Herbal Drugs Used in To Cure Different Types of Skin Disorders

By

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Bachelor of Pharmacy (Hons.)

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Declaration

It is hereby declared that

1. The thesis submitted is my own original work while completing my degree at Brac University.
2. The thesis does not contain material previously published or written by a third party, except where this is appropriately cited through full and accurate referencing.
3. The thesis does not contain material which has been accepted, or submitted, for any other degree or diploma at a university or other institution.
4. I have acknowledged all main sources of help.

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Approval

The thesis titled "**Herbal drugs used in to cure different types of skin disorders**" submitted by Farhana Rahman (ID: 16346040) of Summer 2016 has been accepted as satisfactory in partial fulfillment of the requirement for the degree of Bachelor of Pharmacy (Hons.) on Summer 2022 intake.

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Ethics Statement

This study does not involve any human or animal trial and its totally based on research and raw data analysis.

Topic Name: Herbal drugs used in to cure different types of skin disorders

Abstract

Herbal remedies are typically used to prevent illness and treat persistent health issues rather than emergencies. Herbal therapy for skin problems has been used for thousands of years. However, its use grows when conventional Medicine is inadequate in treating diseases such as advanced cancer and emerging infectious infections. The giant apes, who are genetically quite close to us, also employ herbs for treating illness. Since different regions had access to different plants, different herbal treatments emerged and were traded. Many regional herbal medicine systems have emerged around the globe, including in Europe, the Middle East, Africa, India, China, Japan, Australia, and the Americas. Herb combinations created as part of traditional Chinese Medicine (TCM) in China and the Ayurvedic herbs of India (Kapoor, 1990) are two renowned systems that are still in use today (Xu 2014). Purified extracts and synthetic chemical medications in popularity in Europe and the United States replaced plants. Herbal treatments and organic farming have both reentered popularity in recent years. This may be attributed partly to the growing awareness of the dangers of synthetic pharmaceuticals and the widespread trend toward a return to nature. To a lesser extent, patients and doctors are increasingly interested in using herbal therapies, including treatments for skin conditions. Herbal remedies that have been used for generations are the subject of rigorous scientific investigation in Asia, particularly in China and India. Herbal products and their intended applications in Germany are monitored by Commission E. (Blumenthal et al. 1998). Other than their use as food supplements, herbal products in the U.S. are not governed by any federal law at the present time. There are no regulations governing potency, quality, or dosage consistency. No rules are in place to control which herbs can be sold for which purposes.

Keywords: skin, diseases, herbal drugs, plant, human body, inflammation, a cure.

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Chapter 1 Introduction

Herbal treatments with clinical efficacy supported by scientific data are included in this study, as are some of the more often-used herbs for dermatological conditions (Ahuja,2021). This chapter also includes information about each plant's safety to help doctors determine which herbal medicines to utilise in practice. This topic also includes the potential for medication interactions and herbal Medicine adverse effects in a dermatological environment.

Background of the study

There is evidence of Ayurvedic Medicine in Asia as far back as the third millennium B.C. Ayurvedic Medicine is based on a combination of Western physiology and Eastern holistic practises. It is predicated on the idea that five energy elements—earth, water, fire, air, and space—make up the human body. The three doshas, seven dhatus, and three males are all results of the interplay between these five constituents (waste products). Diseases can be traced back to any one of the three doshas being unbalanced. An intricate technique of assessing the patient's physical findings, pulse, and urine, as well as an eight-step comprehensive examination of the patient's body and mind, are used to arrive at a diagnosis. Depending on the results, a patient receives care specifically designed for them.

Western herbal Medicine evolved from traditional practices. It all started in the early days of American colonialism when colonial women began using homemade botanicals (Winslow and Kroll 1998). The indigenous people of North America significantly impacted the development of herbal Medicine in the United States. The Iroquois' use of plants for medicinal purposes in the northeastern United States was widely known to the colonists (Herrick 1995). The "eclectics," a group of physicians active in the nineteenth century, adapted and employed these practices from

Old-World Europe and Native America. Herbal Medicine in the United States continues to evolve, drawing from European and Chinese traditions.

Skin disorder

Disorders of the human skin are common. Included are hives, acne, blocked pores, itchy skin, and cancer of the skin. Allergies, dry skin, inflammation, and rashes are all potential triggers for such conditions. Some diseases run in families, while others can be triggered by exposure to the elements or poor nutrition. The ugliness and difficulties of skin disorders make them one of the most challenging illnesses to adjust to. This is especially true when the face is affected. Treatments for skin infections typically take weeks or months to show any signs of improvement. Thanks to advances in skin grafting, laser treatment, and plastic surgery, cutaneous scars can now be efficiently removed.

Types of skin disorders

❖ Alopecia Aerate	❖ Rosacea
❖ Ichthyosis	❖ Atopic Dermatitis
❖ Epidermolysis Bullosa ❖ Pemphigus	❖ Hidradenitis Suppurativa (HS) ❖ Sunburn
❖ Skin Cancer.	❖ Scalp Cancer

Herbal drugs and classification

Herbal Medicine refers to the scientific study of medicinal plants and their traditional use in Medicine. Herbs are defined as any plant or plant part used for its aromatic, culinary, or medicinal properties. Herbal remedies are made from the active ingredients of plants, such as their roots, flowers, fruits, and leaves. The safest treatment option is a specific type of nutritional supplement. Herbal remedies are risk-free since they are all-natural and made from plants and minerals. Tablets, capsules, powder, and teas are just some of the many delivery systems available for herbal treatments. Herbal remedies often contain natural substances like turmeric, honey, aloe Vera, and ginger. Even though there has been minimal scientific confirmation of the safety and efficacy of herbal medicines in the twenty-first century, they have consistently outperformed modern medications in treating skin disorders. Herbal medicines have a longer duration of action than conventional ones (Bhowmik,2010). Many falsely assume that anything labelled "natural" is automatically safe and beneficial to their health. The opposite is often true. Not all drugs, including herbal remedies, must undergo the same rigorous testing procedures. Ephedra and comfrey are only two examples of potentially deadly plants. There may be unfavourable interactions between herbs and OTC and prescription drugs.

Types of Herbal drugs

- Camellia sinensis L. (green tea)
- Rubia Cordifolia (Manjistha)
- Aloe broadens Miller (Aloe Vera)
- Azadirachta indica (Neem)
- Ascorbic Acid (Vitamin C)

- Chamomile
- Turmeric
- Ginger
- Valerian, etc.

Objectives

- To know better about skin disorder for lacking herbal drugs
- To know better about herbal drugs for mankind
- To know the remedies and possible treatment of Herbal drugs

Chapter 2 literature review

Plant based drugs

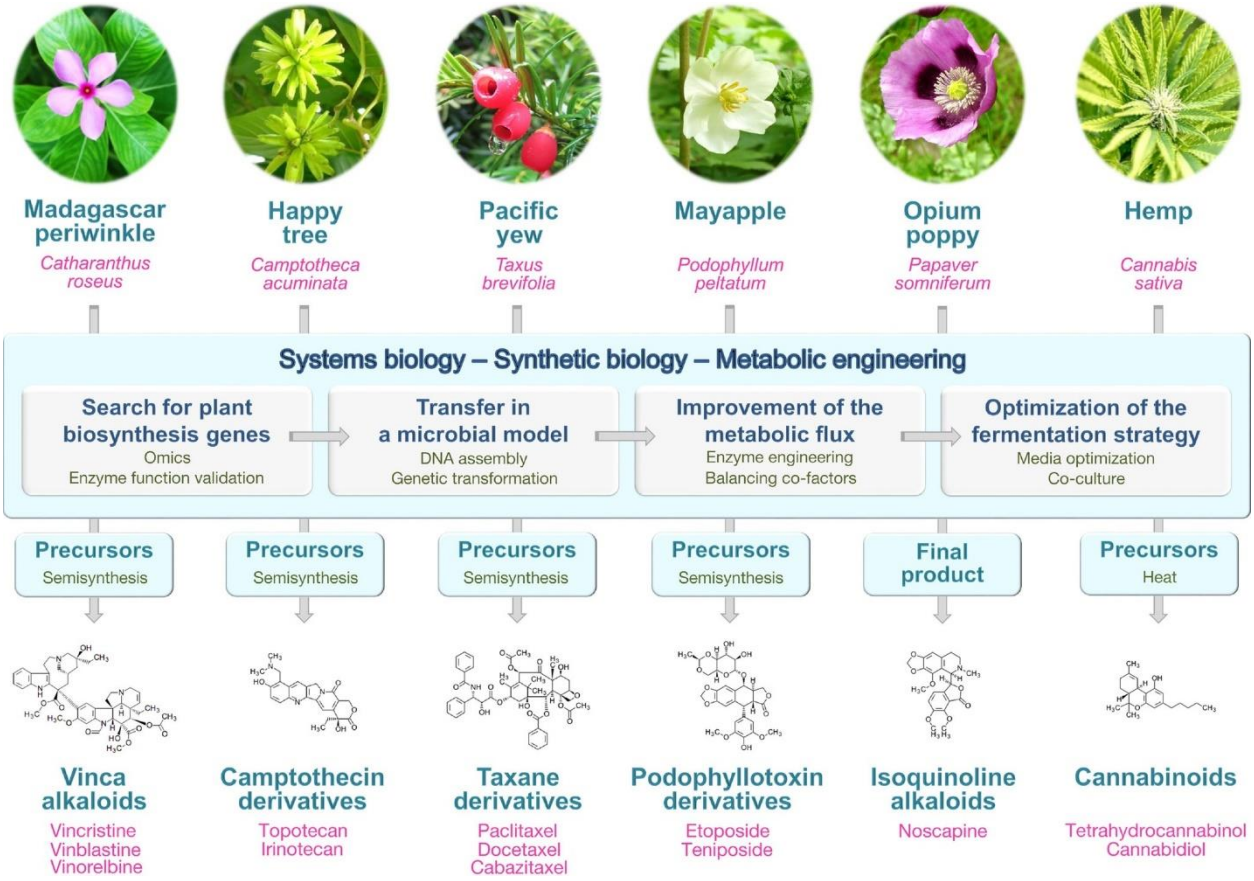

Figure 1 pant-based drugs classification

Source: Mein, (2021)

Notably, the herbal plants were analysed for several bioactive compounds such as alkaloids, phenolics, glycosides, terpenes, lignans, quinones, flavonoids, tannins, coumarins, curcuminoids, etc. Many plant-based drugs and cosmetics have promising futures in treating and preventing many skin problems.

More in-depth studies are needed because of the increasing usage of herbal remedies for skin problems (Gupta,2017). Nontoxic and abundant in nature, medicinal plants play a crucial role in the pharmacological study and drug development. They are also used as therapeutic agents or pharmaceutical intermediates in their own right. Many ailments that are challenging or impossible to cure with conventional Medicine have natural therapies that make sense. Because of this, several plants have been studied for their ability to heal skin disorders, including itching and skin cancer. There have been 31 plant species reported to be effective in treating various skin disorders throughout the past 17 years (1995-2012).

Current implement of herbal drugs

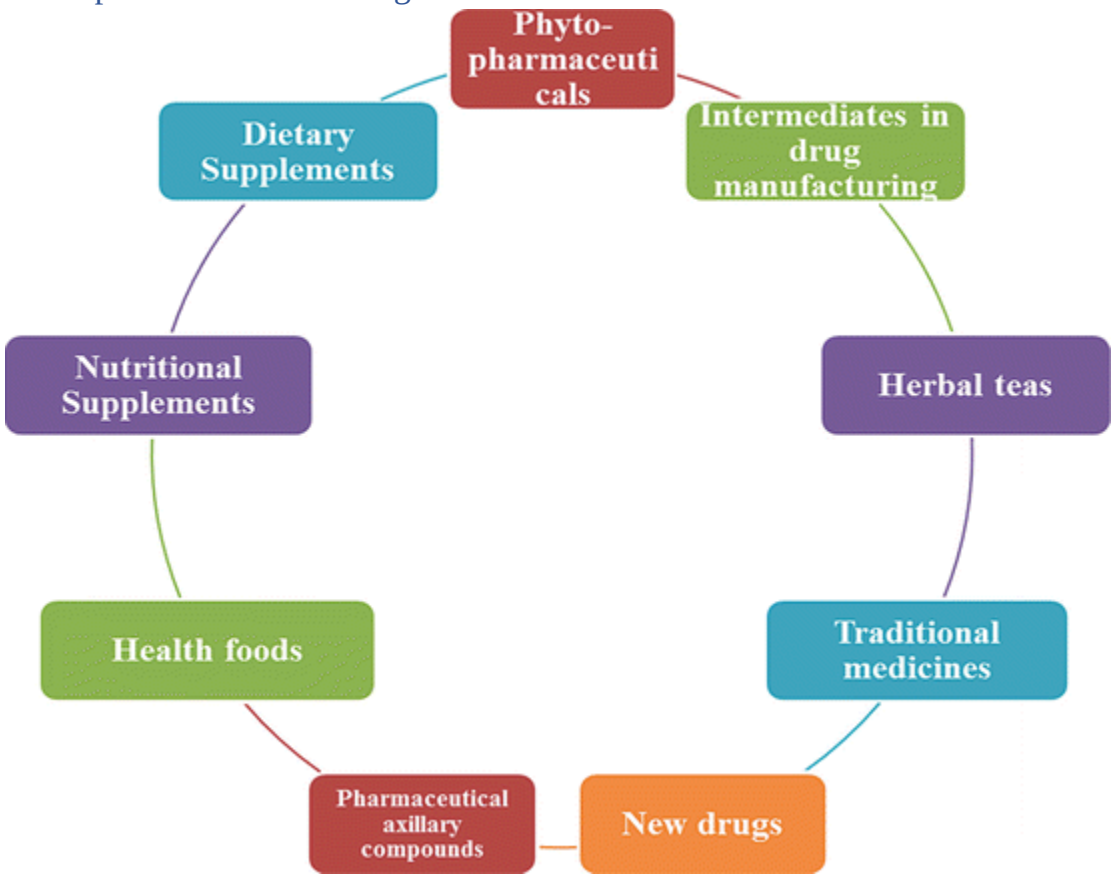

Figure 2 cultural and historical status of herbal drugs

Source : Kim , (2018)

Recent years have seen a rise in the prevalence of skin disorders as a direct result of the Human Immunodeficiency Virus and Acquired Immunodeficiency Syndrome (HIV/AIDS), which are linked to immune system deficiencies. The study was conducted in South Africa. They had the highest HIV infection rate in South Africa, which rendered them more susceptible to a wide variety of skin problems. In this region, fungal infections are widespread as a result of the hot heat and the overcrowding that occurs in the homes. Burn incidents are also common due to the predominant use of wood as a fuel for cooking. It is healthy knowledge that the lay people in this region rely on medicinal plants as their primary source of medical treatment.

The fact that most respondents preferred traditional Medicine over allopathic treatment lends credence to earlier research on the significant role that traditional Medicine may play in the primary healthcare system in rural communities like this one. In order to have a better understanding of the anti-infective role that each plant plays, research is now being conducted to validate the potential of these plants both individually and in their many combination forms.

Disorders of skin

Disorders of the skin are common everywhere in the globe and account for roughly 34 per cent of all occupational diseases. One of the five main reasons people go to the doctor is because of these conditions, which can strike people of any age, from newborns to seniors. The Human Immunodeficiency Virus and Acquired Immunodeficiency Syndrome (abbreviated as HIV/AIDS) have been linked to several skin illnesses in recent years, leading to heightened worry over these conditions. According to Tschachler et al., more than ninety per cent of HIV-positive persons will, at some point throughout the disease, experience cutaneous and mucosal problems. Skin conditions are a significant public health burden, not just in affluent nations but also in less developed ones. For instance, in the United States, skin infections caused by methicillin-resistant Staphylococcus aureus (MRSA) result in approximately 126 thousand hospitalisations yearly.

MRSA infections

In contrast, invasive MRSA infections result in approximately 94 360 infections and 18 650 deaths yearly, a rate higher than that of AIDS. According to the World Health Organization (WHO), burns have also been a severe public health concern due to the worldwide increase in burn fatality rates. This trend can be traced back to the industrial revolution. Fires are among the top 15 causes of mortality in South Africa, children and young people between the ages of 5 and 29. They are responsible for over 19,500 fatalities yearly and rank among the top 15 causes of death. In addition, those who have suffered burns are at risk of developing severe Pseudomonas aeruginosa infections,

which frequently result in death. A significant contributor to the transmission of skin diseases is the presence of socioeconomic factors such as overcrowding in residential settings. In addition, weather conditions that are hot and humid make skin infections much more severe.

Medical resources

It has been discovered that traditional medicinal resources, particularly plants, can play a significant role in the management of skin problems. They have been utilised in treating skin conditions in a significant number of nations worldwide, where they contribute substantially to people's primary health care. When treating skin conditions, the vast majority of people in South Africa, particularly in rural areas, continue to rely significantly on medicinal plants. This should not come as a surprise given that South Africa is home to more than 24,000 species of higher plants, of which roughly 3,000 plant species have been recorded as being used by different cultural groups as part of their materia medica. In addition, a significant amount of research is being done on using medicinal herbs to treat skin disorders. This was noted in a recent assessment, in which more than a hundred plant species were identified as being of interest when examining the traditional medicinal plant usage in southern Africa to treat skin problems. The material included in this research was easily accessible. There has been sufficient attention given to follow-up research on other traditional uses of medicinal plants, such as for treating stomach ailments, sexually transmitted infections (STIs), respiratory complaints, and so on. However, there needs to be more attention given to the ethnobotanical plant use for skin diseases in remote geographical areas, such as that of northern Maputaland. In the past, two separate studies on the medicinal plant applications of the Khoi-San reported a total of 18 plant species used to cure various skin conditions. The "coloured" (mixed-race) people of the Western Cape Province used 57 different plant species to treat their skin conditions. The traditional healers of the Bapedi people in the Limpopo Province used two different types of exotic plants to treat wounds. Both of these studies

were conducted in the Western Cape Province. In the Eastern Province, two ethnobotanical studies were conducted, and the results recorded eight different plant species that the Xhosa people use to cure skin conditions.

Chapter 3 methodology

The Use of Herbal Medicines in the Treatment of Dermatological Conditions

Herbal remedies are a practical option for treating the majority of dermatological conditions. Below is an alphabetical listing of the disorders.

Major issue in Acne

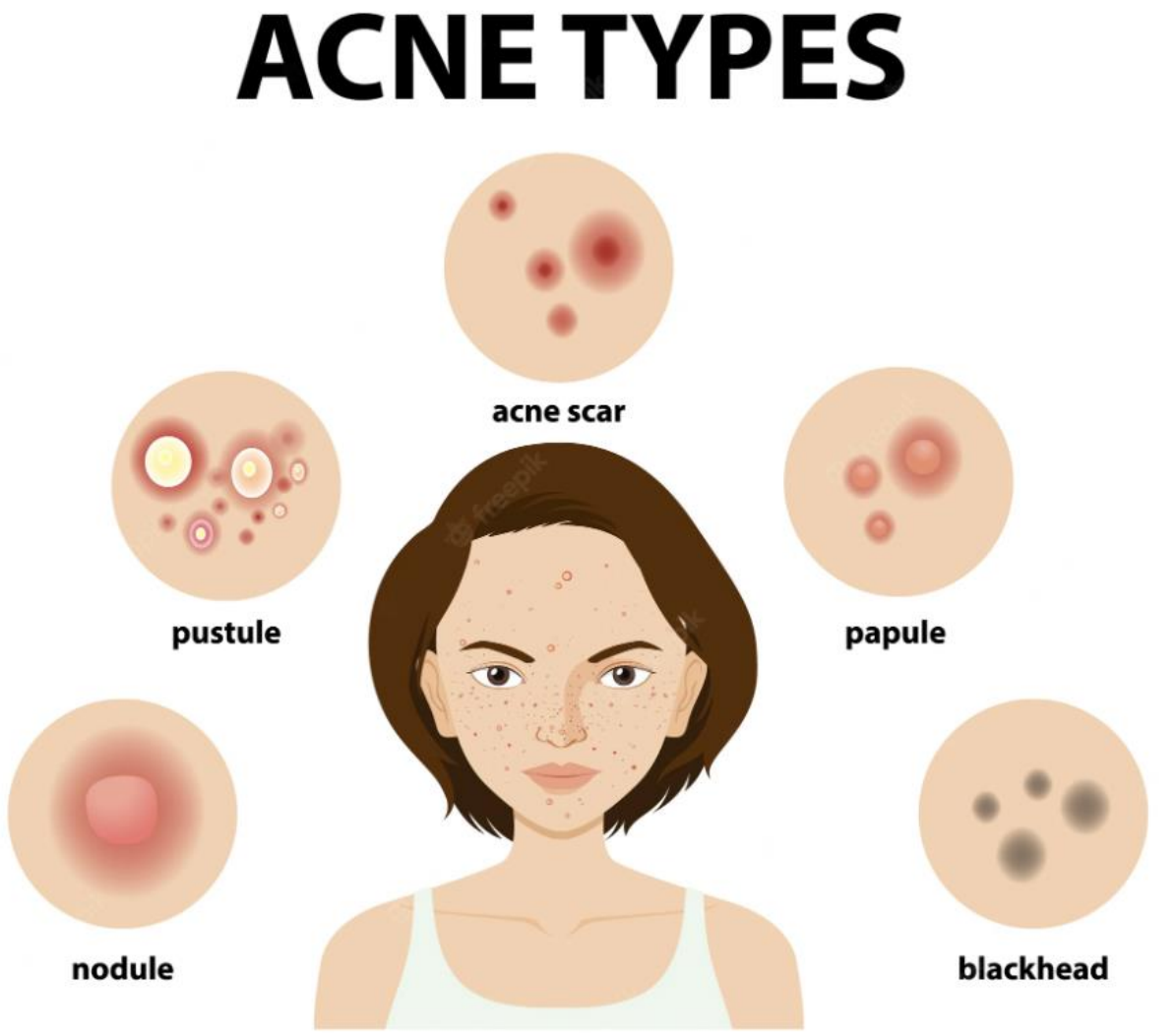

Figure 3 Acne Details

Source : Ben , (2019)

The expo, when used topically, the capabilities of fruit acids, including citric, gluconic, gluconolactone, glycolic, malic, and tartaric acids, when used promise in treating acne. To treat inflamed and noninflamed acne lesions, gluconolactone was shown to be as effective as 5% benzoyl peroxide and more effective than placebo in one research (Hunt et al. 1999). The primary negative side effect of fruit acids, especially at higher doses, is irritation. They are considered a Class 1 food when found inside the fruit.

Natural astringents like tannins are used topically to cure acne. Making a decoction with 5 to 10 g of the herb in 1 cup (0.24 L) of water yields an extract of witch hazel (Hamamelis virginiana) bark frequently used as a home treatment. If used topically, witch hazel has a Class 1 safety rating, posing no risk to the user. White oak and English walnut tree bark are also helpful in producing similar astringents. These concoctions can be used twice or thrice a day after straining. Most commercially available products lack astringency because tannins are removed during the distillation process.

Australian native Melaleuca alternifolia's leaves are pressed for their essential oil to produce tea tree oil. About 100 different chemicals may be found in it, mostly plant terpenes and their related alcohols. Researchers tested a gel containing 5% tea tree oil and 5% benzoyl peroxide on 124 participants. Although tea tree oil did not work as quickly as benzoyl peroxide, it showed statistical improvement in the number of acne lesions after three months. It had a significantly lower incidence of adverse effects like dryness, irritation, itching, and burning. Poisoning if ingested and allergic contact dermatitis have both been reported seldom. The monoterpene breakdown products in tea tree oil appear to be the sensitising agents rather than the monoterpenes themselves. Therefore, topical therapy is entirely secure.

Acne that appears before a woman's period can be effectively treated with vitex (Vitex agnus-castus) taken orally. The pituitary gland's follicle-stimulating hormone and luteinising hormone levels may be affected by the whole-fruit extract's amphoteric hormone-regulating activity, which raises progesterone and lowers oestrogen. Classified as 2b, 2c, and 2d substances, it may reduce the efficacy of oral contraceptives. According to the German Commission E monographs, the daily dosage should be 40 mg. Itching and stomach pain are the most common reports of side effects. Women who are pregnant or breastfeeding should not take it.

Acne may respond well to bitter herbs because they promote digestion and, by extension, acid production. Brewer's yeast (Saccharomyces cerevisiae) and bittersweet nightshade (Solanum dulcamara) were both authorised by Commission E for the treatment of acne due to their antibacterial properties (Fleming 2000, 118). Duckweed (Lemna minor) is applied topically for acne treatment in China (Fleming 2000). In addition to topical and internal applications, herbal combinations are widely utilised in China for the treatment of acne (Xu 2004).

Synthetic pharmaceuticals

Synthetic pharmaceuticals are used to explain symptoms created by particular disorders and are understood by scientific pathology. On the other hand, herbal medications are applied directly to the body to address the issue. In addition, synthetic medications do not occur naturally; instead, they are manufactured in pharmaceutical labs using specific processes rather than natural processes. Despite this, certain herbal remedies contain anti-inflammatory components, which contribute to their effectiveness in warding off illness. Three groups of medicines serve the purpose of safe medicines. However, some of these medicines include toxins that might cause damage to human skin. Even though herbal products and medicines have a lesser strength than synthetic pharmaceuticals, they are safer and have fewer harmful effects. This is because herbal drugs and medicines are made from natural ingredients. The most important criteria for pharmacological usage are low toxicity, high effectiveness and specificity, long-term stability, and sufficient potency. When treating human skin ailments, herbal medicines meet all the criteria above, in contrast to synthetic drugs. To reiterate, synthetic drugs are effective in treating a wide variety of severe conditions; nevertheless, these treatments also have a number of undesirable side effects. Herbal medications are less costly and safer than synthetic ones, and they treat the primary sickness while also having an effect on the patient's heart, kidneys, or other organs. Most herbal medicines

may be obtained from food and common household materials and be prepared to utilise them. Remedies made from herbs are entirely composed of natural ingredients. Today, many dermatologists and pharmacists recommend that patients with skin disorders seek treatment with natural therapies rather than synthetic ones. Even dermatologists and other medical professionals recommend treating skin issues using natural therapies.

Alopecia

The effects of essential oils on alopecia areata were investigated in a randomised, controlled, double-blind trial with 86 participants. Daily scalp massages were recommended using a blend of essential oils, including thyme, rosemary, lavender, and cedarwood, in a base of grape seed and jojoba (a liquid wax). The untreated group received merely a scalp massage with carrier oils. Sequential images were used to rate the success of the treatment using a six-point scale and a computerised examination of bald spots. There was a statistically significant increase in the treatment group compared to the control group (44% vs 15%). No adverse side effects were recorded.

Androgenic alopecia was studied in a 6-month, 396-person double-blind trial using the Chinese herbal preparation Dabao (produced by Engelbert & Vialle, Venlo, Netherlands) used topically. 50% ethanol, 42% water, and 8% Chinese herbal extracts such as saffron flowers, mulberry leaves, stamina root, pepper fruits, sesame leaves, Szechuan pepper fruit skin, ginger root, Chinese angelica root, the bark of the Pseudolarix, and fruit of the hawthorn plant are used to make Dabao. A mixture of cherry laurel water, cinnamon water, liquorice syrup, sugar syrup, and a solution ar was used to flavour and colour the placebo, which otherwise of 50% ethanol and 48% water.

Increased numbers of Novellus hairs were seen in both study groups. Dabao's group did better than the placebo group regarding the total quantity of Novellus hairs, although the aesthetic benefits for either group were small. No adverse side effects were recorded. Traditional Chinese Medicine also makes use of other herbal combinations for alopecia areata.

Chapter 4 Finding and analysis

Skin conditions are a significant public health problem because they are associated with a high frequency of fatal illnesses, including HIV and skin cancer. According to the findings of a study that was carried out in the northern part of Maputaland, skin conditions are responsible for the highest HIV infection prevalence in South Asia. Fungus infection is the most common disease in South Asia, and this is due to both the environment and the topography of the region. According to several studies, using herbal goods and medicines is far more prevalent in South Asia and other parts of the world than using chemical or synthetic pharmaceuticals. According to the poll results, a significant percentage of men (22%) and women (78%), respectively, have used herbal or medicinal items to treat skin issues. There are presently around 40 different plant species that may be used to treat 11 distinct skin disorders.

Acne

Acne is the formation of papules, pustules, nodules, or cysts due to clogged and inflamed pilosebaceous units in hair follicles and the surrounding sebaceous glands. Acne can occur on any body, including the face, neck, chest, back, and shoulders. Acne is a skin condition that most commonly affects adolescents and manifests on the face and upper torso. Exams are the primary tool for making a diagnosis.

Symptoms

- whiteheads and blackheads, respectively.
- Whiteheads are palpable lesions that are flesh-colored or white in colour and range in size from 1 to 3 millimetres.
- In contrast to whiteheads, blackheads have a dark centre.
- Red lesions between 2 and 5 mm in size are called pustules or papules. Compared to papules, pustules are more superficial (Tiwari,2015).

Treat of Acne

Rubia Cordifolia (Manjistha)
Quinones, iridoids, oleananes, triterpenoids, bicyclic hexapeptides, and anthraquinones are numerous chemical elements that may be found in manjistha. In addition, anthraquinones include the compounds alizarin, purpurin, and rubicordifolin. The roots of the Manjistha plant include a variety of phytochemicals, as well as carbohydrates and amino acids, all of which contribute to a reduction in acne. Because it produces antioxidants, antibacterial agents, and anti-inflammatory compounds, Tannishtha helps manage external inflammation, such as that caused by acne and other related skin diseases.

Aloe broadens Miller (Aloe Vera)

A natural antibacterial component in aloe vera eliminates the germs that are the root cause of acne. Acne may cause itching and rashes, and ale gel has a significant amount of magnesium lactate, a naturally occurring substance that helps alleviate these symptoms. In addition, the magnesium

lactate found in aloe vera soothes the pain brought on by acne and pimples. Anthraquinone is a chemical created by aloe vera. It is responsible for the generation of new healthy cells and assisting in the removal of acne scars. In addition to helping to open skin pores, it eliminates pollutants such as germs, dust, and grit.

Pachyonychia Congenital

Figure 3 Pachyonychia Congenital

Source: Rim , (2020)

The skin and the nails can be affected by a kind of pachyonychia congenita (P.C.), an inherited disorder but not very prevalent. P.C. is caused by mutations that alter keratins, proteins that provide

cells with structural support. P.C. is classified into one of five subtypes based on the keratin gene that is found to be carrying the mutation.

Symptoms

- Inflamed blisters and calluses on the soles of the feet.
- Even while some people with P.C. have noticeably larger nails
- The condition does not impact all of a patient's nails. Still, many people get damaged fingernails.
- The occurrence of various cysts.

Medical Approaches to Mangifera indica

(Scientific name: Mangifera indica; Family: Anacardiaceae) Mango

Scabies and injured feet can be treated using this gum as an active ingredient. A dose-dependent and anti-inflammatory stem-bark extract (MIE, 50-800 mg/kg i.p.) considerably decreased the paw oedema produced by fresh egg albumin in rats. The reduction was statistically significant (Tabassum,2014).

Ichthyosis

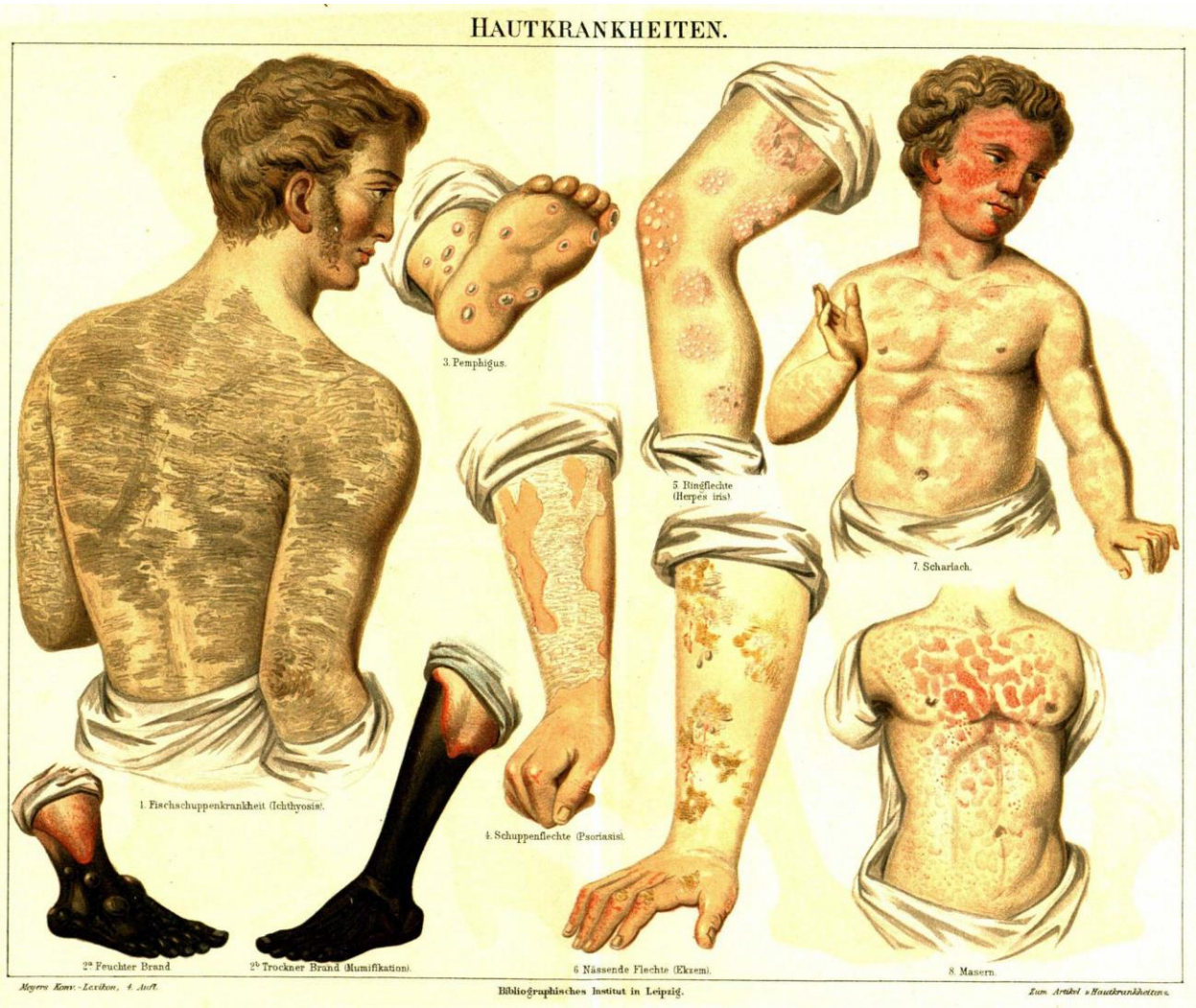

Figure 4 Ichthyosis

Source: Hun , (2021)

Ichthyosis is also known as ichthyosis. It is a collection of skin disorders that causes the skin to become dry, scaly, red, and itchy. There is a range of possible symptoms, from mild to severe. Ichthyosis can cause damage just to the skin, but other forms of the disorder can also cause damage to the organs found inside the body.

Symptoms

- ✓ One of the indications is a reddened complexion.

- ✓ Itchiness
- ✓ Dryness
- ✓ And flaking or crusting of the skin.

Treatment

Azadirachta indica (Neem)

Neem was one of the traditional treatments for several skin conditions. Both a powder and a paste may be made from it. Neem cream is famous among those suffering from a skin ailment that causes dry or itchy skin. Neem is a very rich resource that may be used to produce many other sorts of substances, such as nim bin, gedunin, and salannin (Gupta,2017). This ingredient assists in the production of new skin cells and assists in the elimination of flaky skin.

Ascorbic Acid (Vitamin C)

Wound healing and the restoration of damaged skin cells require adequate amounts of vitamin C, which is also known as ascorbic acid. When produced adequately at a pH of less than 4, this vitamin C can significantly slow the signs of ageing associated with usual skin types. Products with a pH between 5 and 7, which is higher and more similar to the skin's natural pH, are the best choice for those with sensitive skin who want to avoid irritation (Tugume,2019).

Cocos nucifera

(Coconut oil), humans have used medicinal plants for therapeutic purposes for a very long time, and minerals, plants, and animals have historically been the primary suppliers of many pharmaceuticals. The compounds of C. Nucifera have specific biological effects, including antihelminthic, anti-inflammatory, and antinociceptive actions. They also have antioxidant, antifungal, antibacterial, and anticancer activity. In this work, our goal was to conduct a review chemical profile, pharmacological activity, and toxicology of C. Nucifera to direct future

preclinical and clinical investigations that use absent. Due to the fact that different parts of C. Nucifera contain different components, the pharmacological effects of the plant change depending on which section of the plant is being investigated (Tiwari,2015).

Rosacea

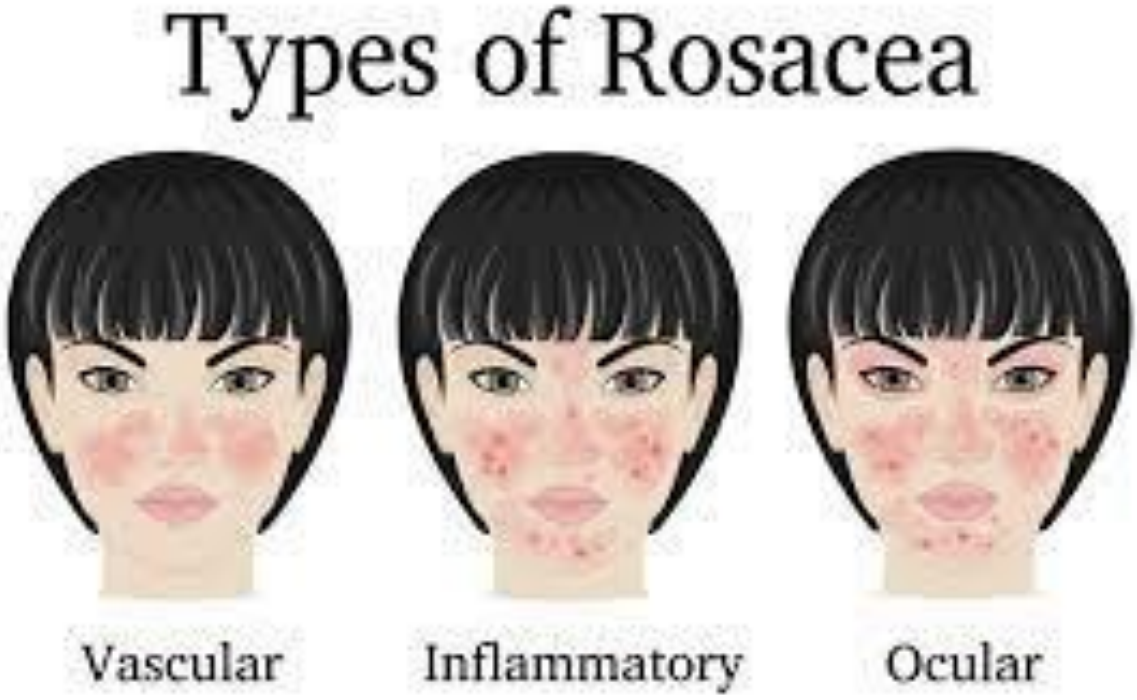

Figure 5 Rosacea

Source: mein , (2021)

Rosacea is a chronic inflammatory skin illness that produces reddening of the skin and a rash, most commonly on the nose and cheeks. Additionally, it may create issues with the eyes. The ailment is pronounced, "ro-ZAY-she-ah."

Symptoms

- Redness
- visible blood vessels
- itchy eyes
- A rash

- and other skin reactions.

Treatment

Burdock

Burdock root is a dietary supplement that can heal various skin conditions, including acne, and purify the liver. Usually, burdock is consumed as a meal, extract, or nutritional supplement. The extract of the burdock plant is effective in the treatment of rosacea.

Chamomile

Chamomile is a well-known natural component that is commonly used in skin-moisturising products. Most of the time, it is utilised in herbal treatments for skin irritation. It is also possible to prepare it as tea. The premise that it is a supportive therapy and includes natural chamomile has been confirmed by several research.

Butter of cocoa beans

Coconut oil has been used for a wide variety of skin moisturisers for as long as it has been used as a traditional herbal remedy. There are many natural benefits associated with it, and it also has the potential to be used as an anti-inflammatory agent, an antioxidant, and a moisturiser.

Alopecia Aerate

The areas of the skin that are responsible for the growth of hair are known as hair follicles. Alopecia areata is a disorder in which the immune system causes hair follicles to be destroyed, which ultimately leads to hair loss (Sharma,2013).

The most common types of alopecia areata are patchy areata alopecia, total alopecia, and generalised alopecia. Alopecia areata can be divided into these three categories.

Symptoms

- ✓ It is common for alopecia aerate to first manifest as round or oval bald patches on the scalp, however it can also affect other regions of the body, including the eyebrows and eyelashes in males and the beard region in women.
- ✓ Nail changes, such as ridges and pits, might affect certain people, especially those with more extreme hair loss.
- ✓ Some people report that their skin tingles, burns, or itches right before their hair falls out.

Treatment

Camellia sinensis L. (green tea)

Camellia sinensis L., more often known as green tea, is a type of herbal Medicine that originates mainly in China and other parts of Asia. Evergreen plant leaves are used in the production of this item. This is a tried-and-true herbal remedy for hair loss, ridges, and pits, and it has been used for centuries. Additionally, it alleviates symptoms of various skin conditions, including itching and burning. An antioxidant is present in it, which has a role in stimulating new cells in epidermal keratinocytes. Noncommercial green teas have polyphenolic chemicals that have the effect of growing hair and preventing hair loss. According to studies, the polyphenol extract from dried green tea contains fifty per cent of the active ingredients needed to treat skin diseases and stimulate hair growth (experiment on mice and people).

In addition, several clinical studies have shown that Camellia sinensis L., often known as green tea, is highly beneficial and is suggested as a herbal medication for the treatment of alopecia areata and other skin conditions associated with it.

Chapter 5 conclusion remarks

Recommendation

These ailments include abscesses, acne, burns, boils, wounds, and many others. Humans currently face a significant challenge in the form of skin disorders. Acacia burke, Brachylaena discolour, Ozoroa anglers, Parinari capensis, subs. capensis, Portulacaria Afra, Sida pseudocordifolia, Solanum iridescent, Strychnos madagascariensis, and Drimia delagoensis are just some of the species that are commonly used for treating skin disorders around the world, according to the scientific databases Science Direct Approximately 34% of people throughout the world are affected by the incidence of occupational diseases (Neamsuvan,2015). Countries at all levels of development experience problems with their skin's health. For instance, in the United States of America, 126,000 people were admitted to hospitals due to a skin illness that was brought on by the bacteria known as methicillin-resistant Staphylococcus aureus (MRSA). According to the World Health Organization (WHO), those who burn their skin have a high risk of developing severe health complications.

Both natural and artificial remedies can be used to treat a variety of skin conditions. Even though for a significant number of years, most people who have employed herbal therapies for skin problems have been females. Products or medicines originating from plants are inherently safer than their manufactured equivalents. Herbal remedies treat various medical disorders because herbs contain various active chemicals that may be extracted and used medicinally. Phytochemicals can be found in herbal remedies that treat various skin conditions. Many synthetic drugs involve contamination, which can release toxins into the body and increase the risk of developing skin cancer or tumours.

Conclusion

In summary, everything that God made on this earth has some beneficial impact, in contrast to the goods and therapies that humanity has produced. Herbal remedies hold a great lot of promise as treatments for a variety of skin disorders. When it comes to treating skin conditions, more than 80 per cent of the population in India relies on traditional Medicine and a wide variety of therapies derived from plants. Because it appears that more than half of the plant species that might treat skin diseases can only be found in forests, activities such as deforestation, habitat degradation, urbanisation, and other similar activities may represent a significant risk to the survival of these species. It is of the utmost importance to protect these plants with the help of the local community and to conduct extensive research in this region to expand the scope of using herbal medicines to treat skin diseases (Mowobi,2016). Several herbal treatments have been around for centuries and have had positive anecdotal benefits. Herbal treatments have also been the subject of a small number of randomised controlled trials, which have shown that these treatments can be effective in the treatment of dermatological conditions. Standardisation of herbal formulations is now required in several countries, such as Germany. Precise guidelines about herbs and their usefulness in treating sickness are also required. In order to provide more effective counselling to patients, it is essential to have a solid understanding of the various available herbal alternatives as well as the potentially harmful effects and combinations that may arise.

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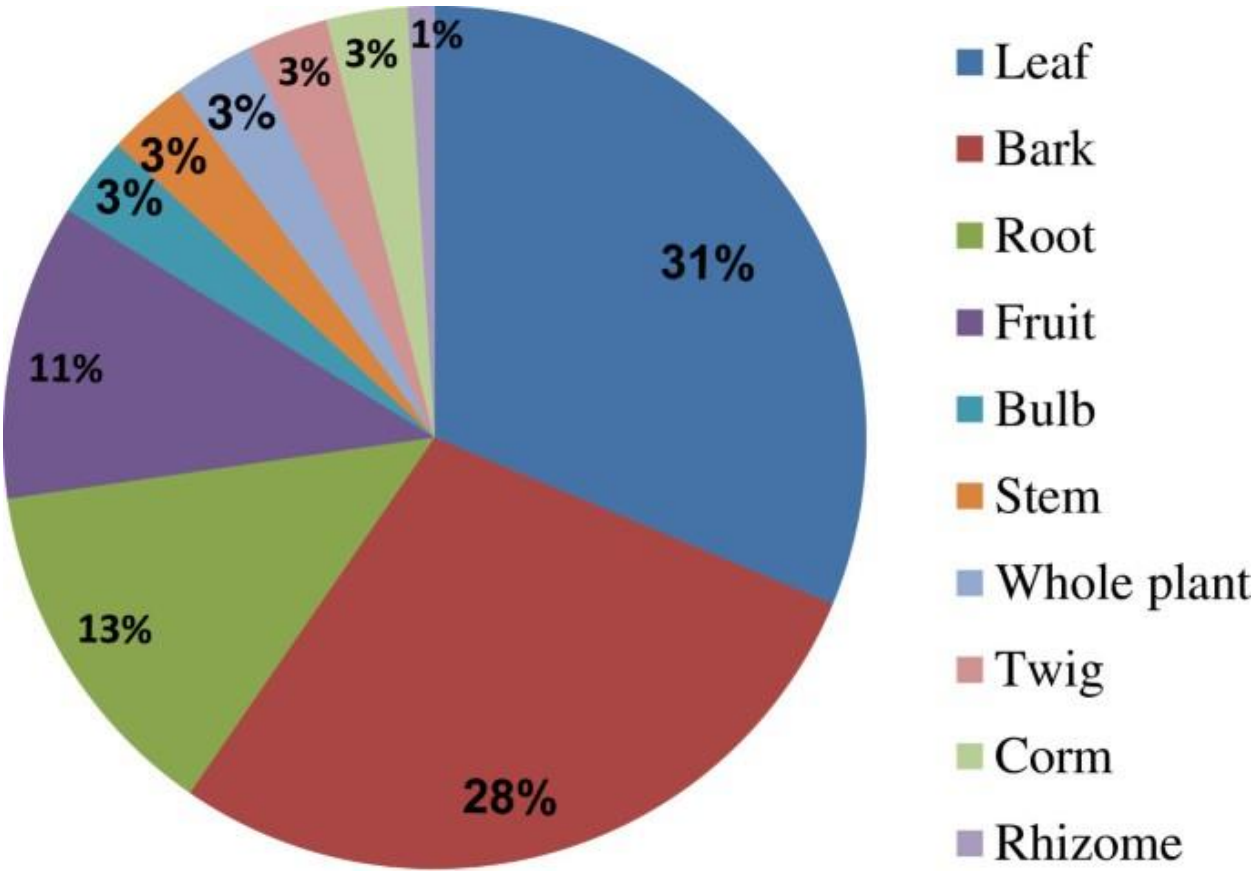
Appendix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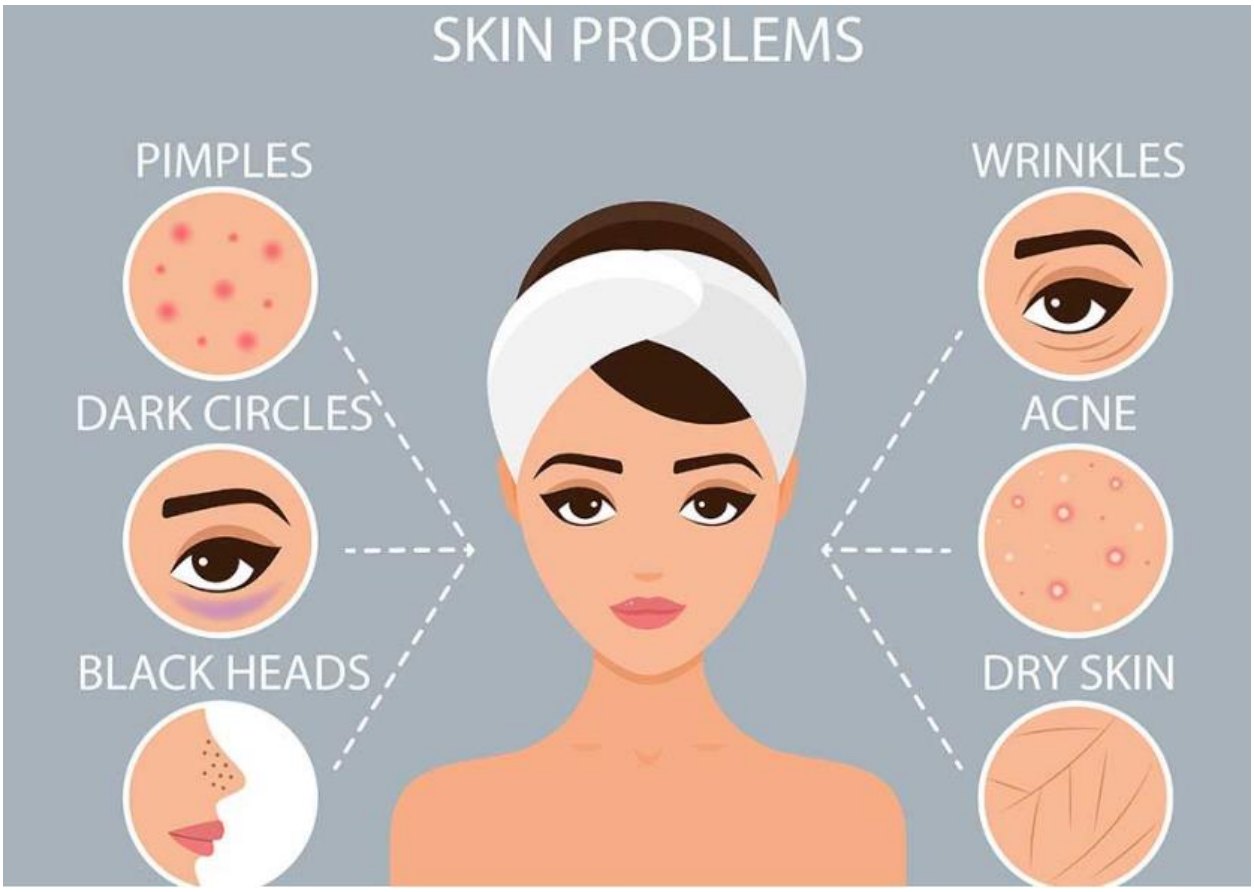
SKIN PROBLEMS
PIMPLES
DARK CIRCLES
BLACK HEADS
WRINKLES
ACNE
DRY SKIN