

# Herbal and Ayurvedic Medicines

## Description:

Indians are said to be having advantage of well-recorded and well practiced knowledge of traditional herbal medicine. Herbal medicine products are dietary supplements that people take to improve their health. Many herbs have been used for a long time for claimed health benefits. Herbal medicines are the combination of curative experiences of generations of practitioners of physicians of aboriginal systems of medicine from time immemorial. Herbal medicines are as well in huge demand in the developed world for health care for the reason that they are efficient, safe and have lesser side effects. They offer cure for various diseases which do not have any modern medicine like memory loss, osteoporosis, immune disorders, etc. Their use in the developed world has also increased. The herbal medicines today symbolize safety in contrast to the synthetics that are regarded as unsafe to human and environment. In the primeval times, the Indians sagaciously held the view that herbal medicines are the only resolution to treat numerous health related problems and diseases. Although herbs had been priced for their medicinal, flavouring and aromatic qualities for centuries, the synthetic products of the modern age surpassed their importance, for a while. However, the blind dependence on synthetics is over and people are returning to the naturals with hope of safety and security.

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**Keywords:** Books on Herbal Medicine, Herbal Medicines, List of herbal medicine, Herbal medicines and their uses, Herbal medicine books, Types of herbal medicine, Herbs List a Guide to Medicinal Herbs and Their Uses, Important Medicinal Plants, Uses of Medicinal Plant, Medicinal Herbs and Common Uses, Medicinal plants and their uses, Details about herbal medicines, What is herbal medicine?, Overview of Herbal Medicines, Descriptions of herbal medicines, Ingredients in herbal medicines, List of plants used i

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