

Review Article

A REVIEW ON NATURAL PRODUCTS AND HERBAL MEDICINES

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Natural products derived from plants, microbes, and animals form the basis of herbal medicines used across cultures for millennia. These remedies contain diverse photochemical like alkaloids, flavonoids, and terpenoids that exhibit anti-inflammatory, antimicrobial, antioxidant, and anticancer effects. Despite proven efficacy in conditions such as diabetes, cardiovascular diseases, and infections, challenges including standardization, herb-drug interactions, and regulatory gaps persist. This article reviews literature on their pharmacology, methodologies for evaluation, key research outcomes, and implications for clinical integration, advocating for evidence-based standardization to harness their full potential.

Keywords: Natural products, challenges, standardization, alkaloids, flavonoids, terpenoids .

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