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HERBAL DRUGS USED IN TREATMENT OF SKIN DISORDERS

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ABSTRACT

Skin diseases are most common form of infections occurring in people of all ages. The aim of the study is not only to prescribe remedies for skin diseases in human beings but also to draw attention for the need towards a detailed study on medicinal plants, which could provide novel remedies leads for other dreadful diseases. This review has highlighted the role and utilities of some medicinal plants on different skin diseases.

INTRODUCTION

Many plants have been used in traditional medicine for several thousand years. During the last few decades there has been an increasing interest in the study of medicinal plants and their traditional use in different parts of India. A vast knowledge of how to use the plants against different illness may be expected to have accumulated in areas where the use of plants is still of great importance. According to World Health Organization (WHO) about 65-80% of the world's population in developing countries depends essentially on plants for their primary healthcare due to poverty and lack of access of modern medicine. In recent years, use of ethnobotanical information in medicinal plant research has gained considerable attention in segments of the scientific community. Interest in medicinal plants has been fueled by the rising cost of prescription drugs in the maintenance of personal health and well-being and the bio-prospecting of new plant derived drugs. Historically all medicinal preparations were derived from plants, whether in the simple form of plant parts or in the more complex form of crude extracts, mixtures, etc. The primary benefits of using plant derived medicines are that they are relatively safer than synthetic alternatives, offering profound therapeutic benefits and more affordable treatment. About 200 years ago our pharmacopoeia was dominated by herbal medicines and almost 25% of the drugs prescribed worldwide came from plants. Of the 252 drugs considered as basic and essential by the WHO, 11% are exclusively of plant origin and a significant number are Synthetic drugs obtained from natural precursors. Indigenous knowledge on natural resources, utilization of medicinal plants not exceeding the resilience of the surrounding environment is regarded as an important measure of sustainable plants biodiversity conservation. Many of the plants material used in traditional medicine are readily available in rural areas at relatively cheaper than modern medicine. Plant derived substances which are used for drug preparation could be found in various parts like roots, leaves, shoots and bark of the plants. The modern drug used today are based on natural compounds. Due to excessive use of synthetic antibiotics, microorganisms are developing resistance towards them. Recently, Margaret Chan, director general of the WHO, warned that bacteria were starting to become very resistant to common antibiotics that it could bring "the end of modern medicine as we know it". Keeping in view all these above reasons and facts, many researchers are exploring different plants sources for natural drug development which can overcome side effects of synthetic drugs. The demand for herbal medicines is increasing rapidly all over the country due to their lack of side effects and low costs. Traditional medicinal resources, especially plants have been found to play a major role in managing skin disorders. They have been employed in the treatment of skin ailments in many countries around the world

where they contribute significantly in primary healthcare of population. Furthermore, the use of medicinal plants to treat dermatological conditions is extensive. Traditional herbal medicines have played an important in the management of dermatological conditions. Hundreds of medicinal plants worldwide are used in the traditional medicine for treatment of skin diseases caused by bacteria, fungi, and viruses.

Some common skin disorders:

1) Infections

- **Pyoderma** - means any skin disease that is pyogenic (has pus). These include superficial bacterial infections such as impetigo, ecthyma, folliculitis, furuncle, tropical ulcer, etc.
- **Scabies** - a contagious, intensely itchy skin condition caused by a tiny, burrowing mite.
- **Mycoses** – Mycosis is a fungal infection of animals, including humans. A fungus that invades the tissue can cause a disease that's confined to the skin, spreads into tissue, bones and organs or affects the whole body.
- **Warts** – A small fleshy bump on the skin or mucous membrane caused by human papillomavirus.
- **Herpes** – a virus causing contagious sores, most often around the mouth or the genitals.
- **Leprosy** – a contagious disease that affects the skin, mucous membrane and nerves causing discoloration and lumps on the skin and in severe cases, disfigurement and deformities.
- **Tuberculosis** – a potentially serious infectious bacterial disease that mainly affects the lungs.
- **Leishmaniasis** – an infection with leishmania parasites spread by sandflies.
- **Yaws** – a chronic bacterial infection that affects the skin, bone and cartilage.

2) Allergic

- **Eczema** – an itchy inflammation on the skin.
- **Drug Eruption** – in medicine, a drug eruption is an adverse drug reaction of the skin.
- **Urticaria** – a skin rash triggered by a reaction to food, medicine or other irritants.

- **Miliaria** – a skin condition caused by blocked sweat ducts and trapped sweat beneath the skin.
- **Intertrigo** – skin inflammation, usually in warm, moist areas, such as the groin or between skin folds.
- **Chilblains** – Skin sores or bumps that occur after exposure to very cold temperatures.

3) Miscellaneous

- **Acne** – red, tender bumps with white pus at their tips. Overproduction of oil and a build-up of bacteria contribute to pimples.
- **Alopecia** – sudden hair loss that starts with one or more circular bald patches that may overlap.
- **Vitiligo** – a disease that causes the loss of skin colour in blotches.
- **Chloasma** – a condition in which brown patches appear on the face.
- **Psoriasis** – a condition in which skin cells build up and form scales and itchy, dry patches.
- **Pemphigus** – pemphigus is a rare autoimmune disease that causes painful blistering on the skin and mucous membranes.
- **Neuro dermatitis** – it is a skin condition that starts with an itchy patch on skin. Scratching makes it even itchier.
- **Lupus** – an inflammatory disease caused when the immune system attacks it's own tissues.
- **Erythroderma** - Erythroderma is a term used to describe intense and usually widespread reddening of the skin due to inflammatory skin disease.
- **Avitaminosis** - a condition resulting from a deficiency of a particular vitamin.

The Traditional Medicine Forms From Herbal Medicaments:

A) **Herbal teas:** One differentiates between teas from single drugs and tea mixtures. Tea mixtures, species, are mixtures of whole or appropriately cut herbal drugs. As these ones are applicable only to drugs with large therapeutic width, the dosing exactness is comparatively small. Teas used for the production of democracy, infusa or macerta. Cup finished teas or instant teas are not teas in the close sense. The quality to these products is different.

- B) Tinctures:** are extracts from drugs. Which are usually manufactured with ethanol of different concentration, so that one part of drug with five or ten parts extracting agents is extracted. The pharmacopoeias permit also ethyl ethers as extracting agents and other conditions. Tinctures can be designated also as solutions of dry extracts in ethanol of different concentration. Many finished vegetable Medicaments, which are offered as solutions or drops represent tinctures in the sense mentioned fluid extracts (extracts fluida) are made in such away with ethanol or other mixtures or ethanol and water that from 1 part drug at the most 2 parts fluid extracts are obtained. This fluid extracts can be regarded as more highly concentrated tinctures.
- C) Dry extracts:** are excerpts, which are restricted liquid extracts to whole to dry ones, that are more exact up to remaining moisture from approximately 2% to be maintained. The dry extracts of the pharmacopoeia are stopped, if required, by additive of inert auxiliary materials such as lactose or dextrin to active substances. Manufactured to finished Medicaments such as degrees capsules or tablets.

Herbal Drugs For Treatment Of Skin Diseases:

Botanical Name	Common Name	Family	Mode of treatment
<i>Abrus precatorius L.</i>	Kunnimuthu	Fabaceae	The seed powder mixed with coconut oil is applied topically as a remedy for etching and skin infections.
<i>Acalypha indica Linn.</i>	Kuppi	Euphorbiaceae	The extract of the leaves is applied for cure scabies.
<i>Aloe barbadensis Mill</i>	Chothukattalai	Liliaceae	The gel obtained from the leaf is used to treat acne and rashes.
<i>Allium cepa</i>	Onion	Liliaceae	The extract applied on seborrheic keratoses.
<i>Alstonia scholaris (L)</i>	Mukkampalai	Apocynaceae	The latex of stem is applied to treat common warts.
<i>Azadirachta indica</i>	Neem	Meliaceae	Leaf extract is applied externally on boils and blisters.
<i>Bauhinia variegata</i>	Kachanar	Fabaceae	The bark is applied externally for skin ulcers.
<i>Beta vulgaris</i>	Beetroot	Brassicaceae	Beet root extract to prevent cancer.
<i>Brassica oleraceae</i>	Red cabbage	Brassicaceae	Aqueous extract applied for skin cancer.
<i>Calendula officinalis</i>	Marigold	Asteraceae	Decoctions and tinctures from the flowers.
<i>Camellia sinensis</i>	Green tea	Theaceae	Leaf extract in treatment of skin tumors and cancers.
<i>Cannabis sativus</i>	Charas, Ganja	Cannabinaceae	The powder of leaves serves as a dressing for wounds.
<i>Canthium parviflorum Lam.</i>	Karai	Rubiaceae	The leaf paste is applied topically to treat dermatophytosis and scabies.
<i>Crocus sativus</i>	Saffron	Iridaceae,	Extract of saffron for treatment of psoriasis.
<i>Crotalaria retusa L.</i>	Kilukilupai	Fabaceae	The seed paste is applied topically to treat leprosy

<i>Curcuma longa</i>	Turmeric	Zingiberaceae	Rhizomes of Course. longa prevent tumors in mouse.
<i>Euphorbia hirta L.</i>	Ammanpacharisi	Euphorbiaceae	As a natural wart remedy, the latex obtained from all parts of the plant is applied directly on warts.
<i>Indigofera tinctoria L.</i>	Neelamari	Fabaceae	A fine paste of leaf prepared together with the leaves of ocimum basilicum is used as a topical cream to heal sores and wounds.
<i>Jasminum angustifolium (L.) Wild</i>	Kattupichi	Oleaceae	The root paste is applied topically to treat dermatophytosis and leprosy (Hansen's disease).
<i>Lavendula officinalis</i>	Lavender	Labiatae	Lavender oil inhibits immediate type allergic reactions by inhibition of mast cell degranulation in vivo and in vitro when tested on mice and rats.
<i>Limonia acidissima L.</i>	Vila	Rutaceae	A paste of tender leaves is applied topically to treat prickly heat rashes (miliaria).
<i>Morinda pubescens J. E.</i>	Manjanathi	Rubiaceae	The root paste is used as an ointment for carbuncles.
<i>Pergularia daemia (Forssk.) Chiov.</i>	Vaeliparuthi	Asclepiadeae	The leaf paste is applied topically to treat freckles.
<i>Plumbago zeylanica L.</i>	Venkoduveli	Plumbaginaceae	The leaf paste is applied topically to treat scabies.
<i>Santalum album L.</i>	Sandanam	Santalaceae	A fine paste of wood is applied topically as remedy for itching and to treat pimples on chin.
<i>Saraca asoca (Roxb.) Wild</i>	Asoka	Caesalpiniaceae	Coconut oil in which flowers are boiled is applied topically to treat eczema and scabies.
<i>Wrightia tinctoria (Roxb.) R. Br.</i>	Vetpalai	Apocynaceae	The leaves are soaked in coconut oil in a jar and left out under the direct rays of the sun until the oil turns blue in colour, and the infusion obtained is applied topically to treat scabies and contagious itch.
<i>Zizyphus rugosa Lam.</i>	Thodali	Rhamnaceae	The leaf paste is applied topically to treat scabies and contagious itch.

CONCLUSION:

People not only disturbed mentally and physically due to skin disease but also expend lot of money for their cure When these are at chronic stage. If these diseases are cured at initial stage then we can save lot of money. So the herbal drugs, which are cheap with less side effects, will be helpful to cure diseases of all the people including countries of the third world. In the present study we identified some of medicinal plants used by people to cure skin diseases. This could help in creating mass awareness regarding the need for conservation of such plants. This review helps the researchers working on skin problems to screen out the efficient or to find out the new approach in reported plants and to find out for related lead molecules in other plants which may be a step ahead in the drug discovery process.

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