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Mini Review

Current status of polyherbal formulation derived from ethnobotanicals

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Abstract

Aim: Polyherbal formulations have been an area of interest for researchers. Ethnobotanicals are evaluated for their effectiveness against diseases as an alternative for synthetic drugs. The present review aimed to discuss the efficacy of the polyherbal formulation.

Method: In the present study, all the relevant data collected from classical texts and research articles from various offline and online sources included Scopus, Web of Science, and PubMed, for the current status of the polyherbal formulation. The present review circumscribes the importance of polyherbal formulation.

Introduction

Lack of physical activity and abundant food availability has augmented various medical disorders at a global level. There is no evidence of any life-long recovery from many disorders resulting in high mortality due to life-threatening health problems.

According to the data, 700 ethnobotanicals out of 15,000 medicinal plants [1], are proven to be a promising source of anti-diabetic, anti-asthmatic, anti-diuretic, anti-microbial, anti-cancer, anti-ulcer, anti-inflammatory, anti-bacterial, antioxidants, anti-fungal, anti-dandruff, and several types of human ailments. The whole plant, or part (root, leaves, flowers, and stem-bark), is used for the preparation of these herbal drugs. Proper preparation and extraction of solvents determine the suitability of polyherbal formulation for human consumption. Some solvents generally used include methanol, ethanol, acetone, (aqueous) water, hexane, hydrochloric acid, ethyl acetate. Synthetic pharmaceutical drugs derived from plants are expensive. These include Asculetin, Ajmalicin, Digitalis, Morphine, Picrotoxin, Resperine, Quinine, Xanthotoxin, Noscapine, Ephedrine, etc., [2]. Therefore, medicinal herbal drugs are being brought into use in replace of synthetic drugs. In a particular ratio, multiple compatible herbs form a polyherbal

formulation and give a therapeutic effect against a vast number of diseases [3]. Many chronic-ailments found to be cured by traditional medications do not show any undesired side effects. According to data, the polyherbal formulation can treat many chronic-ailments including cancer, malaria, dysentery, circulatory disorder, vitiligo, PCODs, arthritis hypertension., hyperlipidemia, diabetes, arthritis, sprue, ulcer, acne, dementia, dysentery, diarrhea, jaundice, steatosis, obesity, hypertension, ischemic heart diseases, peripheral vascular diseases, and asthma [4,5].

Polyherbal ethnobotanicals include

Momocardica charantia, Ocimum sanctum, Azadirachta indica, Tinospora cordifolia, Trigonella foenum graecum Picrorrhiza sanctum, Zingiber officinale, Momordica muricata, Caesalpinia bonducella, Curcuma longa, Gymnema sylvestre, Syzygium cuimini, Pterocarpous marsupium, Momordica charantia, Emblica officinales, Terminalia betERICA, Terminalia chebula and shudh shilajit, Eugenia jambolana and Trigonella graecium [6], Costus speciosus, Fumaria indica, Cichorium intybus [7]. Boswellia serrata, Commiphora wightii, Hemidesmus indicus, Aloe barbadensis, Withania somnifera, Zingiber officinale, Berberis aristata, Cucurma longa [8], Ageratum conyzoides, Ficus religiosa, Curcuma longa and Tam-



arindus indica, Aegle marmeloos, Coriandrum sativum, Cyperus rotundus and Vetiveria zizanioids [9], *Picrorhizakurroa*, *Cyperus rotundus*, *Zingiber officinale*, *Cedrus deodara*, *Tinospora cordifolia*, *Holarrhena antidysenterica*, *Swertia chirata*, *Cissampelos pareira* L. and *Hemidesmus indicus*, *Marsdenia tenacissima* [10].

Result

Based on these results, the polyherbal formulation is most significant for its potential as an alternative for synthetic drugs. Due to the presence of many phytoconstituents from different herbs, it is sometimes difficult to identify the exact mechanism of their action. Polyherbal should not be taken together if found to be unsuitable.

Conclusion

Many ethnobotanicals investigated remains unexplored. There is dependence liability with the herbal formulation upon long-term use. The use of approved polyherbal formulation in a balanced way can exert the best effect on human health. Manufacturers of polyherbal formulation must follow regulatory control laws to prevent any adulteration.

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