

EDITORIAL



GIVING LIFE TO YOUR WORK

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For thousands of years, people overall the world have used herbs for medical therapeutic options. The reasons for popularity of these herbs are due to inheritance of experience by people and the availability of these herbs in cheap prices. Another point is the lack of tendency of people to use Western medicine because they used to believe that there are certain risks involved in the new emerging medicine. The living experience of people about the various uses of herbs has been employed to discover, which herbs are of potential therapeutic applications and to extract their effective ingredients to become formal medicine.

Pharmaceutical studies targeting herbs start with studying the toxicity of these herbs using animal models to exclude any adversely side effects. After achieving the safe dose, an experimental model to mimic a disease is generated and the extract of a certain herb is applied to examine the efficacy of such an extract. An example illustrating the use of herbs in treating diseases is the use of extract of *Urticapil ulifera* in treating diabetes induced in rats.

Although medicines have been introduced in all fields and may exceed the use of herbs, nowadays, we may find there is anew returning point to herbs. Many studies across the literature showed that herbs have antimicrobial activities which can be of great importance in solving antimicrobial resistance. Our studies showed a high potential of herbs to overcome antimicrobial resistance. When herbs were studied on microbiological levels, new therapeutic properties were discovered including their anti-oxidizing properties, and regulatory roles on cell cycle mediators. I have experimentally found that certain herbs have the potential to increase the expression of heat shock protein 70 (HSP70) and to decrease the expression of iNOS (inducible nitric oxide synthase) which implies new therapeutic options.

Finally, I invite researchers and pharmaceutical companies to give more attention to medicinal herbs to discover more and more therapeutic options to help patients.

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