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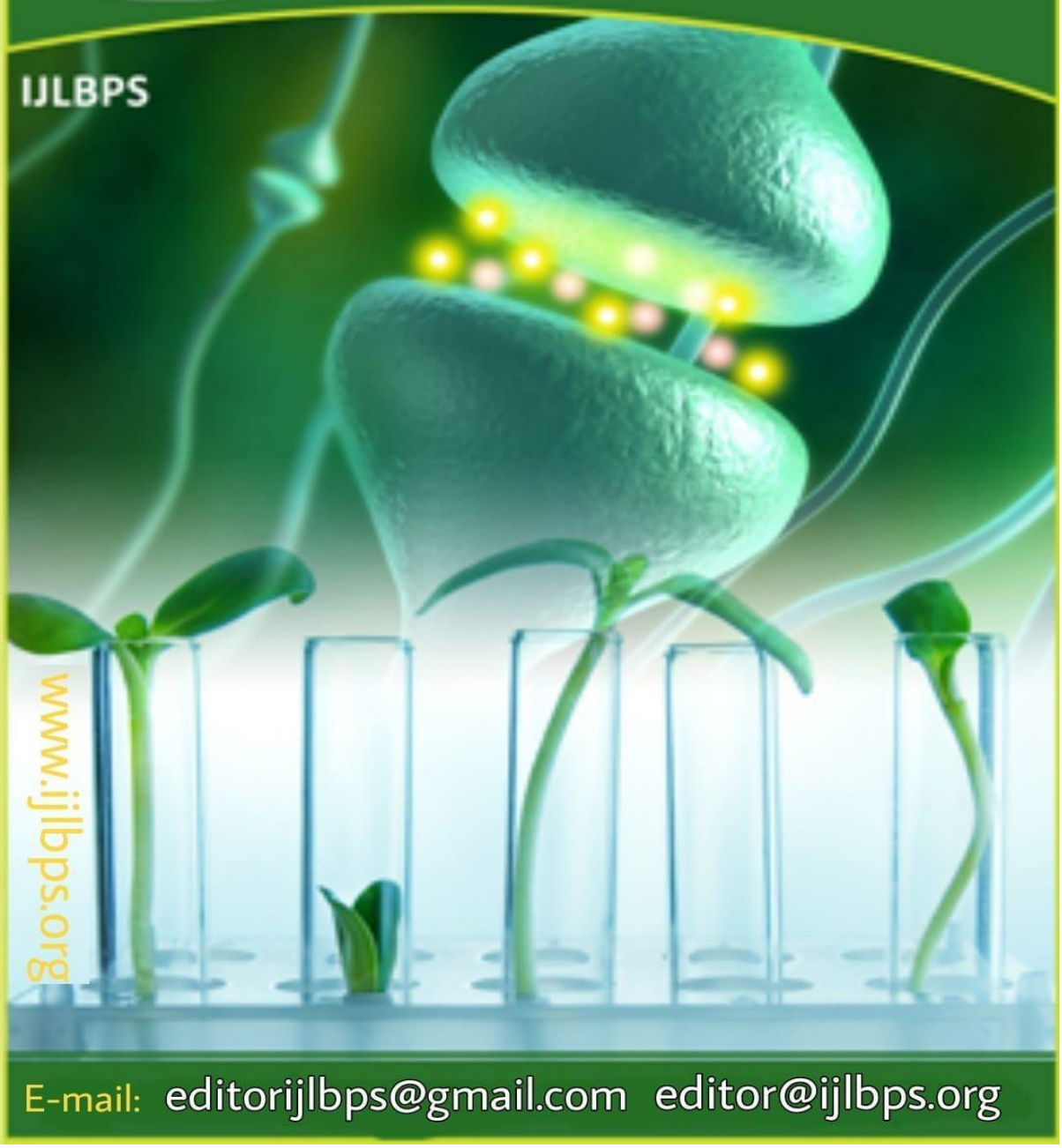

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An in-depth look at herbal remedies that reduce fever

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Abstract

Finding effective remedies for health conditions worldwide relies heavily on traditional medicine. According to the World Health Organization, in poor countries, over 80% of the population relies on traditional medicine. In India and other parts of the world, several native plant species are used to cure pyrexia. Herbs like chirchitta, bhringraj, bija sal, arjuna, neem, tulsi, and neem are just a few examples. Medicinal preparations often include therapeutic substances originating from plants or their core ingredients extracted by chemical processes. Herbal remedies have been used for thousands of years by people all over the world, and their history parallels that of Western medicine. The ongoing use of the technique in current times is due, in part, to the medical benefits in many countries and the growing worldwide market for herbal goods.

Fever, pyrexia, antipyretics, and herbal medicines are some of the key terms here.

Introduction

Due to the country's varied topography, India has long relied on its medicinal and fragrant plant heritage to treat human ailment. A rise in core body temperature over the usual range of 36.5 0C to 37.5 0C is the hallmark of fever, medically defined as pyre xia. Lethargy, sadness, anorexia, tiredness, and difficulty to focus are all indicators of unwell behavior connected with fever. Increased muscular tone and shivering result from this shift in the set point.

However, antipyretic medicine may effectively reduce fever, which may improve the comfort of the patient. Traditional medicines have continued to be a vital element of our health care system, andmedicinal plants constitute the only readily availableoption for the majority of our people.1Herbal remedies for fever

Most pharmaceuticals today have their origins in herbs, which have been utilized for centuries in alternative medicinal practices. Many chemical compounds used to treat human illness are found naturally in medicinal plants. In recent years, medicinal and aromatic plants have been discovered and developed, which has improved people's access to health care. Neem, arjuna, aswagandha, tulsi, etc. are only few of the medicinal herbs that have been utilized for centuries to bring down a high temperature. Extracts from Acacia catechu heartwood, Bauhinia racemosus stem bark and leaves, Cleome viscosa etc. have shown antipyretic effect in animal studies. 1

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Table no. 1 List of plants used as the Antipyretic[2-16]

Sr. No.	Common Name	Botanical Name	Habit	Habitat	Part Used	Family	Uses
1	Tulsi	*Ocimum sanctum*	Herb	All India	Leaves	Labiatae	Antipyretic; Antitussive
2	Neem	*Azadirachta indica*	Tree	North India	Leaves	Meliaceae	Antipyretic;
3	Brahmi	*Centella asiatica*	Herb	India	Whole Plant	Umbelliferae	Antipyretic; Blood purifier
4	Stavari	*Asparagus adscendens*	Shrub	India	Tuberous Roots	Liliaceae	Antipyretic; Demulscent; Nutritive Tonic
5	Bahera	*Terminalia belerica*	Tree	India	Fruit	Combretaceae	Antipyretic; Expectorant
6	Harar	*Terminalia chebula*	Tree	India	Fruit	Combretaceae	Antipyretic; Astringent; Purgative
7	Amla	*Emblica officinalis*	Tree	All India	Fruits	Euphorbiaceae	Antipyretic;
8	Cinchona	*Cinchona officinalis*	Tree	All India	Bark	Rubiaceae	Antipyretic;
9	Bish	*Aconitum ferox*	Herb	Nepal; India	Dried Roots	Ranunculaceae	Antipyretic; Diaphoretic;Diuretic
10	Jawasa	*Alhagi maurorum*	Shrub	South Indiia	Seed; Oil	Papilionaceae	Antipyretic; Laxative; Diuretic; Expectorant
11	Datyuni	*Alstonia scholaris*	Shrub	All India	Leaves; Bark; Milky Juice	Apocynaceae	Antipyretic; Stimulant; Carminative; Aphrodisiac
12	Kiryat	*Andrographis paniculata*	Herb	India; Bengal	Whole Herb	Acanthaceae	Antipyretic; Antihelmintic
13	Gulancha	*Cocculus cordifolia*	Shrub	Western India	Stem; Leaves; Roots	Menispermaceae	Antipyretic; Aphrodisiac
14	Dhaniya	*Coriandrum sativum*	Herb	All India	Leaves; Seeds	Umbelliferae	Antipyretic; Carminative
15	Jhar Haldi	*Coscinum fenestratum*	Herb	All India	Stem	Menispermaceae	Antipyretic; Stomachic
16	Nirbisi	*Cissampelos pareira*	Tree	South India	Roots; Bark	Menispermaceae	Antipyretic; Antilithic
17	Phala-Kantak	*Daemia extensa*	Herb	All India	Leaves; Roots	Ascepidaceae	Antipyretic; Expectorant; Antihelmintic
18	Sarivan	*Desmodium gangentium*	Herb	Indian Himalayas	Root; Bark	Leguminosae	Antipyretic; Bitter Tonic
19	Dharmana	*Grewia asiatica*	Shrub	All India	Bark; Leaves	Tiliaceae	Antipyretic; Demulscent
20	Suganhi	*Hemidesmus indicus*	Herb	India	Root, Juice	Ascepiadaceae	Antipyretic; Demulscent;

							Diuretic
21	Parijata	*Nyctanthes arbor-tristis*	Herb	Central India	Leaves	Oleaceae	Antipyretic; Antidot; Laxative
22	Katuka	*Picorrhhiza Kurroa*	Herb	North India	Dried Rhizome	Scrophulariaceae	Antipyretic; Laxative
23	Kali-Mirch	*Piper nigrum*	Shrub	Western India	Dried Fruits	Piperaceae	Antipyretic; Carminative; Antiperiodic
24	Chitravalli	*Rubia cordifolia*	Shrub	North India	Roots	Rubiaceae	Antipyretic; Astringent; Diuretic
25	Jwaran-Thakah	*Swertia chirata*	Herb	North India	Whole Herb	Gentianaceae	Antipyretic; Antidot
26	Jamana	*Prunus padus*	Tree	India; Bhutan	Seed; Oil	Rosaceae	Antipyretic; Diuretic
27	Gurach	*Tinospora cardifolia*	Shrub	Soouth India	Stem; Root	Menispermaceae	Antipyretic; Antidot
28	Banaphsa	*Viola odorata*	Herb	All India	Whole Herb	Violaceae	Antipyretic; Antitussive
29	Nirgandi	*Vitex negundo*	Shrub	South India; Burma	Roots; Flower; Fruits; Bark	Verbenaceae	Antipyretic; Astringent
30	Chhota Pilu	*Salvadora persica*	Tree	North India	Root-Bark	Salvadoraceae	Antipyretic; Purgative
31	Palwal	*Trichosanthes dioica*	Herb	North India	Fruits	Cucurbitaceae	Antipyretic; Laxative
32	Harivera	*Pavonia odorata*	Herb	Western India	Roots	Malvaceae	Antipyretic; Diuretic
33	Hurmal	*Peganum harmala Linn.*	Shrub	North India	Seeds	Rutaceae	Antipyretic; Stimulant
34	Swet Chandan	*Santalum album*	Tree	South India	Wood; Volatile oil	Santalaceae	Antipyretics; Sedative; Astringent
35	Rakta-chandna	*Pterocarpus santalinus*	Tree	South India	Wood	Papilionaceae	Antipyretic; Astringent
36	Imli	*Tamarindus indica*	Tree	South India	Fruits	Caesalpiniaceae	Antipyretic; Carminative
37	Daman-paper	*Oldenlandia herbacea*	Herb	All India	Whole Herb	Rubiaceae	Antipyretic
38	Bhindi	*Abelmoschus esculentus*	Herb	India	Seed	Malvaceae	Antipyretic; Emollient; Diuretic; Aphrodisiac
39	Hansraj	*Andiantum capillus-veneris*	Herb	South India	Whole Plant	Polypodiaceae	Antipyretic; Expectorant; Diuretic
40	Akola	*Alangium lamarckii*	Shrub	South India	Root; Seed; Leaves	Cornaceae	Antipyretic; Antidot
41	Jangali Lahusan	*Allium sativum*	Herb	All India	Bulb; oil	Liliaceae	Antipyretic; Antiseptic;Antihelmintic
42	Rasaut	*Berberis aristata*	Herb	Bhutan; India	Root Bark; Stem; Wood	Berberidaceae	Antipyretic; Astringent;

							Purgative
43	Kasondi	*Cassia occidentalis*	Tree	India; Burma	Leaves; Seeds; Root	Caesalpiniaceae	Antipyretic; Purgative
44	Bhringaraj	*Eclipta erecta*	Herb	Indian-Himalaya	Roots; Leaves	Compositae	Antipyretic; Emetic; Purgative
45	Akasbel	*Cuscuta reflexa*	Herb	India	Seeds; Stem; Fruits	Convolvulaceae	Antipyretic; Carminative
46	Aghata	*Achyranthes aspera*	Herb	All India	Leaves; Seeds; Root	Amarantaceae	Antipyretic; Astringent; Purgative
47	Duk	*Lactuca scariola*	Herb	Western India	Seeds; Milky juice	Compositae	Antipyretic; Diuretic; Expectorant
48	Korehi-Jhar	*Cyperus rotundus*	Herb	SouthIndia	Bulbous Roots	Cyperaceae	Antipyretic; Demulscent
49	Toona	*Cadreia toona*	Tree	All India	Bark; gum; flowers	Meliaceae	Antipyretic; Astringent
50	Katkaranj	*Caesalpinia bonduc*	Shrub	All India	Seed; Nuts; Bark; Leaves	Caesalpiniaceae	Antipyretic; Antispasmodic; Antihelmintic
51	Devil's Horse whip	*Achyranthes indica*	Herb	All India	Whole Herb	Amaranthaceae	Antipyretic; Diuretic; Astringent
52	Cashew	*Anacardium occidentale*	Tree	South India	Fruit; Seed; Bark; Oil	Anacardiaceae	Antipyretic;Irritant; Astringent
53	Sousop	*Annona muricata*	Tree	All India	Leaves; Bark; Root; Seed; Fruit	Annonaceae	Antipyretic; Astringent; Purgative.
54	Yellow Cedar	*Tecoma stans*	Shrub	Central India	Wood; Oil	Bognoniaceae	Antipyretic; Sedative
55	Sage	*Cordia globosa*	Shrub	All India	Hruit; Kernel; Bark	Boraginaceae	Astringent; Demulscent
56	Ganja	*Cannibis sativa*	Herb	Persia; CentralAsia;	Leaves; Dried Flourerscence	Cannabaceae	Antipyretic; Analgesic;Sedative
57	Iron weed	*Elephantopus molis*	Herb	All India	Roots; Leaves	Compositae	Antipyratic; Cardiac tonic
58	Bitter Bush	*Eupatorium villosum*	Shrub	Brazil; India	Whole Herb	Compositae	Antipyretic; Expectorant
59	Button weed	*Borreriaarticularis*	Herb	South India	Whole Herb	Rubiaceae	Antipyretic
60	Wild mint	*Lantana involucrate*	Shrub	All India	Whole Herb	Verbenaceae	Antipyretic
61	Biiter gourd	*Momordica charantia*	Herb	All India	Fruit; Leaves; Seeds	Cucurbitaceae	Antipyretic; Stimulant; Astringent
62	Bambo	*Bambusa vulgaris*	Shrub	Bengal; India	Shoot; Seeds; Roots; Leaves	Graminae	Antipytretic; Diuretic
63	Australian fever tree	*Eucalyptus globules*	Tree	Australia; India	Dried leaves; Gum; Oil	Myrtaceae	Antipyretic; Carminative; Anti-malarial

64	Nagphani	*Opuntia tuna*	Shrub	Central India	Fruit; Juice	Cactaceae	Antipyretic; Expectorant
65	Pan	*Piper betel*	Shrub	Central India	Leaves	Piperaceae	Antipyretic; Carminative.

Conclusion

Herbal medicine is making a comeback, and people all over the globe are taking notice. There is a critical need to create a quality standard for herbal medicines due to their significant impact on individual and community health. Chemical and pharmacological screenings are being conducted on the natural sources' diverse chemical structures. The correct exploitation of a vast biodiversity and large ancient literature in the light of current instruments and techniques allows for an assessment of Indian traditional medicine. It is important to do clinical research on medicinal plants used in folk medicine because they may have antipyretic or other pharmacological action. To guarantee the safety and effectiveness of herbal products, proper regulatory mechanisms are needed.

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