

Virtual Conference: Recent Trends in Life Sciences (TREND-LS-21)

[Conducted on 13-14 March – 2021]

Phytopharmacological Activities of *Sphaeranthus indicus* (Gorakh Mundi)

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Abstract

Sphaeranthus indicus is a well-known plant used in the Indian system of medicine. The plant is widely distributed throughout the plains and wet-lands of India, Sri Lanka and Australia. Various biologically active compounds have been isolated from *S. indicus*. This study is an attempt to review and analyse phytochemical and biological activities of *S. indicus* covering its traditional and folk medicinal uses. *Sphaeranthus indicus* Linn. (Asteraceae) is widely used in *Ayurvedic* system of medicine to treat vitiated conditions of epilepsy, mental illness, hemicrania, jaundice, hepatopathy, diabetes, leprosy, fever, pectoralgia, cough, gastropathy, hernia, hemorrhoids, helminthiasis, dyspepsia and skin diseases. There are reports providing scientific evidences for hypotensive, anxiolytic, neuroleptic, hypolipidemic, immunomodulatory, antioxidant, anti-inflammatory, bronchodialatory, antihyperglycemic and hepatoprotective activities of this plant. A wide range of phytochemical constituents have been isolated from this plant including sesquiterpene lactones, eudesmenolides, flavanoids and essential oil. A comprehensive account of the morphology, phytochemical constituents, ethnobotanical uses and pharmacological activities reported are included in this review for exploring the immense medicinal potential of this plant.

Keywords: *Sphaeranthus indicus* Linn.; Asteraceae; Eudesmenolides; Psychotropic activity

Biography

Sakshi malhotra has completed her bachelors in microbiology honors at the age of 21 from graphic era deemed to be university Dehradun and now she is pursuing masters in microbiology from jaypee institute of information technology.



Citation

Sakshi M, Rachana, Phytopharmacological Activities of *Sphaeranthus indicus* (Gorakh Mundi). J Nat Prod Trad Med. 2021, S1: 014.

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