

# Evaluating the Efficacy of Common Traditional Medicinal Plants

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**Abstract:** *Since the Vedic period, medicinal herbs have been used. They have been used for thousands of years to both cure and prevent various illnesses and epidemics. Certain medicinal herbs are also used to flavour, colour, preserve food, and make appetising sauces. Nearly every part of the plant has some kind of medical use. Various secondary metabolites that are present in medicinal plants and are used to make medications as well as play a significant role in a variety of diseases. Numerous plants are also said to have a broad range of additional benefits, including anti-inflammatory, anti-oxidant, anti-insecticidal, anti-parasitic, antibacterial, and anti-hemolytic qualities. These benefits are reportedly used by tribal people all over the globe. This review article discusses the traditional therapeutic applications of 21 species of plants from various families.*

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