

# Disadvantages of herbal remedies



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Disadvantages of Herbal Remedies Herbal remedies, extracted from different herbs and plants, have been very popular since ages and native people of many countries have been using these as an alternative to medical treatments. Plants are used for the preparation of herbal remedies because plants and herbs naturally contain a lot of useful substances like phenols, tannins, and minerals. However, where there are so many advantages, we cannot ignore some disadvantages too. First of all, herbal remedies take ample time to take an effect. One needs to have a lot of patience using a herbal treatment. Then, many herb and plant extracts may cause allergies which appear much later after the treatment is complete. The government does not support any institutions as such that help prepare these herbal remedies so there is no quality control and the user may end up buying a low quality treatment. Also, herbal remedies do not work in serious illnesses and injuries. Herbs cannot replace surgeries, laboratory tests, and operations. Sometimes, herbal treatment negatively interacts with the formal medicines like anti-depressants and thus may hinder with their effect. Since, herbal remedies do not come with an instruction manual or package insert, so this becomes very likely that the user will overdose the remedy. Also, some herbs get poisonous when they are harvested in wild, or some part of the plant gets venomous, so when these are extracted into a remedy, the user will also catch that poison. In short, the use of herbal remedies depends mainly on the user himself because he should know what kind of herb he is using, what he is using it for, and for how long he has to use it.