

The Basic Handbook of Indian Ethnobotany and Traditional Medicine

Vol. 1



International Academic Publishing House (IAPH)

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The purpose of distributing this book to undergraduate, graduate, and research scholars is to give them authentic and understandable information on Indian medicinal herbs. Herbal medicine has a long history in India. With more than 45,000 plants, India is one of the 12 mega diversity hubs. 800 plants have been utilised in traditional medicine, while around 1500 plants having therapeutic benefits are referenced in ancient books.

Rural people are quite knowledgeable about various plant-based remedies. Because nature is a part of who we are as humans, we are a part of nature. Therefore, rather than using nature for profit, it is founded on the idea of relationships. More than 80% of the world's population still receives health care from traditional medicine, particularly in underdeveloped nations. Living instances of medication discovery from the past and present are abundant, treating everything from simple illnesses to cancer, diabetes, hypertension, and asthma.

In light of this, the considerable research done in this area by experts has greatly expanded our understanding of Indian medicinal plants and sustainable development. The goal of the book is to present the potential of traditional medicine and medicinal plants in general as a powerful source of new medications, currently accounting for about 90% of all recently discovered pharmaceutical products, as well as their importance, strategies, and initiatives that can be used to solve problems.

The chapters cover many facets of medicinal plants and how they relate to conventional medicine. As a result, a concise and thorough summary has been created in light of recent work and the most recent information accessible from various sources.

The author would like to express her gratitude to her colleagues at various institutions and universities around the nation who have provided excellent advice that has greatly aided in preparing for this endeavour. I sincerely thank every one of the authors who contributed to this book. This publication would not be feasible without their help.

Comments on how to make the book better are not just welcome but greatly valued.

Mrs. Bhanumati Sarkar

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