

Alternative Medicine: Health Safety and Therapeutic Potentialities

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Since ancient time, ethnomedicine plays a vital role for curing various diseases for its lucrative and ease of use [1]. For primary health care, 70-80% of the peoples in the developing countries relies on medicinal plant and the tendency of using ethnomedicine was also gradually increasing in the developed countries as it has almost no side effect [2]. Ayurvedic medicine (also known as Ayurveda), Indian traditional medicine recognized as complementary and alternative medicine [3]. Despite the lacking of scientific verification of the effectiveness and the safety of medicinal plant but due to cost-effectiveness and lacking of side effects, the using trend of ethnomedicine is becoming more popular as a complementary and alternative medicine. Besides the documenting of ethnomedicinal value of medicinal plant, molecular evidence based scientific validation of traditional medicinal plant has been important path of modern research. Though medicinal plants possess enormous ethnomedicinal value and reported to be used as traditional medicine to cure many diseases but their efficacy and safety is not scientifically proved. More recently methanolic extract of the aerial part of *Persicaria chinensis* L. [4,5], and *Phyllanthus acidus* [6,7] strongly ameliorated gastritis and hepatitis in mouse and at molecular level inhibiting Src/Syk/NFkB and MAPK both *in vivo* and *in vitro*. In recent decades pharmaceutical companies and researchers attention has been focused on natural products as a wealthy resource for drug discovery and development because the merit of diversified health benefits and therapeutic potentialities due to the presence of pharmacologically active compounds. Advance studies needed to focus on effective doses of active natural compounds for clinical trials and should be focus on bioavailability, permeability and safe doses to offer natural active compounds as a most prospective novel candidate for future drug development.

Keywords: ethnomedicine; bioavailability; *Persicaria chinensis*

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