

Joshanda- *An all-season remedial tea of East!*

Literally the word Joshanda means “essence of a boiled stuff”. The word Joshanda has sprung up as a polyherbal Unani (Greco-Arab) formulation referring to a remedial drink or a decoction of certain herbs taken in conditions of cold, fever, flu and catarrh. South East Asia has always been famous for its herbal medicaments and their therapeutic values are well-acknowledged by the West also. Joshanda- a herbal tea has its reflections in various past medicinal systems like the very popular Ayurvedic system and Unani Medicine system also known as Tibb.

Unani Tibb is an Islamic medical tradition which has been practised generously in Pakistan, India and other parts of SouthEast Asia. Unani Tibb embraces the concept of nurturing therapeutic ideas of health which are based on the balance within the human body and with the environment also.

After the refocussed attention and interest in the use of traditional medicines at the global level, Joshanda is extensively being used for the treatment of URC (Upper Respiratory Catarrh), particularly in the chronic cases. This polyherbal mixture contains a variety of expectorant, anticatarrhal and respiratory demulcent herbs that abruptly helps in relieving the cough. The key to success of this highly effective phytotherapy lies in the use of a blending of standard number of some renowned herbs mostly 10-12 herbs like *Adiantum Vasica* (Nees), *Viola Odorata*, *Zizyphus vulgaris*, *Hissopus officinalis*, *Soma kalpa*, *Borago officinalis*, *Zizyphus Sativa*, *Glycyrrhiza Glabra* extract. *Foeniculum Vulgare* (Fennel), Peppermint leaves and

With the rapid advent of innovative technologies and massive investment on infrastructure countries of the world had made progress by leaps and bounds but have left a dreadful place to live for all of us. The rising global warming, the depletion of ozone layer, emission of toxic industrial wastages had opened a wholesome new door to diseases like cough, cold, sore throat, asthma, seasonal rhinitis, urticaria and other skin infections. These diseases when treated with Allopathic medicines who actually stop them for a shorter period of time while leaving adverse effects on the patient’s kidneys and nervous system. Nowadays people around the world are switching over to Herbalism rather than the synthetic medicines. Similarly, people of the East have been using Joshanda as herbal tea with the same confidence, because it was tried and embraced by their ancestors too.

Many plant components are now synthesized in large laboratories for use in pharmaceutical preparations. For example, vincristine (an anti-tumor drug), digitalis (a heart regulator), and ephedrine (a bronchodilator used to decrease respiratory congestion) were all originally discovered through research on plants.

Herbalists use the leaves, flowers, stems, berries, and roots of plants to prevent, relieve, and treat human illness. From a "scientific" perspective, many herbal treatments are considered experimental. The reality is, however, that herbal

medicine has a long and revered history. Many familiar medications of the twentieth century were developed from ancient healing traditions that treated health problems with specific plants. Today, science has isolated the medicinal properties of a large number of botanicals, and their healing components have been extracted and analyzed.

Herbs had been used by all cultures throughout history. Many drugs commonly used today are of herbal origin. Indeed, about 25% of the prescription drugs dispensed in the United States contain at least one active ingredient derived from plant material.

In 2735 B.C., the Chinese emperor Shen Nong wrote an authoritative medicinal guidance on herbs that is still in use today. Shen Nong recommended the use of Ma Huang (known as Ephedra plant in the Western world), for example, against respiratory distress. Ephedrine, extracted from ephedra, is widely used as a decongestant and is one of the primary ingredients in Joshanda of a good brand; it relieves allergy, sinus, and cold-relief medications produced by large pharmaceutical companies to treat above health disorders.

The World Health Organization (WHO) estimates that 4 billion people, 80% of the world population, presently use herbal medicine for some aspect of primary health care. Herbal medicine is a major component in all indigenous peoples' traditional medicine and a common element in Ayurvedic, homeopathic, naturopathic, traditional oriental, and Native American Indian medicine. WHO notes that of 119 plant-derived pharmaceutical medicines, about 74% are used in modern medicine in ways that correlated directly with their traditional uses as plant medicines by native cultures. Major pharmaceutical companies are currently conducting extensive research on plant materials gathered from the rain forests and other places for their potential medicinal value. The rising popularity and Joshanda as a remedial drink for various respiratory disorders is a true manifestation of above-mentioned claim by WHO.

There are over 750,000 plant species on earth but only a very few of the healing herbs have been found and studied scientifically. Herbalists, however, have claimed that the mutual power of a plant lies in the interaction of all its ingredients. Same is with the herbal tea: Joshanda that owns in it the altogether balanced impact of numerous nature's rich herbs which abruptly relieves off cough, cold, flu, fever and other seasonal viruses and provides a natural shield to your throat against dust and pollution which is a common problem among the people driving on highways, bike riders without wearing helmets, labor in carpet industry, construction work people and students going in busses and vans are in constant danger of pollution and dust allergy attack which usually results in flu, sore throat, swelling of tonsils and made them fall absent in the classes which is a big academic loss to them. Regular intake of Joshanda could have prevented such huge health losses which people in our country actually overlook. So we should try to complement our morning and evening tea with a quality blend of Joshanda.

The efficacy of many medicinal plants has been validated by scientists abroad, from Europe to the Orient. However, almost all of the current research validating herbal medicine has been done in Germany, Japan, China, Taiwan, and Russia. And for the most part, the United States Food and Drug Administration (FDA), which is responsible for licensing all new drugs (or any substances for which medicinal properties are claimed) for use in the United States, does not recognize or accept findings from across the sea. Doctors and government agencies want to see American scientific studies before recognizing the effectiveness of a plant as medicine. Though substantial research is being done in other countries, drug companies and laboratories in the United States so far have not chosen to put much money or resources into botanical research. Still Joshanda is enjoying a promising position among the total herbal tea exports of South East Asia to US and European Countries.

There are many brands of Joshanda available in the local and international market even now some good quality imported herbal ginseng teas are also available in leading supermarkets. Undoubtedly nothing could be more signifying than the natural herbs so for you all mothers the next time when your child is ill, a comforting cup of Joshanda- containing the standard number of desired herbs (around 10-12 herbs) is a soothing way to give the very-first home therapy to ease the harsh effects of changing weather.