IMPACTS OF THE USE OF BRAZILIAN FAUNA AND FLORA IN FOOD AND MEDICINAL USE

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ABSTRACT

Objective: To describe the main repercussions of the use of Brazilian fauna and flora for food and medicinal purposes.

Method: This is an integrative literature review with a descriptive and qualitative approach. Searches were conducted in the Virtual Health Library system of the Ministry of Health using the following descriptors: medicinal teas, phytotherapeutic medication, and medicinal plants. Initially, 415 results were found without filters, and after applying the filters, the number of studies reduced to 74. From these, the titles from the database search were read, resulting in a final sample of only 15 articles for qualitative synthesis.

Results and conclusion: Through the conducted searches, it was found that the use of plants as medicines dates back to prehistoric times when humans began to utilize nature to cure their illnesses. Currently, medicinal plants are widely used in different parts of the world and are important sources of new bioactive molecules that can be used in the development of new medicines, dietary supplements, and natural cosmetics.

Research implications: The study highlights the richness and diversity of Brazilian flora, emphasizing the importance of preserving these natural resources. This is crucial for the conservation of unique plant and animal species in Brazil.

Originality/value: The study emphasizes the need for policies for the preservation and sustainable use of Brazilian fauna and flora.

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fauna and flora resources. This is essential to ensure the survival of these species and to provide safe and effective treatments for people.

**Keywords:** Medicinal Teas, Herbal Medicine, Medicinal Plants, Food Use.

**IMPACTOS DA UTILIZAÇÃO DA FAUNA E FLORA BRASILEIRA NA ALIMENTAÇÃO E USO MEDICINAL**

**RESUMO**

**Objetivo:** Descrever as principais repercussões do uso da fauna e flora brasileira para uso alimentício e medicinal.

**Método:** Trata-se de uma revisão integrativa da literatura, com caráter de estudo descritivo e abordagem qualitativa, em que foi realizada buscas no sistema da Biblioteca Virtual em Saúde do Ministério da Saúde, usando os seguintes descritores: chás medicinais, medicamento fitoterápico e plantas medicinais. Inicialmente foram encontrados 415 resultados sem filtros, e posteriormente a aplicação reduziu-se para 74 estudos, e destes, foram lidos os seus títulos resultantes das bases de dados, restando apenas 15 artigos para a amostra na síntese qualitativa final.

**Resultados e conclusão:** Mediante as buscas realizadas, verificou-se que o uso de plantas como medicamentos remonta aos tempos pré-históricos, quando os seres humanos começaram a utilizar a natureza para curar suas enfermidades. Atualmente, as plantas medicinais são amplamente utilizadas em diferentes partes do mundo e são fontes importantes de novas moléculas bioativas que podem ser utilizadas no desenvolvimento de novos medicamentos, suplementos alimentares e cosméticos naturais.

**Implicações da pesquisa:** O estudo destaca a riqueza e diversidade da flora brasileira, ressaltando a importância da preservação desses recursos naturais. Isso é fundamental para a conservação de espécies vegetais e animais únicas no Brasil.

**Originalidade/valor:** O estudo ressalta a necessidade de políticas de preservação e uso sustentável dos recursos da fauna e flora brasileira. Isso é essencial para garantir a sobrevivência dessas espécies e oferecer tratamentos seguros e eficazes para as pessoas.

**Palavras-chave:** Chás Medicinais, Medicamento Fitoterápico, Plantas Medicinais, Uso Alimentício.

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**1 INTRODUCTION**

The flora of Brazil is very diverse and rich due to its large territorial extension and the country's different climatic and geographical conditions. It is estimated that there are around 55,000 species of plants in Brazil, including endemic species, that is, species that are only found in Brazilian territory (GONZÁLEZ, et al., 2021).

The use of medicinal plants has been a common practice throughout the world and in all cultures throughout history. In ancient times, the use of medicinal plants was one of the most important ways of treating diseases, and many of these practices are still used today (ALVES, et al., 2020). In India, Ayurveda medicine, which dates back to around 5,000 BC, uses more than 2,000 species of medicinal plants. Ayurveda texts record the use of medicinal plants to treat a wide variety of diseases, including gastric, pulmonary, neurological and cardiovascular problems (PEDRO, et al., 2016).

In Ancient Greece, medicine developed from the work of Hippocrates and his followers,
who believed in using medicinal plants to treat illnesses. Hippocrates used more than 300 different plants in his treatments and emphasized the importance of diet, exercise and personal hygiene for a healthy life (Nurcholis, et al., 2020).

In Ancient Egypt, a wide variety of plants were also used in medicinal practices. Among the most used plants were garlic, onion, mint and coriander, which were used both in treatments and in mummification (Sarauz Guadalupe, et al., 2021).

In China, traditional Chinese medicine is based on a holistic approach that uses medicinal plants, diet, acupuncture and other techniques to treat illnesses and restore balance to the body. Chinese medicine uses more than 6,000 different medicinal plants, many of which are exclusive to Chinese medicine (Alves, et al., 2020).

The use of medicinal plants was also a common practice in indigenous cultures around the world. In Latin America, for example, many plants were used by indigenous people to treat diseases. Among the most used plants were yerba mate, chia and boldo. Thus, the use of medicinal plants has been a common practice throughout the world and throughout history, and many of these practices are still used today (Ferreira, et al., 2021).

The Amazon, the largest tropical forest in the world, is the biome with the greatest diversity of plant species in the country, with estimates ranging from 30,000 to 50,000 plant species. Among the best-known plants in the Amazon are the rubber tree, jute, Brazil nuts, guaraná and several varieties of palm trees (Benites, et al., 2021).

The Cerrado, the country's second largest biome, is characterized by vegetation made up of twisted trees, shrubs and grasses. It is rich in species of medicinal and fruit plants, such as pequi, Jatobá and cajuí (Ferreira, et al., 2021).

The Atlantic Forest, a biome that originally occupied a strip of the Brazilian coast, is one of the most threatened in the world and is home to a wide variety of plant species, some of which are only found in this region, such as the juçara palm and the orchid, de-frade (Calderon, et al., 2021).

Other biomes in Brazil, such as the Caatinga, the Pantanal and the coastal region, also have a great diversity of plant species. The country is one of the largest food producers in the world, with emphasis on coffee, soybeans, corn, beans and several varieties of fruits and vegetables (Ferreira, et al., 2021).

However, despite the richness and diversity of Brazilian flora, many species are threatened with extinction due to the degradation of their natural habitats, such as deforestation, pollution and excessive exploitation. The preservation of Brazilian flora is essential for maintaining the balance of ecosystems and people's quality of life. Brazil's fauna is equally rich and diverse, with around 690 species of mammals, 1,840 species of birds, 640 species of reptiles and more than 1,500 species of fish, among other animals (Nurcholis, et al., 2020).

In the Amazon, we can find several species of exotic and fascinating animals, such as the jaguar, the giant otter, the pink dolphin, the tucuxi, the black caiman, among others. In the Cerrado, the fauna is represented by animals such as the giant anteater, the emu, the tapir, the maned wolf, the ocelot, the cougar, among other species (Ferreira, et al., 2021).

The Atlantic Forest is home to endangered species, such as the golden lion tamarin, the mono-carvoeiro, the giant armadillo, the otter and various birds and reptiles. In the Pantanal, the largest flooded plain in the world, we can find species such as the blue macaw, the anaconda, the pantanal alligator, the lesser anteater, among other animals (Calderon, et al., 2021).

There are also animals exclusive to specific regions, such as the dusky marmoset, found only in mountainous areas of the Atlantic Forest, and the marine manatee, present in coastal areas of Brazil (Sanchez-Aguirre, et al., 2021).

Despite the richness of its fauna, many species are threatened with extinction due to the degradation of their natural habitats, such as deforestation, reduced water quality and illegal hunting. The preservation of Brazilian fauna is fundamental for the maintenance of biodiversity.
Impacts of the Use of Brazilian Fauna and Flora in Food and Medicinal Use

Deforestation has serious consequences for both fauna and flora, therefore, the destruction of natural habitats leads to a significant loss of animal and plant species. This can affect not only biological diversity, but also plant production, such as fruits and vegetables (PEDRO, et al., 2016).

Based on this, deforestation can lead to a collapse of ecosystems, which can negatively affect the functioning of nature, including fundamental processes such as oxygen production, pollination and soil fertilization. It is worth noting that deforestation is one of the main causes of greenhouse gas emissions, which are mainly responsible for global warming and the climate changes that have been observed on the planet (CARMO, et al., 2021).

The degradation of fauna and flora can affect the local and global economy, not only through the total loss of production, but also through a decrease in the quality and productivity of plantations, as already mentioned (MELO, et al., 2021).

It is important to keep in mind that deforestation affects all of us, not just animal and plant species. The consequences of deforestation on the environment are extremely serious and directly affect things such as our food production, natural beauty, climatic conditions and especially our own survival (VIEIRA, et al., 2021).

The indiscriminate use of fauna and flora can have several negative consequences, both for the environment and for human health. When excessive exploitation of a species occurs, there may be ecological imbalance, which may affect other species that depend on it. Furthermore, illegal and uncontrolled exploitation can lead to the extinction of species of Brazilian fauna and flora (YAMAN, et al., 2020).

With regard to human health, the improper use of medicinal plants or animals for therapeutic purposes can lead to complications and poisoning, since not all compounds present in plants or animals are beneficial for human consumption. Furthermore, the lack of clinical studies to determine the efficacy and safety of herbal products may represent a risk to the health of patients (GARCIA, et al., 2021).

Given this reality, it is important that there is a policy for the preservation and sustainable use of these Brazilian fauna and flora resources, with the aim of guaranteeing their survival and, at the same time, offering safe and effective treatments for people.

2 REFERENCE THEORETICAL

Brazil has the greatest biodiversity in the world, housing around 15 to 20% of the total species on Earth (ICMBio/MMA, 2018), in which more than 116,000 species of animals and approximately 46,000 species of plants are recorded, distributed in six terrestrial biomes and three large marine ecosystems (ICMBio/MMA, 2018).

Faced with this great diversity, the country has been constantly suffering actions that cause the significant loss of this wealth of native species, such as illegal trade and trafficking in fauna and flora (STRADIOITI; CôSER; STRADIOITI, 2015).

Today, man is one of the main causes of the loss of biodiversity of Brazilian fauna and flora, his actions such as deforestation, burning, expansion of highways, among others, have led to a reduction in the number of individuals of various species, in addition, hunting of animals Wild animals have strongly contributed to the reduction in the wealth of these animals, thus characterizing one of the main impacts on the environment (ROOS, 2012).

Historically, human beings have established a harmonious connection with other animals, using them for various purposes, such as human food, medicinal use and domestication (KALOF, 2007; ALVES; SOUTO, 2010). The use of wild animals as pets is a widespread practice among today's society, involving millions of people and driving the world economy (SHEPHERD; NIJMAN, 2007; ROE, 2008; WWFORG, 2021; SOUTO et al., 2017).
Indigenous people have always used wild fauna as an essential element of their culture, several species have always been used for food, such as mammals, birds, amphibians, reptiles and insects (MAGALHÃES, 2002), as it is considered an important source of protein (REDFORD; ROBINSON, 1987; BENNETT, 2007; ABERNETHY et al., 2013; TAYLOR et al., 2015). The consumption of meat, skin, bones, teeth and other parts of animals has always been consumed by humans, for food, making amulets, making medicines and other uses (SILVA, 2008).

The use of wild animals for food purposes provides the subsistence of the human species in different regions of the world (DAVIES, 2002; FIGUEIRA, et al., 2003). However, the use of wild animals is due to the need to add more resources to human nutrition, as well as to increase the income of large families, who survive solely from hunting (BARBOSA et al., 2010).

Hunting in Brazil is constituted as an environmental crime, but allows the slaughter of wild animals due to potential damage to agriculture or human health, or if hunting is characterized as subsistence hunting, aiming to satisfy the hunter's hunger (BRASIL, 1967; 1998). From a conservationist perspective, hunting wild animals has important implications, especially considering that many target species appear on national and international threat lists (ALVES; ALBUQUERQUE, 2018; BIRDLIFE INTERNATIONAL, 2012). It is known that the uses and forms of exploitation by humans, as well as the cultural norms that govern interactions between humans and animals, imply less or greater pressure on the exploited species, which may be reflected in their sustainable use or even leading to to extinction (ENDO et al., 2010; PARRY; BARLOW; PERES, 2009).

Although the consumption of wild animals complements the diet of human populations, especially in developing countries, poaching and illegal hunting is made up of a much more diverse set of behaviors and interests (LEMIEUX; CLARKE, 2009). Crimes against wildlife are motivated, with rare exceptions, by financial profit (BANKS et al., 2008).

3 MATERIAL AND METHODS

This is an integrative review of the literature, with the character of a descriptive study and a qualitative approach, in which searches were carried out in the Virtual Health Library system of the Ministry of Health (VHL), in which the following databases were selected: Literature International Health Sciences (MEDLINE), Latin American and Caribbean Literature in Health Sciences (LILACS) and Scientific Electronic Library Online (SciELO). Thus, it is noteworthy that during the research carried out, the current Health Sciences Descriptors (DeCS) were used: Medicinal teas, Herbal medicine and Medicinal plants.

Likewise, it should be noted that the inclusion criteria adopted during the research were: complete articles, available in full, coming from Portuguese, English and Spanish, which had connection with the theme addressed and produced in the periods from 2017 to the month of June 2023. Meanwhile, the exclusion criteria used were incomplete articles, unrelated to the topic and that did not meet the required timeline.

It is worth highlighting that to guide literary investigations, it was necessary to formulate the subsequent guiding question: “What are the main repercussions of the use of Brazilian fauna and flora for food and medicinal use?”

Based on this, it is highlighted that for the construction of the work it was necessary to adopt a structuring focused on 8 steps arranged as follows: 1) Definition of the theme, 2) Elaboration of the guiding question, 3) Definition of inclusion and exclusion criteria for the direction of research to be carried out, 4) Definition of databases, to carry out scientific searches, 5) Selection of articles that fit the theme, 6) Analysis of studies in the final qualitative stage, 7) Interpretation of the data obtained and 8) Presentation of the approach to the topic.
In this sense, the searches were carried out in June 2023, and for their completion it was necessary to intercept the descriptors “Medicinal teas” AND “Phytotherapeutic medicine” AND “Medicinal plants”, using the Boolean operator AND. It should be noted that, through the methodological strategy applied, submission to the Research Ethics Committee (CEP) was dispensed with, as secondary data were prioritized, that is, coming from studies collected and investigated by another person through an investigation process. Appropriate.

Therefore, initially 415 results were found, without adding filters. However, after applying the inclusive parameters, the number of findings was reduced to 74 studies, and of these, their titles resulting from the databases were read and those that did not match the theme were excluded, leaving only 15 articles for the sample. in the final qualitative synthesis.

4 RESULTS AND DISCUSSION

Through the research carried out, it was found that the use of plants as medicines dates back to prehistoric times, when human beings began to use nature to cure their illnesses. The first evidence of the use of medicinal plants dates back to around 60,000 BC, when cavemen used tree leaves, roots and bark to treat wounds and illnesses (YAMAN, et al., 2020).

Throughout history, the use of medicinal plants has developed and improved in different cultures around the world, such as Chinese medicine, Indian Ayurvedic medicine and the indigenous medicine of the Americas (ALVES, et al., 2020).

In Europe, the use of medicinal plants developed more intensely from classical antiquity, with the Greeks and Romans developing techniques for extracting and preparing medicinal substances from plants. In the Middle Ages, medicinal plants were used by apothecaries to produce a variety of medicines and it was during this period that the first pharmacies appeared (YAMAN, et al., 2020).

Currently, medicinal plants are widely used in different parts of the world and are important sources of new bioactive molecules that can be used in the development of new medicines, food supplements and natural cosmetics. However, it is important to emphasize that the use of plants must be done carefully and always with the guidance of trained professionals, due to the possibility of side effects and undesirable drug interactions (SANCHEZ-AGUIRRE, et al., 2021).

Brazil is a country with a wide variety of flora and fauna species, being considered one of the most biodiverse countries on the planet. In terms of flora, Brazil has around 56 thousand species, according to data from the Brazilian Institute of Geography and Statistics (IBGE). The Amazon region is the richest in species, with emphasis on rubber trees, chestnut trees, rosewood and açaí (AVILES, et al., 2017).

In fauna, Brazil is home to thousands of animal species, including mammals, birds, reptiles, amphibians, fish and invertebrates. It is estimated that the country has around 20% of the world's animal species. Among the best-known animals are the jaguar, the jaguar, the giant anteater, the toucan, the blue macaw, the alligator, the shark, the sea turtle and the porpoise (MELO, et al., 2021).

However, Brazil's biodiversity is threatened by several factors, such as deforestation, pollution, urban expansion and illegal hunting. It is important to adopt public policies and environmental preservation actions to conserve biodiversity in the country. Fauna is an important resource in the traditional medicine of many cultures, including indigenous ones. It is common to use animal parts, such as bones, feathers, scales, hooves, skins and even entrails, to treat different diseases and health conditions (GARCIA, et al., 2021).

Although there is resistance on the part of scientific medicine to accept cultural medicine as a legitimate practice, it is important to understand that many indigenous communities have vast knowledge about biodiversity and its relationships with human health. Furthermore, some
plants and animals that are used by these cultures have been the subject of scientific research, which has shown evidence of their medicinal properties (YAMAN, et al., 2020).

However, the use of fauna for cultural medicine can have negative effects on biodiversity, especially if collection is not done sustainably. It is important to remember that some species may be threatened with extinction or vulnerable, and therefore must be protected (SANCHEZ-AGUIRRE, et al., 2021).

Therefore, it is essential to find a balance between the use of fauna for cultural medicine and the need to preserve biodiversity. This can be done through fauna and flora conservation programs, research to assess the effectiveness and safety of traditional medicines, and through agreements between indigenous peoples and government agencies to ensure the sustainability and conservation of species used in cultural medicine (VIEIRA, et al., 2021).

The use of fauna and flora for medicine is an ancient practice that dates back to prehistoric times. Most of the world's indigenous cultures still rely heavily on natural medicines made from plants and animals. Some famous examples of natural products include curing malaria with the Chinese plant Artemisia annua, plant derivatives such as aspirin and morphine, as well as traditional medicines derived from animals such as frogs and bees (AVILES, et al., 2017).

However, the excessive collection of plants and animals for traditional medicine has significant negative effects on biodiversity, and consequently, potential losses for humanity. This can be especially harmful for endangered or vulnerable species, as they cannot be sustainably harvested in large quantities (YAMAN, et al., 2020).

Therefore, it is important to find a balance between the use of plants and animals for medicine, and the need to conserve biodiversity. This can be done through fauna and flora conservation programs, research into plants and animals that have medicinal properties, and also through the practices of Chinese medicine and other traditional medicines that promote sustainability, environmental conservation and responsibility for the use of natural resources (VIEIRA, et al., 2021).

In many poor communities, traditional medicine using fauna and flora is one of the only treatment options available, due to the lack of access to adequate health services and the high costs associated with conventional medicines (MELO, et al., 2021). However, as with cultural medicine in general, the use of fauna and flora for medicinal purposes can be harmful to the environment and the species used, if it is not done in a sustainable and responsible way. Pressure on populations of wild animals and plants can lead to their extinction and the loss of vital ecosystem services (AVILES, et al., 2017).

Therefore, it is important to promote education and awareness programs so that communities can understand the importance of conserving species and balancing ecosystems. Furthermore, access to conventional medicines and adequate medical treatments should be guaranteed for all people, regardless of their socioeconomic status (NURCHOLIS, et al., 2020).

One option is to promote the development of medicinal plants in community gardens and gardens, which can be grown sustainably and used for more effective and safe treatment. The pharmaceutical industry can also offer incentives for local communities to be partners in the development of new medicines, involving them in the collection and sustainable cultivation of important species for the production of medicines (OLIVEIRA, et al., 2021).

Although the use of fauna in contemporary medicine is still in the research and development phase, some species have been studied with the aim of finding new treatments and medicines (ALVES, et al., 2020).

For example, the venom of the jararaca snake has been studied for decades by Brazilian researchers. The main compound present in the venom, the enzyme Bothropsinase A, has a coagulating and antitumor action and has already been used in the development of medicines for the treatment of vascular diseases and the fight against cancer. Another species that has been
studied is the sea urchin. The compound Eslicarbazepine, used in the treatment of epilepsy, was synthesized from the white sponge present in the skin of this marine animal (GARCIA, et al., 2021).

In addition to these examples, other species of animals, such as frogs, spiders, scorpions and bees, have also been studied for the development of new medicines. However, it is important to highlight that this process must be done ethically, with respect for biodiversity and local communities, always aiming to preserve ecosystems and the safety and effectiveness of the medicines produced (OLIVEIRA, et al., 2021).

The Brazilian fauna is rich in medicinal plants, which have been used by the population for centuries to treat various diseases. Some of these plants are used as herbal medicines, which are medicines produced from natural plant substances (YAMAN, et al., 2020).

It is important to remember that the use of herbal medicines must be guided by health professionals, in order to guarantee the effectiveness and safety of the treatment. Furthermore, it is essential to check the origin and quality of the herbal medicines purchased, to avoid possible unwanted effects or poisoning. Furthermore, it is essential to purchase herbal medicines from reliable sources and check their origin and quality, to avoid health risks (MELO, et al., 2021).

The Brazilian flora is rich in plants with medicinal properties, many of which are used in the production of herbal medicines. These medicines are obtained from herbs, roots, leaves, flowers and other parts of plants, and are used to treat various diseases (EMRE, et al., 2021).

5 CONSIDERATIONS FINALS

This integrative review made it possible to analyze through scientific literature that some emerging studies suggest that flora is directly related to the production of herbal medicines, since many of these products are developed from medicinal plants. However, the excessive and uncontrolled use of these plants can lead to the reduction of biodiversity and even the extinction of plant species, that is, the use of medicinal plants and substances obtained from animals as complementary or alternative therapy for various diseases and symptoms (GARCIA, et al., 2021).

Therefore, it is important that the use of medicinal plants in the production of herbal medicines is done in a sustainable way, following good management and cultivation practices. The cultivation of medicinal plants under family or organic farming can be a viable and healthy alternative, which contributes to preserving the flora and improving the quality of life of the communities involved (AVILES, et al., 2017).

Furthermore, research and development of new herbal medicines can contribute to the discovery of new plant species with medicinal properties, encouraging the conservation of flora and the sustainable use of natural resources. Therefore, it is essential to guarantee the preservation of flora and the sustainable use of medicinal plants in the production of herbal medicines, in order to ensure human health and the conservation of the environment (MELO, et al., 2021).

The use of herbal medicines in the community is quite common, especially among people who seek more natural and less invasive treatments for their health problems. Phytotherapeutics are products made from medicinal plants and are used to treat a series of diseases and conditions, such as anxiety, insomnia, headache, hypertension and diabetes, among others (PEDRO, et al., 2016).

In the case of fauna, some substances produced by animals have important therapeutic properties, such as heparin (a natural anticoagulant extracted from pig liver), conotrophin (an analgesic obtained from the saliva of the Conus magus snail) and apitoxin (bee venom used to relieve pain and inflammation).

In terms of flora, there are several medicinal plants with proven therapeutic properties,
which have been used for millennia in the traditional medicines of different peoples. Among the best-known plants currently used in phytotherapy, we can mention ginger, garlic, chamomile, lemongrass, mint, valerian, among others.

However, it is important to emphasize that the use of plants and substances of animal origin in phytotherapy must be done with care and always with the guidance of trained professionals, as some of these substances may present side effects and undesirable drug interactions. Furthermore, it is important to respect the laws and regulations that regulate the use of animal and plant species for therapeutic purposes, in order to guarantee the preservation of fauna and flora (EMRE, et al., 2021).

However, it is important to highlight that the use of herbal medicines requires care and monitoring by health professionals, as, even though they are natural, they can pose health risks if used inappropriately or excessively.

(CARMO, et al., 2021).

Therefore, before starting to use any herbal medicine, it is necessary to seek guidance from a qualified professional, who will indicate which product is most suitable for each case and what is the correct dosage to be used. Furthermore, you should always opt for quality products, which are registered with the National Health Surveillance Agency (ANVISA) and which have undergone efficacy and safety tests.

The safety of using herbal medicines depends on several factors, such as the quality of the product, adequate dosage, interaction with other medications and possible allergic reactions. Furthermore, it is important to follow the guidance of a qualified professional. To ensure safety in the use of herbal medicines, it is necessary to check whether the product is registered with the National Health Surveillance Agency (ANVISA) and whether it has clear information about the composition, indication for use, dosage, form of administration and possible adverse reactions (OLIVEIRA, et al., 2021).

It is also important to be aware of dosage recommendations and contraindications. If you have any doubts, you should always seek guidance from a qualified professional, such as a doctor or pharmacist, who can indicate the appropriate dosage and warn about possible interactions with other medications.

Furthermore, it is essential to remember that herbal medicines should not be used as a substitute for medicines prescribed by a doctor, but rather as adjuvants in the treatment of certain health conditions. The safety of using herbal medicines depends on a series of factors, and it is important to be aware of the information about the product, follow the instructions of a qualified professional and not ignore the importance of adequate medical monitoring.

In summary, the use of herbal medicines in the community can be an interesting option for those looking for more natural and less aggressive treatments, but it is necessary to be careful and always seek guidance from qualified professionals to avoid health risks.

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Impacts of the Use of Brazilian Fauna and Flora in Food and Medicinal Use


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