipation, kidney disease, hemorrhoids, irritable bowel syndrome.
•Side effects: muscle stiffness, diarrhea, dependence or worsening of constipation, red urine. Hypersensitivity and contact dermatitis to aloe.
•Drug interaction: antidiabetic treatment, laxatives, cardiac glycosides, antiarrhythmics. Thiazide diuretics, corticosteroids, licorice root can worsen potassium loss.

✦CINCHONA



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•Botanical species: Cinchona pubescens
•Family: Rubiaceae
•Medicinal parts: dry bark of 6-8 year old trees.
•Symptoms: Main: loss of appetite.
•Major: complaints of lack of appetite, bloating and feeling of fullness.
•Other causes: febrile illness, malaria. ", flu, muscle pain, muscle pain, stomach disease, cancer.
•Caution: Do not exceed the recommended dose because it contains quinine alkaloids, which are toxic in large doses.
•Indications: pregnancy, allergies, stomach ulcers or intestinal ulcers
•Side effects: allergic reactions (skin allergy, fever),increased risk of bleeding.
•Drug interactions: digoxin, anticoagulants, flecainide.
•Dosage: total daily dose: 1 to 3 medicinal grams. Daily dose of liquid extract: 0.6 to 3 grams of cinchona liquid extract. The standard unit dose of the extract is 0.2 grams. The liquid extract dose is 0.5 to 1 gram..

✦CARDAMOM



•Botanical species: - Elettaria cardamomum
•Family:-Zingiberaceae
•Medicinal part: Oil extracted from seeds and fruits and seeds harvested shortly after ripening.
•User Method: -
•Severe: morning sickness, vomiting and diarrhea, loss of appetite, Romhold disease.
•Minor: high blood pressure, cancer.
•Other uses: mouth warmer.
•Contraindications: the presence of gallstones.
•Side view: stone.
•Drug interaction: Not known.
•Dosage: The average daily dose is 1.5 grams of the substance. When using the tincture, the dosage range is 1-2 grams. Candaway™ (Lamberts) See Cinnamon.

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✦BRAHMI



•Botanical species:- Bacopa monnieri
•Family:Scrophulariaceae
•Indications:- Improve learning, mental performance, memory, cognition. neuroprotection against Alzheimer's disease; Great memories. Stomach ulcer, bronchitis and asthma, epilepsy at high doses, irritable bowel syndrome
•Medicinal parts: The aerial parts are mainly leaves and stems.
•Minor: hypothyroidism, heart disease.
•Warning: Hyperthyroidism.
•Side effects: Not known with therapeutic doses.
•Drug interactions:- Cholinergic drugs including perphenazine,prochloroprazine, thioridazine.
•Dosage: dry aerial parts of the plant: 5-10 grams per day. Liquid extract (1:2) or equivalent oral dose: 5-13 ml per day in divided doses. Mentally stimulating effects: 300 mg per day 5
Brain tablets (HealthAid). 150 mg Brahmi extract (20:1) (equivalent to 3000 mg powder), 60 mg Ginkgo biloba extract (50:1) (equivalent to 3000 mg powder) (equivalent to at least 24% ginkgoflavone glycosides and 6 % triterpene glycosides) (1) equal to 120 mg gotu kola powder), 67 mg vitamin E, 60 mg vitamin C, 50 mg L-tyrosine, 50 mg L-phenylalanine, 50 mg L-methionine, 50 mg L-arginine, 50 mg includes alpha-lipoic acid 25 mg phosphatidylcholine, 25 mg phosphatidylserine, 20 mg Co-Q10, 20 mg acetyl-L-carnitine, 20 mg L-glutathione, 20 mg, L-18 mg niacin, 15 mg incl 1.4 mg tannic acid , 3.2 mg riboflavin , 400 mcg folic acid, 200 mcg selenium, 50 mcg vitamin B12.
•Local suppliers: Galea and Galea.

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✦DANDELION



•Biological species :-Taraxacum officinale
•Family: Asteraceae/Compositae
•Medicinal parts: Dried leaves and roots.
•Drug interactions: anticoagulants, antiplatelet agents, thrombolytic agents, low molecular weight heparins, fluoroquinolones, potassium.
•Uses:Meaning: water retention due to many reasons, liver failure.
•Important: digestive disorders, urinary disorders, liver and liver disorders, loss of appetite.
•Other causes: diabetes, rheumatic diseases, urticaria, eczema[3]
•Contraindications: obstruction of the bile duct, empyema of the gallbladder, ileus.
•Side effects: pain of superacidic stomach, allergic reactions.
•Dosage: Tincture: 10-15 drops three times a day. A fresh cup of tea can be drunk in the morning and in the evening.2-Day Detox Plan (HealthAid) See Milk ThistleShape Up Organic (Arkopharma) S

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✦ALFALFA





•Botanical species:- Medicago sativa
•Family: Fabaceae
•Medicinal Parts: Whole flowering plant, germinating seeds.
•Indications:-Hypercholesterolemia; used as a source of nutrients including vitamins.
•Major: Diabetes".; malfunctioning of the thyroid gland.
•Minor: Kidney, bladder & prostate disorders; asthma; arthritis.
•Cautions: Undergoing HRT, taking birth control medications", diabetes".
•Contraindications: History of SLE,children under 181, pregnant or breast-feeding 12
•Side-effects: Photosensitivity", mild GI symptoms (stomach discomfort, diarrhea, flatulence),hypoglycemia, muscle pain, fatigue, abnormal blood cell count.
•Drug interactions: HRT, anti- oestrogen therapy, contraceptive pill, anticoagulants.
•Dose: 5-10g dried herb three times daily; 5-10ml liquid extract (1:1 in 25% alcohol) three times daily. Healthy Mega (HealthAid) see Buckwheat.Alfalfa (Arkopharma).Tablets; Medicago sativa powder 435mg. Local Distributor: Pharmacos Ltd. Alfalfa 500mg (Power Health)
Tablets; Alfalfa powder 500mg. Local Distributor: Galea & Galea
Eye Vir (HealthAid) see Eyebright Formula VM-75 (Solgar) see Buckwheat Slim-Rite (HealthAid) Tablets; Alfalfa leaf powder 200mg. buckthorn extract 75mg, cascara sagrada extract 50mg, birch extract 40mg, taurine 40mg, dandelion extract 20mg, uva ursi extract 20mg, bladderwrack extract 17mg, barberry root powder 10mg, ginger root powder 5mg, chicory powder 3mg. parsley seed powder 2mg, nasturtium extract 2mg, juniper berry powder 2mg, curcuma root powder 250mcg.
Local Distributor: Galea & Galea

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✦Clove

•Botanical species :-Syzygium aromaticum



•Family: Myrtaceae
•Medicinal parts: dried flower buds, leaves, stems
•Purpose: toothache, pain and inflammation of the mouth and throat mucosa, for oral hygiene.
•Major: Stomach ulcers, bloating, cramps, bloating, nausea, headache, chills
•Minor: Cough, treatment of minor wounds, ulcers, acne and other inflammatory (local) diseases", chronic inflammation, herpes simplextype of virus
•Other: neuralgia, bronchitis, whooping cough" .
•Warning: No knowledge
•Contraindications: impaired liver function, patients taking paracetamol or anticoagulants. : Anticoagulants, platelet inhibitors, thrombolytic agents, low molecular weight heparins
•Inside: three times a day: dry buds, or 120-300 mg as an infusion of 2 cloves in cup of warm water, 20 drops of clove. oil, 0.05- 0.1 ml (2-4 drops)".In mouthwash it is like 1-5% essential oil.
Coloclear Extra (High Nature) See Flaxseed Erbalax Forte Compress (Erba Vita) See SennaJointace Gel (Vitabiotics) See GingerJointace Patch (Vitabiotics) See Ginger\ n Natural Herbal Inhaler Oil (Numark) See EucalyptusNeuralta Migraine (Alta Care) See PeppermintTeenstick (Arkopharma)Roll-on ; Essential oils of clove, geranium, palmarosa, tea tree, ylang.
Local distributor: Pharmacos Ltd..

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✦CINNAMON



•Botanical species:-Cinnamomum verum
•Family: Lauraceae
•Medicinal Parts: Oil extracted from bark, bark of younger branches, leaf oil. •Indications: Digestive disorders •such as nausea, flatulence, dyspepsia & GI colic; loss of appetite.
•Major: Diarrhoea in children, common cold, influenza, winter chills, poor circulation".
•Minor: Type 2 diabetes, gestational diabetes, Helicobacter pylori infection.
•Others: Cancer
•Contraindications: Pregnancy
(except in amounts normally used in foods), allergy to cinnamon or Peru balsam, in cases of fever of unknown origin, active stomach or duodenal ulcers.
•Side-effects: Allergic skin and mucosal reactions may occur in sensitive individuals, arising mainly from cinnamaldehyde (the major component of the essential oil).
•Drug interactions: Hypoglycaemic agents.
•Dose: Three times daily: dried bark, 0.5-1 gm as an infusion; liquid extract (1:1 in 70% alcohol), 0.5-1 ml; tincture, 2-4 ml.
- Shape Up Ultimate (Arkopharma) see Fenugreek
Altasterol Stimulant (Alta Care)
Candaway™ (Lamberts) Capsules, Cinnamon bark 3750mg
(provided by 750mg of a 5:1 extract), olive leaf 800mg (provided by 200mg of a 4:1 extract), fennel seed 400mg (provided by 100mg of a 4:1 extract), cardamom oil 100mg.
•Local Distributor: Health Plus

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✦GINGER



•Botanical species:- Zingiber officinale
•Family: Zingiberaceae
• Medicinal Parts: Rhizome.
•Indications: Sore throat, upper respiratory tract infections, motion sickness, morning sickness in pregnancy, postoperative nausea, chemotherapy-induced nausea.
•Major: Dyspeptic complaints, osteoarthritis, rheumatoid arthritis, migraine, anorexias.
•Minor: Colds, shortness of breath.
•Others: Primary dysmenorrhoea 176, mastitis (externally).
•Cautions: Gastric ulcers or reflux, gallstones, children under 6 years, pregnancy. Suspend use of high dose supplements (>10g) 1 week before major surgery.
•Side-effects: Gastric irritation, heartburn, bloating, contact dermatitis with topical use.
•Drug interactions: Anticoagulants (warfarin), antiplatelets, thrombolytic agents, nifedipines.
•Dose:-
Ginger (Arkopharma) Capsules; Ginger root powder 365mg. Local Distributor: Pharmacos Ltd.
Ginger (Lamberts) Capsules; Ginger root 14,400mg (provided by 120mg of a 120:1 extract). Local Distributor: Health Plus
Ginger (Quest)
Tablets; Ginger root extract 250mg, providing gingerols & essential oils. Local Distributor: Pharma MT Ltd.
Ginger Root (HealthAid)
Liquid; Ginger root 1:3 (equiv. of 330mg of ginger root herb in 1ml).
Liquid extract (1:2): 0.7-2.0 ml/day. Dried root: 1-3 gm daily in divided doses or 1-2 gm taken as a single dose for nausea and vomiting.
Ginger Root Extract (HealthAid)
Tablets; Standardised ginger root extract (4:1) 138mg (standardised to contain at least 5% ginerols extract) equiv. to 550mg of ginger root powder.
• Local Distributor: Galea & Galea.

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✦FENNEL



•Botanical species:-Foeniculum vulgare
•Family: Umbelliferae
•Medicinal Parts: Seeds, oil extracted from ripe fruit and dried ripe fruit.
•Indications:-Internal
Dyspeptic complaints including flatulence, infantile colic, eructation, sluggish digestion, appetite suppressant, feeling of fullness
External:-Principal: Idiopathic hirsutism conjunctivitis, blepharitis (as an eye wash), sore throat, pharyngitis (as a gargle) .
•Major: Cough, bronchitis, catarrh of the upper respiratory tract
•Minor: Anorexia, amenorrhoea, dysmenorrhoea, to stimulate milk flow in nursing mothers'".
•Contraindications: Hypersensitivity
to other plants of the Umbelliferae family, pregnancy, pediatrics
•Side-effects: Cross sensitivity among patients with celery allergy, allergic reactions of the skin and respiratory tract.
•Drug interactions: Ciprofloxacin.
•Dose: Daily dose: 5-7 gm drug; 10-20 gm fennel syrup or fennel honey,or 5-7.5 gm of compound fennel tincture". 2-Day DetoxPlan (HealthAid) see Milk Thistle Performance Detox (Arkopharma) see Green Tea . Shape Up Day & Night (Arkopharma) see Green Tea

CONCLUSION

The current monograph investigation came to the conclusion that the monograph is available in many pharmacopoeias. It contains comprehensive standard information on many herbal plant species and attributes.In the past, the plant was seen as a symbol of rebirth and new life. This herb poses no health hazards when consumed in large quantities. Almost all herbs are rich in nutrients and health benefits. The leaves and roots of the plant are used primarily because the entire plant is edible. In the religious world, chervil is regarded as the plant of immortality and is used as an incense or elixir to speak with the spirits of the dead or the human soul (as a guide for fresh souls to find peace and tranquility). is a part of amulets that is also said to have a magical function.

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RESULT

Herbal remedies are primarily used to treat chronic illnesses rather than life-threatening ones and to promote wellness. However, when Western medicine fails to treat a condition, the use of traditional medicines increases. The production, identification, use, and side effects of the drug are all covered by the herbal drug monograph.

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