

Exploring Evidence-Based Clinical Reviews on the use of Herbal Remedies for Gastrointestinal and Hepatic Conditions

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Abstract: *The liver and gastrointestinal tract is the body's primary organs. In reality, these systems are essential to human survival. Due to its size and complexity, GIT and liver health are challenging to manage. Constipation, nausea, vomiting, diarrhea, stomachaches, flatulence, and other GIT disorders tax the healthcare system. Pharmacies sell over-the-counter medications for many common diseases. Since these treatments aren't always effective, patients must live with chronic problems without a long-term solution. This review article uses systematic reviews and evidence-based research to give a reference guide to herbal remedies for gastrointestinal and hepatic diseases. Herbal remedies have been used for GIT, liver, and other organ system disorders for millennia. Herbal medications are being used to treat a variety of disorders in developed and developing countries. Many people utilize herbal medicines despite a paucity of evidence on their efficacy, safety, and toxicity. Despite their benefits in disease prevention and treatment, herbal treatments may be harmful. Thus, ethnopharmacology development requires time, effort, and resources. Herbal products must be grouped like pharmaceutical medications according on their uses, side effects, method of action, efficacy, and soon.*

Keywords: Herbal therapies, Gastrointestinal disorders, Hepatic disorders

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