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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 pyrexia. 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, and medicinal plants constitute the only readily available option for the majority of our people. Herbal 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



Table no. 1 List of plants used as the Antipyretic²⁻¹⁶

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



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



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



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|----|----------|---------------------|-------|---------------|--------------|------------|------------------------------|
| 64 | Nagphani | <i>Opuntia tuna</i> | Shrub | Central India | Fruit; Juice | Cactaceae | Antipyretic; Expectorant |
| 65 | Pan | <i>Piper betel</i> | 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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