

Jannatul Nyema Nikita

Firstly I am very much influenced by the benefit of herbal plants and the most important thing that attract me very much is the less residual effect and have higher efficacy compared to the other drugs where at present we can see that the over use of antibiotic therapy creates an emerging public health crisis due to antimicrobial resistance.

Some topics of herbal medicine are included in my veterinary course. Such as in the course of FAM (farm animal medicine) for the treatment of fever & bloat/tympany of ruminants, we can use ginger (*Zingiber officinale*) in case of external parasite (lice, mite, tick), the use of smart weed (*Polygonum hydropiper*) is effective. From the course of PAM (Pet animal medicine) we can know an interesting matter about cat that when they are suffering from digestive disturbances they eat grass willingly by themselves. Besides in the AVM (avian medicine) we can use garlic in the case of ascites & neem extract in the case of external parasite. Thus herbal medicine has influenced my course in veterinary school.

I have many experiences with herbs in my daily life. Now I am sharing some incidents with you all. I have a little brother who has been suffering from chronic respiratory disease (pneumonia) from his birth. Almost all of the allopathic and homeopathic treatment have been done but we do not get any effective result. Then we try tulsi leaves (*Ocimum sanctum*) and ginger and finally he become benefited. The incident that first peaked my interest in herbal medicine. In my hostel, girls use turmeric (*Curcuma longa*), neem, china rose (*Hibiscus rosasinensis*) for facial and hair treatment. We also drink ginger tea, green tea, milk mixed with turmeric which help us to remain fit and healthy.

I am Jannatul Nyema Nikita, a fourth year veterinary student of Sylhet Agricultural University, Bangladesh. My home district is Narsingdi. I want to become a successful researcher in future. If I could win this scholarship then my target is to create and establish a new revolution of drugs that manufactured from herbal plants through research and raise awareness among people about herbal medicine.

Thanks a lot for giving me the opportunity to say something about herbal medicine and for showing your patience to read this essay.