

7 Antimicrobial Plants Highly Effective in Treating Infections

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Infections are one of the leading cause of ailments and diseases for humans and animals. Bacterial infections and Microbial infections are two broad categories of infections which affect humans every now and then. Antimicrobial agents are continuously researched upon by the drug industry in order to find the effective treatment for the ever growing complexity of infectious diseases and diseases in humans. The present letter to the editor helps in drawing attention towards plants whose extracts have been found by researchers to be effective in controlling the infectious behavior of microbes and treatment to the ever increasing resistant strains in the world of medicine and healthcare. Plant extracts help to make us understand that natural healing capacity of biological plants are one of the best strategies to deal with the complexity of microbes spreading diseases in humans and animals.

Infectious diseases continue to be the leading cause of morbidity and mortality across the world. Spreading of infections has become highly common in the globalized world. Despite availability of wide range of antimicrobial and antibacterial agents, the damage which infectious agents cause to humans and even animals continues to grow and is highly increasing day by day.

In order to deal with the infections, one of the strategies which can be used is to find blockbuster molecule which creates weapon for dealing with the infectious agents. However, as the pharmaceutical industry is dealing with higher vigilance and molecule clearing procedures, finding one big blockbuster molecule which deals with microbes seems difficult and highly tedious job.

The other strategy is to look at the herbal remedies, or plant remedies which themselves are biological in nature and having no side effects of their own, can effectively deal with the spread of infections caused by wide range of microbes and bacteria's.

Several scientists across the world are drawing their research attentions towards finding herbal remedies and plant remedies to deal with the ever growing complexity of infectious diseases. We have researched journals from pubmed and science direct, and found out the most top rated research articles which are published in these journals. Each of the paper describes the one plant extract from specific plant and tested it against the wide range of microbes. These papers have successfully carried out the research and do also recommend the further research to find out exact phytochemicals which can really be developed into an effective antimicrobial or antibacterial agents.

7 Antimicrobial plants are as follows:

1. *Daphne mucronata* a shrub from the family, Thymelaeaceae. It is commonly available in Pakistan and

mostly found in western Pakistan region to be specific. It is commonly known as Toye, Alef, Khoshak, Kheshk, in different languages. The research found that its highly natural in dealing with antimicrobial infections and that to from *Streptococcus mutans*.^[1]

2. *Lavandula angustifolia*: It is commonly known as Lavender and its oil has shown possible Anti-microbial activity.^[2]
3. *Ulmus wallichiana* Planch: It is commonly available in Uttarakhand region of India. It is commonly known as Himalayan elm, or Kashmiri elm, or Bhutan elm.^[3]
4. *Vitexmollis*: It belongs to the family of Lamiaceae. It has about more than 250 species. It is commonly known as, Chastetree.
5. *Psidium guajava*: It is commonly known as Guava. It is an evergreen shrub, and possess antimicrobial potency in huge numbers.
6. *Dalbergia retusa*: It is a member of species of Dalbergia. Its common wood is known as, cocobolo. It does have antibacterial and antimicrobial activity.
7. *Crescentia lalata leaves*: It is mainly a Mexican calabash. It is one of the species in family of trumpet flower family, i.e., Bignoniaceae. It does have antimicrobial and antibacterial potency in large numbers.^[4]

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