Herbal Remedy is Natural and Safe

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Sir,

We have gone through the case report entitled “Herbal Remedy is Natural and safe - truth or myth ?” by Meeran et al appeared in recent issue of JAPI Vol 61 page 74-76 November 2013. We are of the opinion that it is truth not a myth. Any herbal preparation used in proper dose, form and under supervision is mostly helpful and will help in controlling the diseases and in few cases can lead to cure of the diseases. In our clinical practice of 40 years or so we are using herbal preparation and clinical trials had been published in National and International Journals and received few awards like IMA Dr. Munagekar Award etc.

Regarding neem oil or extract use we are using it in diabetes mellitus, hypertension and dyslipidemia cases, even though the Nimbola (Melia azadiachta) 250 mg capsule is mainly indicated as antibacterial, antifungal and blood purifying properties. Blood purifying as we think it mainly effects in dystipidemia and help in lowering the serum lipid levels where it is raised specially the triglycerides lowering to normal range and increasing high density lipoproteins. We observed in hypertensives where the serum triglycerides levels raised as common in Gorakhapur (East UP) and some other area from UP. Neem extract/ oil helps in achieving the normal serum level of it in 4 to 6 months.

To our surprise during this period of clinical practice 4-5 cases of diabetes mellitus became normoglycemic in 2 to 3 years of time. Firstly the oral anti-diabetics were reduced and later on patients became euglyemic without oral anti-diabetics.

Still it is in use in clinical practice in cases of diabetes mellitus and hypertension and it definitely effects the serum lipid level and sugar level, thereby can reduce the dose of oral antidiabetic drugs. How it affects needs detail studies.