Current Status of Herbal Drugs in India: An Overview

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Herbal drugs constitute a major share of all the officially recognised systems of health in India viz. Ayurveda, Yoga, Unani, Siddha, Homeopathy and Naturopathy, except Allopathy. More than 70% of India's 1.1 billion population still use these non-allopathic systems of medicine. Currently, there is no separate category of herbal drugs or dietary supplements, as per the Indian Drugs Act. However, there is a vast experiential-evidence base for many of the natural drugs. This offers immense opportunities for Observational Therapeutics and Reverse Pharmacology. Evidence-based herbals are widely used in the diverse systems and manufactured, as per the pharmacopoeial guidelines, by a well-organised industry. Significant basic and clinical research has been carried out on the medicinal plants and their formulations, with the state-of-the-art methods in a number of Institutes/Universities. There are some good examples. Indian medicinal plants also provide a rich source for antioxidants that are known to prevent/delay different diseased states. The antioxidant protection is observed at different levels. The medicinal plants also contain other beneficial compounds like ingredients for functional foods. Hence, the global knowledge about Ayurveda and Indian herbals will hopefully be enhanced by information on the evidence-base of these plants. This will yield rich dividends in the coming years.
On final day of herbal medication, levels of fasting serum glucose become 152.5±27.5 mg/dl. On the day 30 level of glucose level again rise to 162±29 mg/dl. This shows that this plant has exceptional hypoglycemic properties as shown in Table 1. Recent Advances in Indian Herbal Drug Research Guest Editor: Thomas Paul Asir Devasagayam Indian Herbs and Herbal Drugs Used for the Treatment of Diabetes. Journal of clinical biochemistry and nutrition 2007; 40(3):163-173. 10. Pakistan IUCN. Recent Advances in Indian Herbal Drug Research Guest Editor: Thomas Paul Asir Devasagayam. Current Status of Herbal Drugs in India: An Overview Ashok D.B. Vaidya1,2,* and Thomas P.A. Devasagayam3 1. (CSIR), in India has initiated sizeable and meaningful efforts for the development of herbal-based formulations for diabetes, arthritis and hepatitis by a national network programme [8]. The industry, the academia and the government research laboratories work in close collaboration. The current research tried to assess the in vitro antidiabetic potential of two medicinal plants used in Eritrea for treating Diabetes mellitus. The selected plant extracts were studied for their effect on glucose uptake in yeast cells using different concentrations of glucose solutions. Yeast cells were incubated in glucose solution containing different concentrations of the two plants extracts and the glucose uptake was assessed. M. Modak, P. Dixit, J. Londhe, S. Ghaskadbi, and T. P. A. Devasagayam, "Recent advances in indian herbal drug research guest editor: Thomas paul asir devasagayam indian herbs and herbal drugs used for the treatment of diabetes," Journal of Clinical Biochemistry and Nutrition, vol. 40, no. 3, pp. 163–173, 2007.