

# Possibility of Pharmaceutical Manufacture of Improved Traditional Medicines by Using Medicinal Plants

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## Short Commentary

Traditional medicines and natural goods are quite important. The goal of this study is to conduct a literature evaluation on the relationship between natural products, traditional remedies, and health. Current medicine as well as to investigate the various notions and theories that could be used. Natural goods and traditional medical techniques are to advance the field of drug discovery. Due of their effectiveness, traditional medicines are increasingly being used by varied groups in many regions of the world. With the rise in obesity, playing a vital part in preserving good health is becoming increasingly important research and public awareness. Traditional medicine encompasses health practises, approaches, knowledge, and beliefs that include plant, animal, and mineral-based medicines, spiritual therapies, manual techniques, and exercises used singly or in combination to treat, diagnose, and prevent illnesses, as well as to maintain well-being. Traditional medicine has been increasingly popular in Cameroon in the last decade, owing in part to the country's lengthy unsustainable economic state. Once a year, the global market price of medical plant products tops \$100 billion.

Despite recent scientific advancements and globalisation, traditional medicine and complementary/alternative medicine are still regarded main health-care options in resource-constrained regions. Since the dawn of time, the herbal medicinal system has been proposed and established via empirical observation and trial and error trials to maintain good health and treat maladies and disorders. Cancer, malaria, paediatric disorders, cholera, sleeping sickness, different infections, and hereditary diseases have all claimed many lives since ancient times. Early man's herbal medication allowed them to survive till the development of western pharmaceuticals. Emergent and resurgent infections, as well as pathogen resistance to common antibiotics, can now be treated with traditional medications. As a

result, to meet the world's demand for new phytomedicines that are more effective, non-toxic, and inexpensive, tropical forests can offer pharmaceutical laboratories with a variety of plants with extraordinary medical properties. Unfortunately, local therapists prepare herbal remedies in a very poor manner. The goal of this study was to use an antihyperglycemic plant as an example and describe the various steps of a standard herbal medication production. To attain this goal, an ethno pharmacological study of 146 local therapists allowed us to select herbal mixture used by late madam Tapongou Martine of Fongo-Tongo in Cameroon's West Region.

Cameroon's Institute of Medical Research and Medicinal Plant Studies, as well as other faculties of medicine and biomedical sciences, support highly innovative initiatives in the field of ITM development. Many medicinal plants are commonly used in traditional medicine, including *Prunus Africana*, *Pausinystalia yohimbe*, *Marina Lucida*, *Laportea oval folia*, balsam pear, periwinkle, and *Moringa oleifera*. Traditional medicines and natural goods are quite important. Traditional Chinese medicine, Ayurveda, Kampo, traditional Korean medicine, and Umami have all been practised in different parts of the world and have evolved into well-organized medical systems.

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