

## PHARMACEUTICAL INDICATION OF MEDICINAL PLANTS AND PHYTOTHERAPY

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### ABSTRACT

The use of medicinal plants on the treatment of prime feelings has been developed during the time, and this increasing is related with several factors between them, the security of the phytotherapy on clinical studies. During the realization of this study, was spread 100 questionnaires, shared in two groups: those whom are druggists and those ones whom are not druggists, 37 (75%), already did the use of phytotherapy without medical prescription, but 31 (62%) go to the doctor before to use this treatment, but, 30 (60%) answered to trust in the druggist indication of the phytotherapy, just 6 (12%) answered do not trust in the druggist indication. The most part of the druggists interviewees are formed by 12 years, before the Resolution CNE/CNS nº2 of February 19, 2002 (BRASIL, 2002), for a general formation, we have 38 (76%) that answered to have knowledge in phytotherapy. Between the interviewees, just 16 (32%) had this subject in their formation and 41 (82%) of the druggists coursed the subject of pharmacognosy in their graduation.

**Keywords:** Phitotherapy, Medicinal Plants, Druggist Indication.

### INTRODUCTION

The use of medicinal plants in the health recuperation, has been volute during the time, since the empirical forms of treatment, that were used by men like a way to increase the survival chances and get better the health, considering the fact that was in the nature that they found the resources for your creeds and traditions of your ancestors. Until the technological forms of the fabrication used nowadays, that are originals from the ethnical unions between the different immigrants and the many people that spread the knowledge of local plants and of their uses, transmitted and improved from one generation to others. (LORENZI, 2002). We can make a list, also as a form of this evolution, the technological improvement of the Universities, beyond the economical reasons that make the importation Market looking for natural products more isolated, better for the increase of the

pharmaceutical industry, (GUERRA e NODARI, 2003).

Is important to say that, every medicinal plants has hundreds and millions of seconds metabolites, that develop therapeutically or toxic effects, been necessaries the chemical and pharmaceutical knowledge to secure the quality and the security of your use. In other words, as valuated medical plant and included in the pharmacopeia requires, in a perfect condition, to have identified its active principle or had made clear in a pharmaceutical language (LORENZI, 2002).

The medicinal plants were considered an important instrument of the Druggists Assistance in Brazil, several communicates and resolutions showed the organism position, in respect of the necessity to value the use of these medicines, in sanitary area. (BRASIL, 2006).

According to Anvisa, the phytotherapy are composed by medicines done from the medicinal plants. They are done using mainly

derivatives of vegetables drugs (extract, oil, hue, wax, juice, and others) (BRASIL, 2006). Like every medicine, must offers quality, to have therapeutic effects proved, standard compositions and security of the use for the population. The efficacy and the security must be valued through pharmaceutical survey, technological documentations in bibliography, indexed publications and pharmaceuticals studies and about toxics preclinical. (BRASIL, 2010).

The phototherapy use with the curative intention, or diagnostic intentions, can reduce or prevent illness with the benefit for the users pass to be recognized officially for the Worldwide Healthy Organization in 1978, when recommended in the world that was necessary to have specific knowledge necessities for this use.

Looking for the lack of medical assistance, that frequently take the population to get hurried decisions of the treatment by themselves or with a friend help, choosing therapies that, in some cases, are not efficient, secure and not indicated, the National Pharmacy Consul in use of its legal attributions, in July 21 of 2011, published the Resolution number 546, that order about the pharmaceutical indication of medicinal plants and Phitotherapy exempt of medical prescription and your register. (BRASIL, 2011).

The prescription of a Phitotherapy evolves a different reason, in that is important the knowledge of the action of theses actives principles, and is also necessary to know the pharmaceutical action that theses medicines will have in the human body. It is necessary to know the cure potential of the plant in all of its nuances physics-chemicals, in analogy with the illness conjunct of the patient. (FERRO, 2008).

The druggist, by your knowledge gotten in your graduation, can act in this segment, as in the Pharmaceutical Assistance, together with the community, as in the prescription of these Phitotherapies exempts of medical prescription. But, it is necessary that the druggist shows knowledge about medical plants and Phitotherapy, contemplated in the Resolution 546/2011 of the CFF. (BRASIL, 2011).

This way, propose an evaluative study about the knowledge of the pharmaceutical professionals in the indication of the medical plants, with the intention to create subsidy, taking out the "taboos" caused by the themes, pharmaceutical consults, pharmaceuticals diagnostics and pharmaceutical prescription for the quality construction, in the druggist graduation, as also for improvement of the population quality of life.

## MATERIALS AND METHODS

Were spread 100 questionnaires, shared in two groups, been 50 with questions about knowledge, for people in the community and 50 questionnaires with specifics questions for druggists. The search happened in Olímpia, this city is localized in the northeast of São Paulo state, between the mouths of August and September of 2014 with the goal to identify the knowledge about Phitotherapy and medicinal plants as the population as also the professionals in this area that act in pharmacies and masterly pharmacies.

To the evaluation of these knowledge was used as a reference for searches, the composition of the questionnaires, structured with multiple questions, referents for the genre varieties, age and schooling, beyond the questions about the Phitotherapy knowledge, the use of Phitotherapy by the population, the trust in the druggist for the indication of these medicines, and also the knowledge of the Phitotherapy.

The questionnaires were spread spontaneously and free, without any kind of identification of the interviewers.

## RESULTS AND DISCUSSION

The dates of the questionnaires was copiloted in a shared way, first was analyzed the 50 questionnaires filled by the people of the community, where defined the age of the interviewers, that are between 24 and 65 years old, been composed in its majors for 28 (56%) women and 22 (44%) men (figure 1).

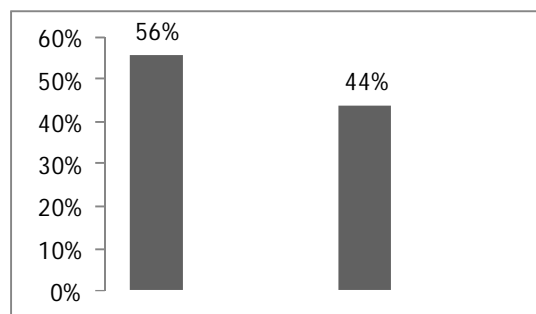
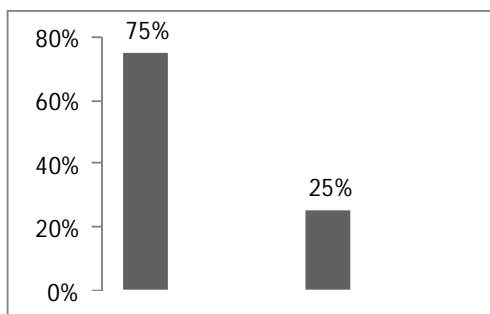


Fig. 1: Dates gotten in relation of the age

In question about the knowledge of the term Phitotherapy, 7 (14%) answered yes and 43 (86%) answered no, but when we asked about if they already used medicinal plants and Phitotherapy, 38 (75%) answered yes, and with the traditional use, indicated by the relatives, friends or others (figure 2). According to this answer we can affirm that the interviewers, in your major, didn't know Phitotherapy medicines, but they already used them, even without its true properties, in many times by the

indication of a friend, relative or others and because they know that they are produced by medicinal plants, and more, they trust in their results for the cure.



**Fig. 2: Percentage of people that used Phitotherapy medicines**

In relation of look for the doctor before use this kind of medicine, we saw that, 31 (62%) of the patients, when feel some health problem and need a medical intervention, they search a doctor in a first place, 19 (38%), answered, first they look the orientation of a druggist. 30 (60%) of the interviewees, affirm to have confidence in the druggists for the indication of the medicinal plants and the Phitotherapy, in reason of their graduation.

When the interviewees affirm to have confidence in the indication of medicinal plants and Phitotherapy by the druggist, they makemistakes with the history of the Pharmacy, that in the past the druggist dedicated his time, almost all his professional life, in the manipulation of medicines originals by plants. Therefore, we can affirm that the interviewees don't know the graduation required by the pharmaceutical formation.

About it, what can increase the use of medicinal plants and Phitotherapy nowadays by the population, 20 (40%) answered that this increase is associated to the quality of life, the others interviewees didn't answer, saying that they don't know about it. This issue is founded in the increase of the expectation of life, in that they have the certain idea of the longevity; search for a health life, avoiding methods and medicines with collateral effects can put in risk the life of the patients/users.

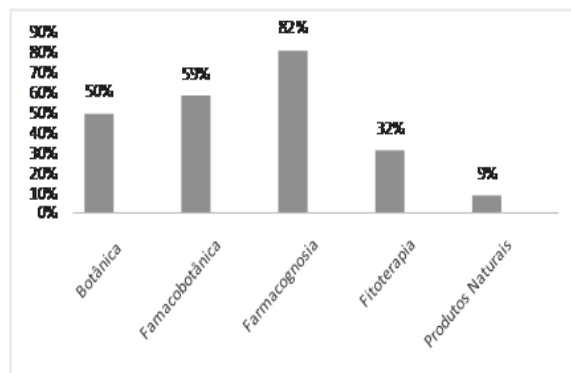
The rational use of medicinal plants and Phitotherapy, by a professional orientation, can provide benefits and security for the patient/user. But, it is important to say that the medicinal plants and Phitotherapy can cause collateral effects, putting also in risk the user health. An example for it is the wrong identification of the species equals in their

morphology, with different chemical properties, can cause big problems.

The dates shown until here, making possible to see that, 28 (56%) of the interviewees affirm to be necessary the spread of medicinal plants and Phitotherapy, about the aspects, chemical, therapeutic and pharmaceutical, in reason of people use them with security, having more success in the treatment, quality and security. This spread is necessary because here, in Brazil, has the biggest forest of the world, that has too much to be studied to guaranty informations in respect of the treatment, use and efficacy of the medicinal plants and Phitotherapy.

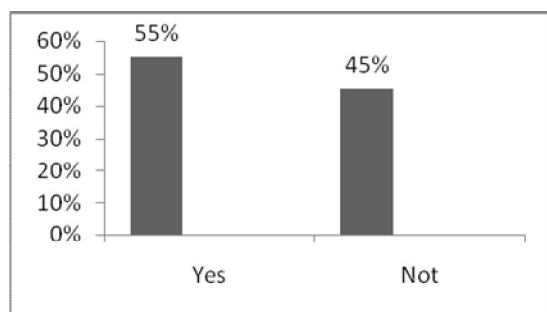
The druggists that were interviewed are graduated more than 12 years before the Resolution CNE/CNS n<sup>o</sup>2, in February 19, 2002 (BRASIL, 2002), the druggists passed to have a general formation. In this sense, 38 (76%) of the interviewees, affirm to have knowledge in Phitotherapy. The others, 12 (24%), affirm that they don't have this kind of knowledge.

In question of which subjects, about Phitotherapy, they course during the graduation, 25 (50%) affirm to have coursed botany, 41 (82%) coursed knowledge in pharm, 32% coursed Phitotherapy and only 9% coursed natural products (figure 3). These subjects are related to the Phitotherapy knowledge, the ideal would be that every students of pharm have knowledge about these subjects, these are related, because to world with Phitotherapy is necessary to know medicinal plants correctly, beginning with the vegetable structure until its effects in the human body. This fact must be analyzed too much carefully, because when a percentage answer to have coursed subjects as botany and knowledge in pharm, it is not mean that there are these subjects in the course matrix, but can say that they are represented in the matrix with different names, but the content are the same.



**Fig. 3: Subjects coursed by the druggists during the graduation**

The issue about the knowledge about the Resolution 546/11 of the Pharm Federal Consul, which disposes the indication of medicinal plants and Phitotherapy, not all answered to have knowledge, it was possible to see that only 27 (54%) answered to have knowledge about the resolution, and 23 (46%) informed do not have knowledge about it (figure 4). It is too much important to be always up-dated about the law, because are through them that we can know the professionals rights and obligations, but this fact is justified by the professional that doesn't act in the Phitotherapy area.



**Fig. 4: Percentage of druggists that have knowledge about the Resolution 546/2011-CFF**

For 34 (68%) of the druggists, it is necessary a good knowledge about the Phitotherapy area during the graduation, to have an indication for the medicinal plants and Phitotherapy, from other way, the others 16 (32%), that answered not be necessary a knowledge more specific for the indication, doesn't mean that is not important for this subject. At the same time these professionals do not act in this area with medical plants and Phitotherapy, therefore they don't have knowledge about this necessity.

About the knowledge of the medicinal plants and Phitotherapy, for a responsible indication, getting more security and efficacy for the users, independent of the article 4° of the law, paragraph 1° on the Resolution 546/2011 CFF (BRASIL,2011), the professional, to act in the indication of the medicinal plants and Phitotherapy, must continue the studies in the area, through the professionals courses and before the graduation that contemplate an indication, because the time necessary to study in the graduation most of times do not correspond with a good formation.

Considering the academic formation and the daily practice of the druggists interviewee, 41 (82%) feel secure to indicate the Phitotherapy and to make the substitution of a conventional medicine. Since the treatment do not be sufficient and effective for the illness that was indicated. Form other way, 9 (18%) of the

druggists interviewed do not feel secures to indicate the Phitotherapy and by some way, substitutes the conventional prescriptions to the Phitotherapy even the medicine be aggressive for the patient health. It is important to say that when it does not have the certain for the indication, the professional must do a survey in the literacy or others founds, because to indicate it or to prescript, is including the ethical responsibilities and must give an orientation, giving total attention for the efficacy in the treatment.

## CONCLUSION

In spite of the great acceptance by most part of the population in related of the Phitotherapy and medical plants, it was possible to observe that is necessary a great idea about the risks of the self-medication, even with the medicinal plants because the most part of the population use the medicines without information's that are necessities for the use, and them use the Phitotherapy by an indication from a friend or relative. In the use of medicinal plants and Phitotherapy, the risks of self-medication are not different of the chemical medicines, because these medicines in spite of been developed through medicinal plants are not exempt of the collateral effects, it is necessary precaution in the use, because against it, it can bring serious problems for the user health, as intoxication, suppression of the feelings and until the interaction with others medicines.

About the druggists, it is possible to conclude that they present a positive vision about the Phitotherapy indication, but is necessary a better professional formation, to attend the population, this was observed on 90 decade, in that there were many pharm courses opened around the country. This fact brings an economic competition even for this they left the quality of the formation. The druggist does not have the habit to continue the studies to increase the knowledge, and stay in the same way for years, losing the market develop.

It will be necessary, by the institutions, to see again the courses matrixes, maybe with an orientation by the Education Minister, trying to search for a uniform formation of the druggist, looking for good services, getting the health satisfaction of the population. One of the facts that collaborate for this problem would be the no contact with practice in the several professional actuation areas, what would be much difficult the proposal of correction in courses that are not integral time and with less time to study it.

To indicate a medicine do not mean to dismiss this for the patient, it is necessary a correct

orientation doing the right thing for the druggist in service of life. All of these are attributions of the professional in pharm in the prevention and recuperation of the population health.

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