



Anti-aging: treatment with medicinal herbs and home remedies

Felicity Rusakanika¹, Munyarads Stray²

1. Department of Immunology, Switzerland

2. Department of Biological Sciences, Germany

Correspondence:

Department of Immunology, Switzerland, E-mail: fel.nika@yahoo.co.uk

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General Note



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ABSTRACT

Man has used plant drugs for health care. Medicinal plants are used in treatment and prevention of various health problems from simple to complex disease thereby improving the quality of life. The use of medicinal plants for memory enhancing and anti-aging is popular among the peoples all over the world. In this work, we aimed to screen the commonly used plants, the mode of preparation and administration, sources of plant materials and efficacy of herbal drugs to treat anti aging. We investigated that Plants, in the form of herbs, spices and foods, constitute an unlimited source of phytochemicals available for improving human health including memory improvement and aging.

Keywords: Anti aging, medicinal herbs, Drugs, anti oxidants

Abbreviation: ALA - Alpha Lipoic Acid, CFS - chronic fatigue syndrome

1. INTRODUCTION

Medicinal plants have played an essential role in the development of human culture. Plants are directly used as medicines by a majority of cultures around the world. Many of the modern medicines are produced indirectly from medicinal plants. Medicinal plants are resources of new drugs. Studying medicinal plants helps to understand plant toxicity and protect human and animals from natural poisons (Adewusi et al. 2010). Cultivation and preservation of medicinal plants protect biological diversity. The medicinal effects of plants are due to metabolites especially secondary compounds produced by plant species. Herbal medicine, known as phytotherapy, refers to the use of plants or plant parts for its scent, flavor or therapeutic properties (Aggarwal et al. 2007). The use of medicinal herbs is based on unique traditional medical theories that had been developed in different geographical regions.

Anti-Aging

Aging is a natural process in all living organisms. It is a universal biological process that leads to progressive and deleterious changes in organisms. The goal of anti-aging medicine shifts from prolonging lifespan to health span. In recent years, study of herbal medicine has received increasing attention in aging research. Premature aging skin is one of the challenges before those who want to keep their skin youthful for longer periods of their lives. People, especially women, take many anti aging measures for skin care so that they may delay the process of aging which is represented by loosened skin (Chiba et al. 2002). Anti-aging medicine is the pinnacle of biotechnology joined with advanced clinical preventive medicine. It helps for the early detection, prevention, treatment, and reversal of age-related dysfunction, disorders, and diseases. It is based on principles of sound and responsible medical care that are consistent with those applied in other preventive health specialties (Oladele et al. 2011). The anti-aging medical model aims to both extend lifespan as well as prolong health span - the length of time that we are able to live productively and independently.

2. IMPORTANT ANTI-AGING HERBS

Onion - It has antioxidants like quercetin and kaempferol, which fight cancer and inflammation, and boost immune function. They can also lower bad cholesterol and help to reduce the risk of stroke and heart attack.

Holy Basil (Tulsi) - It is an antibacterial, antifungal, and anti-inflammatory plant that has been used to fight cancer and prevent diabetes. It has long been heralded in the ancient Indian ayurvedic medicine. It also reduces the intensity and negative impact of stress.

Mushrooms – It is effective in boosting immune system and fighting cancer. It is an excellent source of antioxidants as they contain polyphenols and selenium.

Coffee - Two cups of coffee each day is said to protect against heart disease, respiratory problems and diabetes, according to Kilham. It might reduce the risk of stroke and infections.

Turmeric – It Contains curcumin. It is a powerful root that can boost cardiovascular function, enhance the immune system and improve brain function. Because of its superior anti-inflammatory properties, it can also be used as a pain reliever. It is also used to treat a wide variety of conditions, including flatulence, jaundice, menstrual difficulties, bloody urine, hemorrhage, toothache, bruises, chest pain, and colic.

Alpha Lipoic Acid (ALA) - It is a powerful antioxidant that helps to protect the body from free radical damage. It also helps to recycle other antioxidants like vitamins E and C, giving greater protection against free radicals. Free radicals are to blame for aging and disease, including skin damage and wrinkling.

Bilberry – It is highly packed with antioxidants. It is a potent medicine against many age-related concerns. It is helpful to preserve vision and prevent degenerative eye diseases.

Garlic (*Allium sativum*) - It is renowned for its potent effects on viruses and bacteria, but it also reduces cholesterol levels and helps lower blood pressure. In one Japanese study, garlic slowed age-related memory loss in animals.

Ginkgo (*Ginkgo biloba*) - It is also called maiden hair tree. It helps to increase blood flow to the brain, one of the areas that are commonly affected by aging. European research shows ginkgo's capacity to help people with Alzheimer's disease and other forms of dementia to become more sociable and alert. 60 to 240 mg of standardized ginkgo extract can take per day.

Ginseng (*Panax ginseng*) - It is considered as the Fountain of Youth. It tones the skin and muscles, improves appetite and digestion, and restores sexual energy. It is also used for depression, anxiety, chronic fatigue syndrome (CFS), for boosting the immune system, and for fighting particular infections in a lung disease called cystic fibrosis.

Gotu Kola (*Centella asiatica*) - Frequently used in India to improve memory and extend longevity, gotu kola is excellent when made into an herbal tea.

Horsetail (*Equisetum arvense*) - It is rich in the minerals silicon (10%), potassium, and calcium. It plays a role in increasing the silicon in arteries, skin, bones, cartilage and connective tissues. It is also available as a tea.

Milk Thistle (*Silybum marianum*) - Silymarin, an active ingredient in milk thistle stimulates liver cell regeneration to help the liver rebuild after it has been damaged. A standardized extract of 140 mg of silymarin per day is suitable to help protect and repair the liver. It has been reported to work as antioxidants scavenging free radicals and inhibiting lipid peroxidation.

Peppermint (*Metha peperita*) - In addition to helping with digestion and gastrointestinal problems linked with aging, peppermint contains antioxidants that help prevent cancer, heart disease, and other age-related disorders. It is readily available as an herbal tea.

Vitamin D - It helps to protect against bone loss linked with aging, as well as many chronic illnesses like diabetes, cancer, and heart disease. Staying free of these diseases can certainly help you live a longer, healthier life.

Anti Aging Home Treatment

Wrinkle Removal - Use of egg whites to remove wrinkles under eyes. It helps to maintain skin elasticity. Few drops of oils-sandalwood, geranium, rosewood, rose jasmine, neroli, and frankincense. Mix these oils with primrose oil or other base oil of choice. It is one of the best homemade anti wrinkle lotion that can save from aging signs.

Pigmentation - slices of raw potato and rub on the areas having dark spots or pigments. Few drops of lemon juice on face help to remove blemishes and age spots.

Skin Dryness - Honey, is a good remedy for dry skin. Egg yolk and honey is another best solution for dry skin care. Eating food rich in minerals, proteins and vitamins is very much helpful in overcoming dry skin. Applying clarified butter or milk cream for a couple of days before going to bed is very effective for curing cracked lips.

3. CONCLUSION

Medicinal plants are potential renewable natural resources. All cultures from ancient times to the present day have used plants as a source of medicines. The greater part of traditional therapy involves the use of plant extracts or their active principles. Take traditional forms of medicine more seriously and explore the possibility of utilizing them in primary health care. Promoting traditional medicines through government health centres gives the Indian medicinal heritage a status equal to allopathic medicine.

SUMMARY OF REVIEW

If we understand the vital energy concept of herbal medicine, we can use modern scientific knowledge to disclose the biological mechanisms of antiaging herbal medicine. We may help prevention and intervention of aging-associated neurodegenerative diseases. It isn't necessary to take all of the above herbs and nutrients to benefit from their anti-aging properties. Even one or two taken consistently can help. Start by drinking horsetail, gotu kola, or peppermint tea regularly and eating more curries with garlic and turmeric is enough to treat anti aging.

FUTURE ISSUES

Further research in the areas of Phytochemistry and Pharmacology leads in the development of novel drugs with little or no side effects.

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