This report was requested by Mr J. Simmons, Health Department. It looks over effects of using herbal medicines and considers if they can endanger health or life.

Herbs have been used for thousands of years; it was known as ancient remedy. Each herb was used for a variety of other disease. Nowadays plant extracts are used for remedies, medicines and additionally in care cosmetics. There are three types of medicines: Western, Chinese, and Indian. Western herbal medicine, medical herbalism also called phytotherapy, uses pure natural plant remedies to promote health and well-being. Chinese herbal medicine is part of larger healing system called traditional Chinese medicine, which also includes acupuncture, massage dietary advice and exercise. **Indian medical** system, also known as Ayurveda, is based on ancient writings that rely on a natural and holistic approach to physical and mental health. There are required rules of safety, which includes badly interaction some herbs with other drugs and side effects from using herbs, also allergies may occur there.

In conclusion some herbal medicines can have a harmful effect on the body, but there are many benefits from herbs, as well.

It would be highly advisable to use it with great care, preferably after consultation with herbalism. It is absolutely essential to tell your doctor if you are using herbal medicine. Make sure the herbal remedy is the correct product for you. You should be careful about promises made on the label of a herbal product, because the effects may be visible after long-term and regular use.