

Assignment Task2.

Title: Herbal Medicines Compare to Conventional Medicine.

Programme: BSc (Hons) Health and Social Care [Level 5]

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Introduction

This report will be looking into the area of herbal medicine, which is an herb from part of plant or plant itself. Is being used for its therapeutic properties, flavour or scent to try to enhance or maintain someone health. The assignment we still went further to discuss on its origin and how it had been used and the different between herbal medicine which is still self-regulation and the statutory regulation system once like, biomedicine and some others, of which an evaluation will be carry out on them.

The paper is still going to go a little bit further to emphasize on this type of healing in the United Kingdom. Analyses his ethical consideration and we move on to examine as well, is efficacy and contraindication which will be subject to critical judgement. The value of these practice in tense of its regulation, present guidance and requirement for the provision and access to complementary treatment, within the healthcare surroundings in the country to meet current policy and legislation requirements for the use of herbal medicine therapy in healthcare system, will also be headlight in this assignment.

The History of Herbal Medicines

Herbal medicine can be described of being the practice of using material from plant for medicinal purposes. And it has always had a long tradition of use outside of conventional treatment, its earliest finding of human practice as being date back to during the excavations of 60,000-year-old Neanderthal sites. Such as, caves in northern Iraq. Various herbal therapy has evolved through traditional use within a particular cultural context, in some culture the tradition knowledge has being passed down from one generation to other orally and while in other culture is documented in writing texts. (Jandirk Sendker, 2017)

While in the 7th century, India witnesses the golden age of medicine. Seeing thousands of pupils started studying Ayurveda of which a lot of achievement was recorded by scholars at that time, such as the development of the maternity home, hospitals and growing of medicinal herb gardens. Which as for today be in a vigorous state with western medicine and actively promote by the government as a low-cost alternative to western treatment and had already got attention from medical scientist in Japan, West and World Health Organization. (SlidePlayer, 2021)

This form of herbalism treatment that is also called phytotherapy, botanical medicine or phytomedicine that refers to herbal preparation, herbal materials and finished herbal products that include plant extracts or any other materials as active ingredients. While some of the plant extraction might be roots, seeds, flower, fruits, leaves, and even in some case the whole plants to cure disease. Of which according to World Health Organization that 75% of entire world's population are turning back to herbs for their basic healthcare challenges. (Si-Yuan., et al)

Usage of herbal medicine

CINNAMON: is a popular spice, found in baked goods and all sort of recipes. It holds a compound that is responsible for cinnamon's medicinal properties called cinnamaldehyde, its potent antioxidant activity can reduce cholesterol and triglycerides in blood, help fight inflammation. Can also lower fasting blood sugars in diabetic patients by 10-29%.

HOLY BASIL: can help against infections and boost immunity system, it had been considered as a devoted herb in India which has the capacity to boost some part of the immune system by growing

specified immune cell in the blood and has been proven to decrease the level of blood sugar, before and after meal. As well as treating anxiety-related depression and anxiety. (Leech, 2017)

LAVENDER: has been long recognized for his sweet perfume, it had also boast medicinal advantage as an amiably antidepressant that may profit your nervous system. You can add the oil to your bath to remove tension, stress, and insomnia. It is used in cream to treat acne and sunburns. The fresh flower, taste nice in a small quantity when added to honey, salads lemonade, butter and shortbread cookies.

GINGER: is also popular herbal medicine spice different form alternative therapy. A lot of finding has shown one gram or more of ginger in the treatment of nausea can achieve a good result this may include nausea that is cause by sea sickness, morning sickness or by chemotherapy. And it also has anti-inflammatory properties that can assist with pain management. (Wilson, 2018)

GARLIC: this herbal product can help by cutting down the risk associate with heart disease by lowering the level of cholesterol and blood fats. The antiviral properties and antibiotic garlic mean that it can also fight sinusitis, colds and other respiration infection. (BetterHealth, 2020)

Efficacy

According to research finding on his efficacy, that some cultures have used this healing during pregnancy to enhance wellbeing of unborn baby or the mother, to help decrease vomiting and nausea, ease gastrointestinal problems, induce labour, treat infection, ease labour pains or prepare for labour. And the finding also suggested that one of the reason women with pregnancy use it is that they believe is more safe than conventional treatment. But, for pregnant lady with pre-existing condition like asthma and epilepsy, supplementation of herbal therapy with conventional treatment may further complicate their care. (Illamola., et al, 2020)

Contraindication

Just like any other conventional treatment, herbal medicines might have effect on someone, and can also be potentially harmful if not administer in the right way. It should always be used with respect and care the same way as conventional medicines. And may not be suitable for a person who is going to have surgery because some of these herbs may interfere with blood pressure and blood clotting, which may increase the risk of bleeding after or during operation.

Pregnant women, lady who are still breastfeeding and elderly should try to avoid herbal medicine, or they should find a way to speak to pharmacist or doctor for advice before trying to take herbal treatment. And, just like any other medicine, should be kept out of reach from children as well. (NHS, 2018)

Advantage and Disadvantages

Plant medicinal can be used to treat minor condition like burns, rashes, scrapes. They can as well be used at a very low cost to treat depression, arthritis and migraines. When compared to pharmaceutical drugs, you will find out is relatively low in price because they can be grown at home or bought at a local supermarket. Herbal medicine such as garlic, ginger, rhubarb can also be found in everyday foods that we eat or drink up. Christopher Golden from Harvard University make us to understand that, someone could save up to twenty-two to sixty-three percentage.

This therapy may come with a lot of advantages, it might also have its own disadvantage as well. Firstly, when compared to pharmaceuticals, these remedies take longer time to work and in case an individual decides to have the herbal alternative to pharmaceuticals, she or he must be very patient. Is often self-administered, because of this there is no specified warnings.

It is also important to know that some of the plants may poison someone rather than cure. This may be the case; certain part of the plant may be poisonous and other part may be edible for example the leave of rhubarb when prepare as an herb without the knowledge. This might put individual at the risk of harming others or themselves.

Ethical Consideration

Social Value: the researcher interest is to meet the expectation of the society, which may be expressed as social value. it may however change from one place to other due to diversity of the traditions and cultures. But for the seek common public health it will be important for defining the efficacy and safety of this healing for different kind of medical condition such as malaria.

Scientific Validity: regarding the research of this therapy appropriate science, needs to be involve in the research investigation. Moreover, collaboration may be the hallmark for herbal treatment, the scientific validity of this subject is a special ethical obligation that we address the specific scientific challenges. And it will also guide the formal structure of the required study design and lastly, determines the strategies for exclusion and inclusion of study subjects.

Collaborations and partnership in research: as this are going to permit quality findings in global scientific careful examination, in international herbal medicine. As this will greatly improve the adverse and independent reporting of events in herbalism systems research, as is going to help recognized the risk benefit ratio for use of herbs treatment in finding. (Mutua et al., 2016)

Regulation

Not until recently, I will say vast majority of herbal medicine in the country were assent from regulation, which called for concerned regarding the safety and quality of the preparations of some of this herbal product, because of they were a lot of unlicensed herbal therapies in the past, a scenario that was granted through the act of exempting within two part of the medicinal Act 1968. Section 12.1 of the Act permit unlicensed herbal product to be furnish to a single person, following a one-to-one private consultation. While still on the same Act, the section 12.2 permits the supply of the unlicensed and manufacture of the herbal therapies without a discussion with patient, provided specific exemption condition were met by the product. (RPS, 2021)

Statutory vs Voluntary Regulation

On this issue there was division regarding this aspect, moreover they should be acknowledgement of public intelligence in the level of its safety existence. Statutory regulation will protect your title and provide the fundamental principle for best practice and facility to keep in force appropriate sanction and will improve the safety of the public compare with self-regulated.

Self-regulation: the bigger issue of the whole things is what we do with people outside the practice, voluntary regulation does not allow this to happen, will not promote dialogue, referral or greater integration with other health care professional as this may depends on individual relationships, not direct referral in a formal way. But better integration will be allowed by statutory regulation e.g.,

referral for depression, auto-immune diseases, cholesterol, digestive problem and diabetic complication where simple orthodox solution is not available. (GOV.UK, 2015)

The department of health evidence shows that the government there is no need for them to single out another CAM body for distinct regulation. Moreover, they go on to say: “there is opportunity for the bigger profession to follow the pathway of chiropractors and osteopaths in acquiring statutory self-regulation, and this would definitely serve their profession meritoriously. (Parliament, 2000)

Traditional Herbal Medicine (THR)

You must register and apply with traditional herbal registration (THR) in UK before you can sell any traditional herbal medicine product. Traditional herbal medicine we only approve it, if the use of the medicine is for minor health problems, where professional medical supervision is not important. But, if there is claim that shows your traditional herbal medicine can treat serious health issue. Before you place it on the market, you need to apply for the marketing authorisation, and for you to apply all these documents must be provide with your application.

Include the product scientific prove relating to the quality, safety traditional use of the herbal treatment. Technical dossier that covers the quality of the therapy ingredient in (eCTD) the electronic Common Technical Document, which is the format for traditional herbal medicine. A safety review with a professional, report including non-clinical and clinical safety environment carried out by either, registered pharmacist or doctor. Member of a professional body, who is an herbal practitioner. A summary of the characteristic of the product, patients’ information leaflet and mock-up label. (Gov.uk, 2021)

General Approach

Compliance with GMP and GACP: is vital to produce best quality herbal remedy. The whole of the production procedure, starting from the cultivation to ending and the sale of the products, must stay attached rigorously to these two sets of practices. The topic cover in these guidelines should therefore be read in conjunction with GMP and GACP in a strenuous attempt to generate best quality product for the international and local markets.

Foreign matter: this include animal contamination including animal excreta, insects and other species of plants that is not acceptable sample of best quality of medicinal plants is consider as foreign matter, that is found in the samples of herbs should not exceed the limit set in regional, national or international pharmacopoeias.

Contaminants: the require amounts of non-metals and toxic metals in therapies plants materials can be given due to (PTI) provisional tolerable intake values, which supposed to be recognized on a national or regional basis. (WHO, 2007)

Recommendation

The government should put into consideration further research about most the herbal ingredient and composition. Also, consider the possibility of systematic review of herbal mixture. A sketch plan on the existing regulation policy should be investigate. And again, Department of Health, MHRA, and all the relevant government agencies do a general survey on most active herbs and consider using it to assist the government evaluation on the position of herbal product, regarding statutory regulation.

And, again for the authority to arrange a voluntary umbrella that is comprises of educated herbal practitioner and professional from conventional medicines to establish herbal medicine academic infrastructure to research and develop training for herbal practitioners to get them up to western standard.

Conclusion

This assignment had made me to conclude that herbal medicines will still have a big role to play when it come to healing because there is no one way to human cure in regards of sickness and they will always be a place for herbs remedies. It also shows how important is regulation when it come to selling of product. Had it has really help to structure the health sector in the country, to make sure that, before anything gets to member of the public has been monitor and control by the relevant organization.

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