

(REVIEW ARTICLE)



A review on role of herbal medicine in daily life

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Abstract

Writing a review on the use of medicinal shops involves assessing their effectiveness and safety in treating colorful health conditions. To exhaustively assess their remedial value, it's pivotal to consider scientific substantiation, traditional knowledge, and implicit side effects. This review aims to epitomize and dissect the scientific exploration on the medical benefits of shops. These shops are constantly employed as food complements, seasonings, traditional drink constituents, and colorful skin related operations. By examining the being literature, this review provides an overview of the implicit remedial parcels associated with these shops. The shops presented in the exploration are zinger, black cumin seed, Isabgol etc. The number of cases seeking alternate and herbal remedy is growing exponentially. Herbal drugs are the conflation of remedial gests of generations of rehearsing croakers of indigenous systems of drug for over hundreds of times. Herbal drugs are now in great demand in the developing world for primary health care not because they're affordable but also for better artistic adequacy, better comity with the mortal body and minimum side goods.

Keywords: Herbal medicine; Multitudinous; Unborn; Remedies; Gusto; Shops; Herbal Drug; Traditional

1. Introduction

Herbal medicines (HMs) are the backbone of balancing and alternative treatments, which in modern times are gradually gaining worldwide recognition and gradually moving towards integration into healthcare systems^[1]. The use of HMs has increased by gender, social class and race in developing countries of the world. Due to the growing demand for HM in the global market (local and international), the annual revenue increase is about to reach 62 billion USD. Important drivers of this expansion of investment and use include its low cost, widespread acceptance due to its position as a natural product with low toxicity, effectiveness for hard-to identify diseases and versatility in convenience, preparation and use. HM uses preparations from bioactive natural ingredients including herbs or botanicals, some formulations may including rudiments such as mushroom and bee products, as well as minerals (kaolin, bentonite), ash, seashells, insects and animal parts and is used to protect health and manage various diseases. HM can provide many benefits, as well as some that may have unwanted effects^[2-4]. Herbal medicine is the use of only plants for medicinal and therapeutic purpose to treat the diseases and to improve human health. Herbal medicine is the most commonly used complementary and alternative medicine (CAM). World Health Organization(WHO) has defined herbal medicines as last labeled medicinal product that contain an active ingredient, aerial or underground parts of the plant or other plant material or combinations. Herbal medicine is classified into three groups:

- Herbal Drugs Have Proven Efficacies And Known Active Compounds And Doses
- Have Expected Efficacies, Active Compound Needs To Be Standardized
- Uncertain efficacies^[5-6].

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Herbal medicine includes herbs, herbal materials, and last herbal products. In some countries, herbal medicine may contain natural organic or inorganic active ingredients. The number of medicinal plants as medicine is around 20,000 and they are also used for adding taste, odor and color to food since the ancient times^[7].

In the 21st century, herbal medicine has been considered as a promising future medicine for people health. During long time before the modern medicine, herbs had been the main stream remedies for nearly all illness. People had commonly diagnosed illnesses themselves, prepare and prescribed their own herbal medicines for thousand years ago. Herbal remedies, nowadays, it still plays an important role in the health care and most of people rely on herbal medicine for their primary health care. Herbal plants for medicine are easily obtainable without prescription or pre-scribed by herbal practitioners. Due to drug resistance and difficulties in finding accessible and reliable drugs, herbal medicines have become an alternative option in our healthcare system^[8-9].

1.1. Operation Of Herbal Medicine

- Herbal drug (HB) includes sauces, factory accoutrements , herbal medications and herbal finished products containing active constituents that are factory corridor, or constituents.
- Other botanical accoutrements , or combinations, and especially used for the forestallment and treatment of conditions.
- moment HM remains the dependence of primary health care in numerous pastoral African and Asian communities.
- It's also a abecedarian part of the culture of numerous societies around the world.
- numerous sauces and herbal formulas have a long traditional history of folk uses and health benefits.
- HM is frequently prepared from fresh or dried sauces, frequently prepared in the form of infusions, decoction, cataplasm, greasepaint to apply on open injuries or put in native drinks, puddings,etc.
- Conventional marketable HM products are generally available in lozenge, capsule, tablet, greasepaint/ scrap, cream, ointment form,etc.^(10- 12)

1.2. Health Benefits Of Herbal Medicine

Unlike standard medicine treatments, the warning signs of HM people are different, hired to treat a wide variety of affections. Warning signs range from easy exercise situations like cold, pain, ground trauma to extreme situations like internal diseases, diabetes, malaria, sickle cell complaint, tuberculosis, cancer, hypertension, gravidity, etc. In some communities, HM is the primary aspect of health care number one. Indeed, no lower than 80 of the agrarian population in Africa uses purely conventional, nature- grounded medicine treatments for utmost of their healthcare. In Ghana, Mali, Nigeria, and Zambia, the number one treatment for 60 of children with superinfection due to malaria and other conditions is HM, which can be routinely given to patients. pastoral South Africa also has a strong traditional drug life, which depends on the HM. In China and India, HM owes plutocrat for about 50 of full fitness product operation. With the growing interest in HM worldwide, the list of medicinal sauces and products is growing, and the price to use is also adding , indeed as traditional healthcare has to be available and fluently accessible. likewise, in the United States, about 40 of the adult population has espoused natural drugs. HM deals in Canada, Australia and Europe, substantially Germany and France, are growing fleetly.^(13- 15)

2. Reasons For perfecting The Use Of Herbal Medicine (Hm)

utmost reasons can be given for this

2.1. particular preference for HM

The utility of HM is a colossal temporal folklore bedded in the mores of numerous societies. In ancient times, people trusted him as a leading healthcare provider with great success. Despite the modernization and spread of traditional health care grounded on the use of medicinals. still, some people, especially in Africa and Asia, still endow HM with unique capacities this mortal association will unceasingly prioritize HM as their first aid source in every institution. feasible societies anyhow of their profitable, academic, and social status.⁽¹⁶⁾

2.2. Safety mindfulness

In general, numerous ordinary consumers are of the opinion that HM is safe and doesn't pose any peril or effect on appearance. Although HMs are herbal products made up of factory accoutrements , minerals, and some beast constituents, spurt, numerous HMs are clearly not without negative goods. While it's true that numerous HMs are much easier to tolerate than pharmaceutical capsules, especially when used long- term to manage habitual conditions.

2.3. Easy access to HM

Especially in pastoral African and Asian groups where access to standard scientific services is both luxurious and sophisticated, a simple, dependable approach to healthcare. The easiest and fastest are the Croakers of Science (TMP) whose treatment frequently depends on the HM. still, in societies where medicines are tightly regulated, HM is the result that's fluently attained at low cost and without a tradition.

2.4. Low- cost HM

In some pastoral cultures, the rate of HM is frequently low compared to treatment with traditional drugs. The TMPs that give services are frequently those in the network who constantly stay in the community with their guests (cases), due to the long trip distances to traditional clinical centers. utmost HMs are organized in a way that improvises or natural substances are targeted at the person involved with an oral assignment on how to put them together and use them.

2.5. Efficacy in Treatment of conditions with HM

At its peak, exploration conditioning to corroborate claims and determine high running and protection conditions for natural substances and goods have increased go up. The protection and effectiveness of some natural products have been scientifically estimated to corroborate the claims.⁽¹⁷⁻¹⁸⁾

3. Part of Herbal Medicine in Daily Life

According to the World Health Organization (WHO), 4.3 billion people, or further than of world's population, calculate on conventional factory- grounded medical systems for their primary care. allopathic drug owes a great lot to medicinal shops; in a nation like the United States, one out of every four conventions is moreover produced or deduced from factory factors. The WHO emphasized the need to address poor sanitation, ignorance, and poverty in order to gradationally realize the thing of "Health for All" in the 1978 International Conference known as the "protestation of Alma- Ata." (19)

"Health for All in the 21st Century," a new global health strategy espoused by WHO in 1998, aims to achieve health equity, a longer healthy life expectation, and health security while also guaranteeing universal access to affordable, high-quality. Despite its multitudinous successes and growth, advanced medical exploration finds it grueling to reach everyone. still, the maturity of the world's population, particularly in developing and underdeveloped nations, lacks access to cutting- edge healthcare results and is dependent rather on conventional medical systems. numerous of these practices forego the allopathic media medical healthcare system significantly. Herbal drugs are the foundation of traditional drug. multitudinous drugs are still produced by sauces for civilization. This drug is innovated on thousands of times of scientific disquisition, and some of the remedial capabilities attributed to shops have been shown to be false. Herbal drugs are the foundation of traditional drug. multitudinous drugs are still produced by sauces for civilization. This drug is innovated on thousands of times of scientific disquisition, and some of the remedial capabilities attributed to shops have been shown to be false. Since traditional drug, occasionally appertained to as Ayurveda, is effective in treating a variety of habitual affections, it's getting more and more popular in Europe. In conventional drug, cases constantly calculate on long- term specifics. numerous specifics have side goods and pullout symptoms; for some people, stopping the drug may be delicate. currently, traditional drug has a lot to offer.⁽²⁰⁾

Some Cases generally respond well to these specifics, indicating a lessening of their symptoms, if not a full relief. Ayurvedic remedies are generally employed in confluence with or after conventional medical treatments because utmost cases begin taking conventional medicinals as soon as they're diagnosed. As a result, a case is more probably to seek out Ayurvedic treatment after a problem has arisen. In the last 50 times, utmost of the pivotal specifics that have changed how drug is presently rehearsed have been deduced from shops. These chemical rudiments demonstrate the restorative parcels of medicinal shops. Since herbal remedies are extensively accessible, affordable, and extensively believed to be more effective than current synthetic treatments, WHO supports and encourages their addition in public healthcare systems. similar shops, which were formerly believed to be dangerous, have since been set up to contain precious medicinal factors.⁽²⁰⁻²¹⁾

4. Colourful Forms Of New Technology For The Delivery Of Herbal Medicines

numerous operations of new herbal drug delivery systems involve colorful forms of technology are following

4.1. Advanced Orally Dissolving Tablets

Ahsoka Life lore's Limited produced Res Q, the world's first orally dissolving polyherbal tablet, an oral drug that dissolves fleetly in the mouth. A new medicine delivery system with enhanced efficacy. Ayurveda, an indispensable drug system, is an early attempt to define lozenge forms more suited for treating habitual conditions.

4.2. Herbal Medicines and Controlled Release

Formulations Granular botanicals and carriers release medicine 4- 18 hours after operation of 75 of active component. Active constituents are named from the hypericin, hyperforin, and echinacoside collections. This invention has redounded in better herbal drugs, whose phrasings suggest applicable oral lozenge forms of botanicals to give the most favorable blood situations of biologically active constituents and bring uniformity to the consumer. brings Oral lozenge form with limited and stable release of Plantis in a matrix- finagled medicine. B Matrix tablets or microcapsules are two-piece capsules designated for medicine delivery systems that insure the normal transport of active constituents over a period of time.

4.3. Liposomes as new herbal phrasings

These are micro-sized colloidal carriers, generally 0.05 –5.0 μm in periphery, that are impulsively assembled during the migration of certain lipids into waterless media. These are round motes that cover part of the result and are free to move or drift through it. They can assume single, multiple, or numerous concentric layers. They're composed of waterless lipids measured by maintaining lipophilic and hydrophilic collections of the same patch.

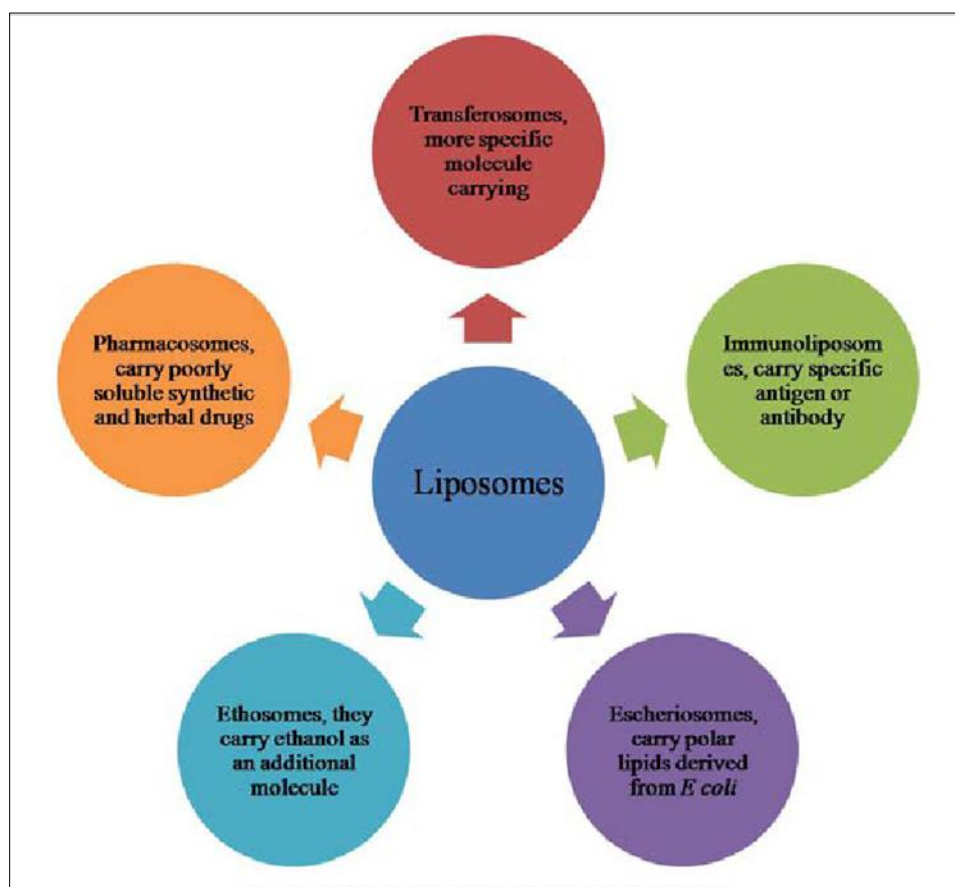


Figure 1 Active constituents from herbal drug employed in liposome novel herbal drug delivery system

4.4. Proniosome

These new phrasings are superior to niosomes and can be used in a variety of operations to deliver active constituents to favored target areas. These phrasings interact with humidity from the skin and niosomes. These are surfactant-encapsulated water-answerable carrier factors that can be converted to niosome dissipations in warm waterless media by gentle agitation incontinently previous to exposure.

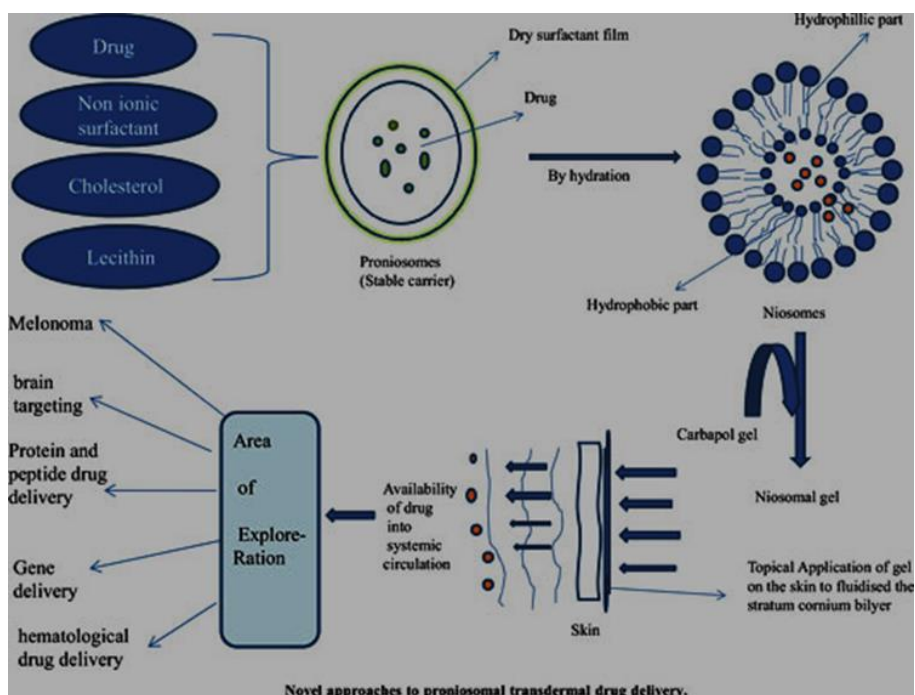


Figure 2 Proniosome herbal drug delivery system

4.5. Transdermal Drug Delivery Systems for Herbal constituents

This new delivery system is enhanced for penetration of constituents through the skin to limit remedial efficacy on diseased skin (original delivery) and for palliative and systemic medicine delivery. still, they've not achieved this implicit feat with other medicines. This system offers the advantages of controlled medicine release, better medicine situations, reduced adverse goods, and ease of use⁽²²⁻²³⁾

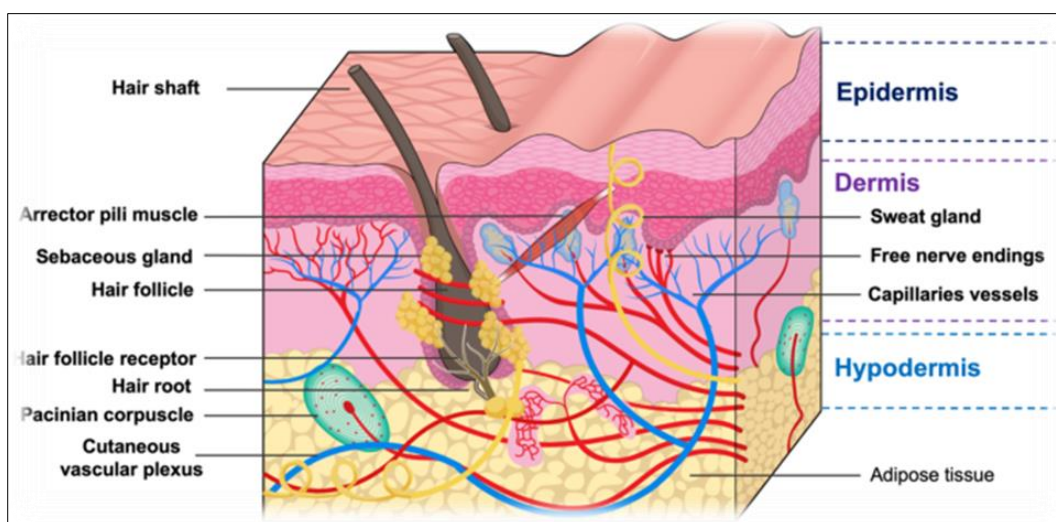


Figure 3 Transdermal Drug Delivery System

4.6. The unborn prospect of medicinal shops

The use of medicinal sauces has a promising future because there are nearly shops in the world that haven't yet been delved for their remedial parcels, and their untapped remedial eventuality may be pivotal in the operation of being and arising knowledge. For case, medicinal shops have been pivotal in the development of mortal culture. multitudinous ultramodern specifics, including aspirin, are made laterally from sauces. For case, garlic has anti-inflammatory rates. Studying sauces can help us more understand factory toxin. According secondary metabolite conflation by shops is responsible for the remedial goods of sauces.

The WHO has created strategies to deal with the significance of medicinal shops. In pastoral areas, medicinal shops are essential to maintaining optimum health. The effectiveness of Indian traditional drug systems like Ayurveda and others has been demonstrated in recent studies. Indeed though sweats are needed to get over obstacles like quality control and standardization issues, etc. Overall, for the development of similar drug, there must be sufficient understanding of the system of similar processes, as well as high- quality clinical studies and their effectiveness among regular people.

4.6.1. Thymoquinone

A promising natural compound with preventive and curative properties against COVID-19 could be great work if it is tested more and more to come to at conclusion regarding Thymoquinone. An investigation has been done on Fenugreek seeds to check the bioactive metabolites present in the *Trigonella foenum-graecum* (fenugreek seeds) and their anti-cancer and antioxidant properties.^[24] A systematic investigation of Trigonelline, Diosgenin, Protodioscin, and Dioscin from *Trigonella foenum-graecum* (fenugreek seeds) has anti-cancer and antioxidant properties without side effects. Details are given below.^[24-25]

4.6.2. Alovera

- Plant Name : Alovera
- Common Name: Aloe Vera
- Family: Asphodelaceae
- Parts used: Green part of the leaf
- Chemical constituents: Vitamins, enzymes, minerals, sugars, lignin, saponins, anthraquinones salicylic acids and amino acid
- Secondary metabolites: Anthraquinones, aloe emodin and chrysophanol
- Therapeutic Use : Burns, allergic reactions, Rheumatoid arthritis, rheumatic fever, acid indigestion, ulcers, diabetes, skin diseases



Figure 4 Alovera

4.6.3. Isabgol

- Plant Name: Plantago Ovata
- Common Name: Isabgol.
- Family: Plantaginaceae.
- Parts Used: Seed Husk And Leaves.

- Chemical Constituents: Flavonoids, Alkaloids, Terpenoids ,Phenolic Acid Derivatives, Iridoid Glycosides ,Fatty Acids, And Polysaccharide
- Secondary Metabolites: Flavonoids, Alkaloids And Terpenoids.
- Therapeutic Use: Manage Constipation



Figure 5 Isabgol

4.6.4. Black Cumin Seed

- Plant Name : *Nigella sativa*.
- Common Name: Black cumin or kalonji...
- Family: Ranunculaceae.
- Parts Used: Seed.
- Chemical Constituents: Thymoquinone(TQ), thymol, nigellone dithymoquinone, thymohydroquinone, α and β -pinene, d-citronello, p-cymene, d-limonene, 4-terpineol,carvacrol,t-anethole, and longifolene.
- Secondary Metabolites : Flavonoids, alkaloids, and terpenoids.



Figure 6 Black Cumin Seed

4.6.5. Ginger

- Plant Name: *Zingiber officinale*

- Common Name: Ginger
- Family: Zingiberaceae
- Parts Used: Rhizome
- Chemical Constituents : Phenolic compounds, terpenes ,polysaccharides ,lipids, organic acids and raw fibers.
- Therapeutic Use: In colds, nausea, arthritis, migraines, and hypertension.



Figure 7 Ginger

5. Clinical Trials of Herbal Medicines

After best studies of medicine, the herbal drugs is studied and tested on mortal beings as stated by Good Clinical Practice guidelines. The herbal remedies and medicinal shops are to be clinically tested to use in the Allopathic System and latterly in Allopathic hospitals, the procedures which are laid down by the office of the DCGI for Allopathic medicines demanded to be carried forward. This does n't concern to guidelines issued for clinical trials of Ayurveda, Unani or Siddha medicines by experts in those systems of drug which can be used latterly in their own hospitals.

5.1. Stages of Clinical Trial

5.1.1. Phase I Studies

Phase 1 trial for herbal drugs isn't important necessary because these medicines convey reasonable confidence that they can safely be administered to many precisely covered clinical subjects in phase II trials. Phase I study generally takes several months.

5.1.2. Phase II Studies

In this phase, evaluation of range of lozenge in individualities with complaint(100-) is studied. This phase aims for the computation of applicable cure ranges or rules and explains the cure- response connections in order to give a specific background for the design of large remedial trials. Verification of forbearance in this phase is important. Literature review and the vittles in the protocol to be performed, both should concentrate on full review of the clinical safety parameters. Phase II trial takes long period- from several months to one times and involve up to several cases.

5.1.3. Phase III Studies

In this phase the trial is done after establishing cure- ranging phase 2 data and involves expended trials of safety and efficacy. This phase involves anywhere from 1000 to 3000 levies with the specific complaint that are in clinic or hospitals. Cases are nearly covered to decide the goods of the herbal medicines and determine if any adverse goods are involved. This phase of trial confirms that the medicine is safe and effective. This phase can take nearly three times. numerous phase 2 & 3 studies are randomized, cases are parted into two groups that compare different treatments. One group gets the experimental medicine being tested while alternate gets a placebo. Also, these phase studies are generally 'blinded' - the cases and experimenters don't know which case is getting the experimental or new medicine. (26- 27)

5.2. Areas Of Herbal Medicinal Product Use

The use of at least one herbal or food product has been common place during occurrences of acute illness among African American communities. Families with children who have habitual medical conditions, similar as autism, cystic fibrosis, rheumatoid arthritis, respiratory tract infections or asthma use to herbal remedies as part of their treatment. The maturity of herbal remedies are used to treat coughs, snap, and intestinal diseases. The herbal drug use in children with respiratory ails was 59.3. Parents of children with asthma reported using a range of herbal products(12.8) for tone-care. The most common used herbal drug for pediatric asthmatic cases were linden(21.6) and gusto(21.2). Herbal drug has traditionally been used in the treatment of symptoms for nightly enuresis or urinary incontinence.

The gusto, chamomile, mint, cardamom, garlic and onion were used to help and treat nausea caused by chemotherapy. It has been reported some herbal products are effective in the operation of observance pain in Otitis Media. Children with Attention deficiency Hyperactivity complaint and Anxiety of Depression take herbal products a part of their treatments. The use of CAM in children with medical comorbidities, inordinate sleep problems or wakefulness is 1.8 times advanced than children without similar difficulties. It's reported that sauces significantly dwindling body temperature, cough and breathing difficulties, and perfecting immersion of pulmonary infiltration and quality of life on the severe acute respiratory pattern(SARS). The herbal formula(Ma Xin Shi Gan Tang) was claimed to antiviral effect on which inhibits the entry of influenza contagion and have implicit in managing seasonal afflictions of influenza infection.⁽⁷⁻⁹⁾

6. Conclusion

Medicinal plants can be a good alternative for many diseases and conditions. They are low cost, and tend to have fewer side effects. However, herbal medicinal plant can still have unwanted health effects, especially when used in combination with other drugs. If you are using more than one herbal medicine, or using them for serious condition, it's best to consult with naturopath or established herbalist. It's Also important to tell your physician that you are using an alternative medicine to prevent drug interactions.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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