



EDITORIAL

IT IS TIME TO CHANGE THE CONCEPT OF HERBAL USE TO MOLECULAR FOOD

Across the history of humanity, there have been trials to look for the nature as a source of potentially therapeutic reservoir. Reports from different parts in the world have confirmed this trend. It could be the chance that ignited the idea of using herbs for therapeutic purposes. As development has occurred in many aspects of life, the idea of using herbs has also been developed.

Over more than 10 years of conducting studies, I have found, and others, that there are two main problems associated with the use of medicinal plants. The first problem is the effective dose in terms of concentration. The concentrations of herbal extracts used in our laboratories are still far away from simple use of patients. The results obtained from studies are based on effective extraction of herbs using certain chemicals including alcohols. The second problem is related to how and which herb to be used. The experience of people in herbal remedies lacks the rationality.

Accumulative scientific findings have emphasized the importance of herbal therapeutic uses for acute and chronic diseases. The purpose of this editorial is to introduce a new therapeutically philosophical approach based on the following considerations:

- 1- The different studies have confirmed the health improving effects of herbal therapies without targeting the real mechanisms involved.
- 2- We have found that some mechanisms on molecular level, protein level, and structural level to explain how these herbs are working.
- 3- My studies have found that the use of immunohistochemistry and electron microscopy in addition to biochemistry tests and histological examination of different tissues after treatment with herbs that several molecular benefits exist including increased expression of heat shock protein 70, and reducing the expression of inducible nitric oxide synthase (iNOS). In other words, using herbs interferes with cell cycle proteins and induces positive outcomes, and probably negative outcomes based on the type of herb used.
- 4- We also found that hormones, liver enzymes, and kidney function test all affected by therapeutic herbs, which further emphasizes the molecular impacts of herbs.
- 5- Taken together, it is time to change the concept of herbal therapeutics to molecular food. Molecular food as a new concept is thought to open new research lines that make these herbs to be produced in any appropriate form to be used against diseases prophylactically.

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