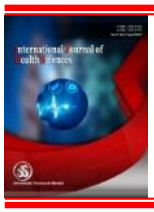

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Herbal Remedy Potential of Phytotherapy

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medicinal plants;
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virus;

Abstract

Currently, many peoples have abandoned the ancestral cultures of the use of medicinal plants to cure diseases, the objective is to remember the importance of using this scientific technique of the use of herbal products to cure different diseases. The logical historical method and the inductive deductive method were used, to achieve an understanding of the importance of rescuing this technique, the result was that this science is currently used by many communities to keep their populations free of diseases, viruses, and suffering. Catastrophic, such as the most recent example of the COVID-19 pandemic. The bibliographic review was used to carry out the research, in addition to the inductive deductive method and the logical historical one, to enhance the need to continue using medicinal plants as a method of curing many diseases.

Summary

Phytotherapy is a therapeutic discipline that uses medicinal plants to treat and prevent diseases, based on their properties and active principles, this has been used since ancient times by different cultures around the world for thousands of years to treat various ailments. Today, many of these plants are still used in traditional medicine and are also being scientifically investigated to determine their properties and possible therapeutic uses (Halberstein, 2005; Djeridane et al., 2006).

In Peru, the herbs that are traditionally used contain flavonoids, tannins, glycosides, various alkaloids, and phenolic compounds that give them properties that can act in the presence of viruses as immunostimulants, bronchodilators, and antipyretics. Many of these plants were used to combat the COVID-19 virus (Ochoa Yupanqui & Rodríguez Lizana, 2020). Cuba, different alternatives were sought in the virus cure processes, and

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homemade or pharmaceutical phyto preparations were used to reduce symptoms or to prevent the disease (Rodríguez Rivas et al., 2022).

In Ecuador, traditional medicine is notable in some communities, it helps to treat various physical, spiritual, or psychological ailments, implementing different methods or therapies to address them (Romero-Tapias et al., 2022), One of the examples recent was the treatment of the COVID-19 virus that was treated with phytotherapy (Herrera, 2023; Moriones & Navas-Castillo, 2000; Xie et al., 2005).

Other countries such as Colombia in Latin America have investigated the ancestral medicine used by Indigenous communities as an intercultural education experience that can be used to preserve the cultural identity of those territories (Rodríguez Jiménez et al., 2022).

In China, they also use phytotherapy based on the use of medicinal plants for the treatment of certain physiological disorders and the treatment of pathological states (Wannissorn et al., 2005; Choi et al., 2002). This science is the unconventional therapeutic system with the greatest acceptance and diffusion in the West, It is an ancient science, and although it began to be known in the West around the 1930s, it is more than 4,000 years old (Luengo, 2003; Goldbach et al., 2003; Gubareva, 2004).

In India, herbal medicine has traditionally been used through Ayurveda medicine, which uses medicinal plants and herbs to treat disease and promote health. Herbal preparations, infusions, essential oils and other natural products are used in the treatment of various ailments (Echegaray Rodríguez et al., 2011).

The international experience in the use of phytotherapy has been used in knowledge using different techniques and therapeutic approaches, as part of traditional medicine in countries such as China and India, and as a therapeutic complement in many other countries, including the preparation and use of plants medicines for the treatment of various ailments (Faubion Jr et al., 2001; Berger & Tiry, 2012).

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