

## PLANT-BASED MEDICINES

Using plants as natural **remedies** for health problems is nothing new. In fact, for some people, medicinal plants are the only affordable and available kind of medicine. When these people become ill, they discuss their **symptoms** with a traditional healer rather than a medical doctor. Now some scientists want drug manufacturers to take a new look at the ability of plants to **restore** health and fight diseases such as cancer.



Nat Quansah, an ethnobotanist in Madagascar, studies plants such as the rosy periwinkle. A **synthetic** version of the chemical from that plant is now made into drugs that **inhibit** cancer growth. These drugs have dramatically increased survival rates for two kinds of childhood cancer.



Jim Duke, retired from the U.S. Department of Agriculture, grows and writes about medicinal plants such as chicory. Chicory contains chicoric acid, which could be useful in fighting a deadly virus<sup>1</sup>. Duke says that **empirical** studies of medicinal plants are **crucial** to developing new medicines.

### PROBLEMS WITH PLANT-BASED MEDICINES

The effectiveness of a medicine can be difficult to study scientifically. One reason for this is that sick people who use a medicine and then recover may **associate** their recovery correctly or incorrectly to its effects. In addition, herbal remedies may not be **consistent** because the amounts of natural chemicals in plants can vary significantly. The **variables** include the soil plants are grown in and the time when they are harvested, among other factors.