



Medicinal Plants Used in Household Remedies: A Comprehensive Review

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ABSTRACT

Medicinal plants have been used for thousands of years to flavors and conserve food to treat health disorders and to prevent disease including epidemics. Medicinal plants, also called medicinal herbs, have been discovered and used in traditional medicine practices since prehistoric times. Plants synthesize hundreds of chemical compounds for various functions, including defence and protection against insects, fungi, disease, against parasites and herbivores mammals. Products derived from plants may potentially controls microbial growth in diverse situation and in the specific case of disease treatments medicinal plants have been used virtually all cultures as a source of medicine the widespread use of herbal remedies and healthcare preparation is described in Vedas and bible.

Keywords-Medicinal plants, traditional medicine, remedies.

INTRODUCTION

Medicinal plants have been integral to traditional healthcare systems across cultures. Medicinal plants consider as a rich source of ingredients which can be used in drugs development and synthesis. Besides that, these plants play an important role in the development of human culture around the whole world Long before modern pharmaceuticals, plants provided affordable and accessible treatments for common ailments. Medicinal plant frequently used as raw material for the extraction of active ingredients which used in the synthesis of different drugs. Like in case of laxative blood thinners antibiotics, and anti-malarial medications, contain ingredients from plants. Medicinal plants are backbone of traditional medicine, which means more than 3.3 billion peoples in the less developed countries utilized medicinal plants on regular basis Household remedies simple treatments prepared and used within homes often rely on plants with known therapeutic properties. The use of traditional medicine and medicinal plants in most developing countries as a basis for the maintenance of observed good health has been widely by UNESCO (1962). Furthermore, an increasing reliance on the use of medicinal plants in industrial societies has been traced to the extraction and development of several drugs and chemotherapeutics from these plants as well as traditionally rural herbal remedies.

Common Families

Sr. No.	Family	Representative Species	Primary Use
1.	Lamiaceae	<i>Ocimum sanctum</i> (Tulsi)	Respiratory, immunity
2.	Zingiberaceae	<i>Zingiber officinale</i> (Ginger)	Digestive, anti-inflammatory
3.	Apiaceae	<i>Curcuma longa</i> (Turmeric)	Nutrition, antioxidants
4.	Asteraceae	<i>Aloe vera</i> (Khorpad)	Wound healing, skin care
5	Amaryllidaceae	<i>Allium sativum</i> (Garlic)	Cardiovascular Health, anti-inflammatory properties.
6.	Fabaceae	<i>Glycyrrhiza glabra</i> (Licorice)	anti-inflammatory, antioxidant, and skin-brightening properties.
7.	Lamiaceae	<i>Mentha spp.</i> (Mint)	digestive issues respiratory congestion, and providing antimicrobial, anti-inflammatory,

Traditional systems like Ayurveda, Unani, Siddha, and Folk Medicine emphasize plant-based remedies. Household use of medicinal plants dates back millennia; ancient texts (e.g., Charaka Samhita, Sushruta Samhita) describe therapeutic plant use. Ethnomedicinal knowledge is passed through generations and varies by region, culture, and ecological availability. This review synthesizes current knowledge on these plants, their bioactive compounds, pharmacological activities, and roles in everyday health care.

Classification of Medicinal Plants in Household Remedies

Medicinal plants can be grouped based on:

- I. Botanical families
- ii.Types of ailments treated
- iii.Form of application (infusion, decoction, paste, oil, poultice)

Medicinal Plants and Their Household Uses**1. *Ocimum sanctum* (Tulsi)**

Common Name: Holy basil

Traditional Uses: Cough, cold, fever, stress relief

Bioactive Compounds: Eugenol, ursolic acid, rosmarinic acid

Pharmacological Actions: Antimicrobial, anti-inflammatory, adaptogenic

2. *Zingiber officinale* (Ginger)

Common Name: Ginger

Uses: Nausea, indigestion, cold, arthritis

Actives: Gingerols, shogaols

Actions: Anti-inflammatory, antioxidant, antimicrobial

3. *Curcuma longa* (Turmeric)

Common Name: Turmeric

Uses: Wound healing, inflammation, digestion

Actives: Curcuminoids

Actions: Anti-inflammatory, antioxidant

4. *Aloe vera* (Khorpad)

Uses: Burns, skin irritation, hair care

Actives: Aloin, polysaccharides

Actions: Healing, moisturizing, antimicrobial

5. *Allium sativum* (Garlic)

Uses: Cold, hypertension, immunity

Actives: Allicin

Actions: Antimicrobial, cardiovascular support

6. *Glycyrrhiza glabra* (Licorice)

Uses: Cough, sore throat, ulcers

Actives: Glycyrrhizin

Actions: Anti-inflammatory, soothing

7. *Mentha spp.* (Mint)

Uses: Digestion, headache, nausea

Actives: Menthol

Actions: Antispasmodic, cooling

5. Synergic medicine-The ingredients of all plants interact simultaneously, so their uses can complement or damage others or neutralize their possible negative effects. Support of official medicine-In the treatments of complex cases like cancer diseases the components of the plants to be very effective.

Preventive medicine-It has been proved that the component of the plants a toxicity to characterize by their ability to prevent the appearance of some diseases. This will help to reduce the use of the chemical remedies which will be used when the disease is already present. (Dixit and Sand Humma, Ali., 2010) reviewed and researched on the antioxidant potential of some medicinal plant of origin of central India.

Significance of medicinal plants to human beings:

Medicinal plants are resources of new drugs. Medicinal plants have important role in the development of human culture for example. Religions and different ceremonies. Many of modern help to It is estimated that there are more than 250.000 flower species, studying medicinal plants Cultivation and preservation of medicinal plants of protect biological diversity. For example, Metabolic engineering of plants. The medicinal effect of plants is due to metabolites especially secondary compounds produced by plant species. Plant metabolites include, produce metabolites and secondary metabolites.

Phytotherapy is the use of plants for medicinal purposes.

Phytochemistry serves as the foundational science for identifying, extracting, and isolating the vast array of bioactive chemical compounds secondary metabolites produced by plants for defense and survival. purification, identification, and structure of the large number of secondary metabolic compound found in plants.

Plant primary metabolites: Organic compounds in the plant kingdom have metabolic functions essential for plants growth and developments produced in all plants include carbohydrates, amino acids, nucleotides, fatty acids, steroids and lipids.

Plant secondary metabolites: organic compounds produced in plant kingdom do not have appeared function involve in plant growth and developments produced in different plant families, in specific group of plant families or in specific tissues, cells or developmental stages throughout plant development, it includes, terpenoids, special nitrogen metabolites.

Medicinal plants exact effects via:

- i. Bioactive phytochemicals (alkaloids, flavonoids, terpenoids)
- ii. Interaction with human physiology (e.g., anti-inflammatory pathways)
- iii. Modulation of immune response
- iv. Antimicrobial activity against pathogens

6. Preparation Methods in Household Remedies

Forms & Techniques

Infusions: Tea-like steeping (e.g., tulsi, mint),
Decoctions: Boiling harder plant parts (roots, bark)
Poultices: Fresh paste applied externally Oils &

Extracts: Herbal oils for massage or topical use
Fermented preparations (e.g., herbal vinegars)

Recent studies validate traditional uses:

Anti-inflammatory effects: Turmeric curcuminoids in arthritis relief

Antimicrobial properties: Garlic allicin vs. bacterial pathogens

Antioxidant benefits: Ginger and tulsi compounds

→ Include experimental data, clinical trials, and meta-analyses where available.

Safety, Toxicity, and Contraindications:

Most household remedies are safe at traditional doses, but: High doses can cause adverse effects Interactions with medications (e.g., ginger with anticoagulants) Allergies and sensitivities. Proper dosage and preparation guidelines are essential

CONCLUSION

It is very important point for the open access journals to encourage researchers and clinicians to work hard in order to clarify the main active ingredients which can be extracted from medicinal plants. Recent and renewed interest in medicinal plants coupled to developments information has fuelled an explosion in the range and content of electronic informatio concerning medicinal plants as a emergent heath-aid. Recently reviewed diverse source such sources as well as in a variety of online electronic databases.

Medicinal plants form the backbone of household remedies worldwide. While modern medicine offers targeted treatments, traditional plant-based remedies continue to provide accessible, low-cost options for common health issues. Continued research is needed to fully understand their therapeutic potential and ensure safe, evidence-based use.

Conflict of interest

The authors declare no competing interests.

Data Availability Statement: Not applicable.

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