



Herbal Supplements: A Natural Approach to Wellness

Pradnya Shinde*¹, Rohit Sarda¹, Shubhangi Khade¹, Shreya Mehar¹

Department of Regulatory Affairs, DES Dayanand College of Pharmacy, Latur, India.

Received: 2024-11-15

Revised: 2024-11-26

Accepted: 2024-11-28

ABSTRACT

At least the majority of people use herbal medicines and dietary supplements for some part of their primary healthcare, demonstrating the enormous expansion in their adoption over the last three decades. Even though it's common to assume that herbs are "natural" and hence risk-free, many different adverse reactions have been documented as a result of their active components, contaminants, or drug interactions. The 2019 coronavirus disease pandemic (COVID-19) is basically triggered by Corona virus-2 that causes severe acute respiratory syndrome (SARS-CoV-2). Traditional healers have been prescribing dietary plants and herbal products for a variety of ailments for thousands of years. Herbal medicines have gained popularity in recent years as both an alternative/complementary medicine and dietary supplement for illness prevention. Herbal supplementation for self-medication with claims of improved cognition, immunity, weight loss, and overall wellness is more prevalent than one might think.²¹ Despite the fact that herbs are frequently considered to be "natural" and hence safe, a variety of side effects have been documented because of their API, Pollutant, or pharmacological interactions²⁶. Physicians frequently underestimate the degree to which elderly patients take nutritional supplements together with traditional drugs. One of a person's basic necessities is food, which gives the body a range of nutrients it needs to regenerate damaged tissue, create energy, and promote life and growth. Herbal medicines are regulated under prescription, over-the-counter, traditional, and dietary supplement regimes. Dietary supplements include Cocinia, Alfalfa, Turmeric, and St John. This review summarizes about herbal medicine that are used as the dietary supplement.

Keywords: Herbs; Herbal medicine; Dietary supplement; Marketed products

Introduction:

Nutritionally, herbs are highly recommended. Herbs can refer to any part of a plant or plant product, from the stalks and leaves to the flowers and roots and seeds. Herbal remedies can involve either a single herb alone, or a combination of plant chemicals believed to have synergistic benefits. Traditional Chinese medicine uses many different formulations, and some of these contain not only herbs but also minerals and animal by products. As far as ensuring security, effectiveness, additionally surveillance after marketing, the framework for the regulation of herbal items within the Dietary Supplement Health and Education Act of 1994 is quite different from that of pharmaceutical products. Since herbs fall under as "dietary supplements," they are subject to the act's regulations. Uses of herbal medicines include treating and prevent disease and promote health for thousands of years, and they are still relied upon in almost 80% of medical procedures in the developing countries. Because of their "natural" reputation, herbal remedies are frequently assumed to be risk-free¹.

History of Herbal Medicine

Treatment with herbs was an established kind of treatment in all ancient cultures, including Mesopotamia, Egypt, China, Greece, India, and Empire. Hippocrates, known as the "Father of Medicine," was the first well-known herbalist who underlined healing power of nature. Hippocrates, an experienced character in the history of medicine from the time of the ancient Greeks, promoted the combination of using herbal treatments with restful eating and regular exercise. Modern civilisation has benefited greatly from the use of herbal medicine².

Common Use of Vitamins and Minerals in Europe and Asia in 2019 (COVID-19):

Use of dietary supplements and natural remedies is prevalent throughout. A severe threat to public health is posed by the ongoing global spread of COVID-19¹⁸.



Orally administered products with a "dietary ingredient" are what the FDA refers to "dietary supplements" in US terms. Examples of dietary additives are vitamins, minerals, amino acids, herbs, and botanicals¹⁸.

From 15-94% of the population report using dietary supplements; these include probiotics, omega-3 fatty acids, multivitamins, vitamin D, and C, zinc and B complex vitamins Omega-3 fatty acids, probiotics, vitamin C, D, and multivitamins, and zinc were the most frequently mentioned dietary supplements. Supplementing one's diet is a common practise among incarcerated people, with the most common explanation being protection against contracting Covid-19. The majority of people who used a natural or herbal supplement did so to strengthen their resistance to COVID-19. The most frequently suggested herbal supplements and natural things were ginger, garlic, honey, turmeric, lemon, black seed, cinnamon, and anise. Respondents reported using these regularly, with usage rates of 32-56% for ginger, 30-46% for honey, 10-34% for garlic, and 16-19% for turmeric (curcumin)¹⁸.

The majority of individuals reported using vitamin C and garlic to lower their risk of acquiring COVID-19 and to boost immunity when compared to other foods and herbal supplements. Vitamins that boost immunity and those that provide protection from viruses like the common cold and the flu. In an experiment evaluating vitamin C's efficacy against the flu and colds, it fared better than vitamin D¹⁸.

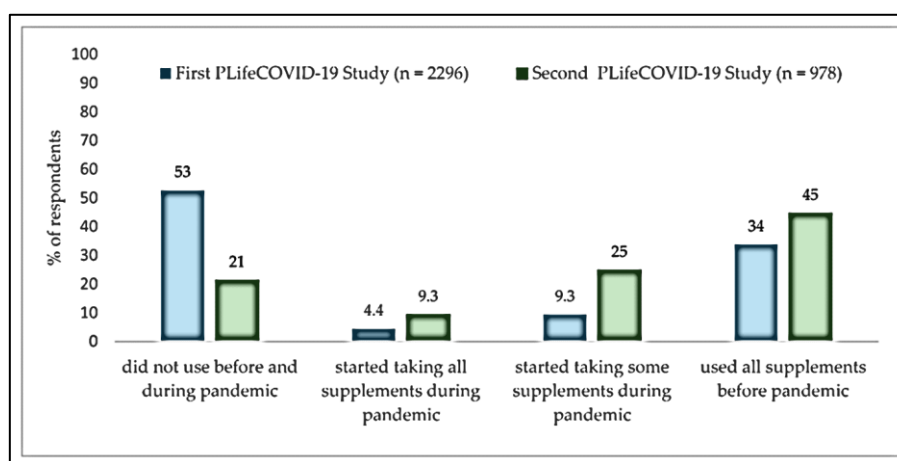


Figure 1. Utilizing dietary supplements in both the initial and next COVID-19 waves

Fifty-three percent of participants in the first PLifeCOVID-19 Online Study and twenty-one percent of participants in the second did not utilise any kind of dietary supplement. A large percentage of DSs users (34% and 45%, respectively) used to take all supplements before the COVID-19 epidemic. More participants in the updated research began taking supplements during the 2009 COVID-19 epidemic.

Both studies found that supplement users were more likely to be women, younger, more educated, married, living in urban areas, unemployed, working less hours, or just starting out in the freelance or remote work economy¹⁹.

Advantages of Herbal Medicine

The natural product is typically taken from the source, concentrated, separated, and purified to produce essentially just one biologically active molecule. Herbal medicines are widely used all over the world. Traditional herbal medicine has been used by peoples from all over the world for ages. Natural remedies may be more accessible and affordable than conventional drugs, and many people would rather use them if they were. To treat and prevent illness, people sometimes turn to herbal remedies, which are plant-based botanical preparations. They fall under the umbrella term "complementary and alternative medicine" (CAM). Thousands of herbal medicine products are currently accessible in the United States without a prescription. The benefits include a stronger immune system, more energy, less weight, better mood, and more restful sleep. Pills, teas, extracts, and powders are just some of the different delivery systems for herbal supplements.

Drawbacks of herbal medicine

Herbal remedies are not effective enough for severe wounds. Self-dosing of several plants can have severe consequences for consumers. The risk of poisoning increases if the correct plants are not found. As can be seen, herbal remedies are useless in the face of an emergency or a sudden disease. Most pharmaceuticals function at the molecular level of physiology, therefore the drug



has a delayed effect. There are, however, very few herbal remedies that are effective immediately for things like diarrhoea and the like. There has been a recent uptick in people worrying about the long-term viability of Ayurvedic medicine².

Dietary supplement

People have been taking herbal supplements for their health for centuries³. Dietary supplements refer to any readily available preparation—vitamin, mineral, herbal remedy, or otherwise—that is added to the diet for health reasons. Many people today use dietary supplements, which are a distinct subset of the consumables market from common meals and drugs. Definition: Dietary supplements are food additives that provide nutrients to supplement the diet, such as vitamins, minerals, botanicals, herbs, amino acids, metabolites, or a combination of these. Nutritional supplements, in a nutshell, include products such as fish oil capsules, probiotics, multivitamins, and garlic tablets, natural tools for weight loss, as well as several energy drink variants. Botanicals, often known as herbal supplements, are a form of herbal supplementation. When compared to regular food, dietary supplements are more of an accessory. When a product's main objective is to treat, diagnose, cure, or prevent disease, it is still regarded as a medicine even though it is labeled as a dietary supplement. There are numerous forms that dietary supplements can take, including tablets, capsules, soft gels, gel caps, powders, bars, gummies, and liquids. Supplementing your diet with the right nutrients can make all the difference in your efforts to get healthy and stay that way.

The herbs used as dietary supplement:

1) **Coccinia:**

- Synonym: Cephalandra
- Family: Cucurbitaceae
- Biological source:

The Greek word kokkinia, which means "red" or "scarlet" in English, originates from the genus *Coccinia*, which has 25 different kinds. With the exception of one species, *grandis*, it is distributed in South and Southeast Asia, the New World, and sub-Saharan Africa. In addition, *C. grandis* is a cultivated plant used in both medicine and cuisine.

• **Chemical constituents:**

Aerial part - Alpha- and beta-cephalandrin alkaloids, Cephalandrol,

Fruits- Taraxerone, B-cucurbitacin, β -carotene, Taraxerol.

Root - The components of a root include saponin coccinoside, flavonoid glycoside . The perennial vine *Coccinia grandis* has a rapid growth rate and can reach lengths of several metres. It has leaves that range in shape from heart-shaped to rectangular and are placed alternately along the stems. Large, white, star-shaped flowers are seen. Certain species of *coccinia* are creeping or climbing perennial herbs. Ayurvedic medicine also makes extensive use of *Coccinia grandis* for the treatment of diabetes, and current research appears to support its potential utility in that regard.

• **Uses:**

1. The plant is used as an expectorant, cathartic, & antispasmodic. The leaves are used as an expectorant, anthelmintic, antispasmodic, and antiulcer. Fruits have laxative, antiemetic, anti-inflammatory, and antileprotic effects. Roots have cathartic, anti-arthritis, and lowering effects.
2. The plant is believed to have a variety of active components, such as steroids, alkaloids, flavonoids, glycosides, phenolic compounds, and flavonoids. The plant is examined for its ability to protect the liver and for its antibacterial, antimicrobial, anthelmintic, anti-inflammatory, antioxidant, and anti-ulcerogenic qualities.⁵
3. Tested against six gram-positive and gram-negative bacteria, *Coccinia grandis* stem ethanol extract shown antibacterial effectiveness against all but *Klebsiella* and *Proteus mirabilis*.
4. The antiplasmodial activity of a *Coccinia grandis* extract is particularly impressive when tested against *Plasmodium falciparum*.



5. *Coccinia grandis* methanolic extract has antibacterial qualities. The anthelmintic activity of the worm *posthuma* was utilised. Glycosides, alkaloids, flavonoids, terpenoids, phenols, and tannins are all found in *Coccinia grandis* extract. By modulating prostaglandin production, the extract demonstrated antipyretic efficacy⁶.

The extract of *Coccinia cordifolia* (indica) leaf. *C. cordifolia* is a vegetable that has long been part of the human diet in India and has been clinically shown, when used as part of daily food, to help maintain a healthy blood sugar level. The extract is 15 times stronger than dried plant.



Figure 2: *Coccinia*

2) Alfa-Alfa

- Synonym: *Medicago sativa*
- Family: Fabaceae
- Biological source:

The perennial flowering plant referred to as lucerne (*Medicago sativa*) belonging to the Fabaceae family of legumes⁷.

- Uses:

Low in calories and high in nutrients is lucerne. Despite only having 8 calories per cup, lucerne sprouts include 0.2 grams of fat., A 0.7 gram carbohydrate, 6 grams of fiber and 1 gram of protein.

Alfalfa also helps people feel full and lowers cholesterol because to its high soluble fibre content. Therefore, Alfalfa herbal medicine is used as the dietary supplement. Lucerne is often used in complementary therapies to cure diseases and metabolic issues due to its positive effects on both the body and the mind. Despite its foul smell, lucerne is abundant in vital vitamins, minerals, and nutrients. Alfalfa includes 30.5 g of vitamin K, 0.157 g of copper, 0.96 g of iron, 0.563 g of vitamin B5, 70 g of phosphorus, 0.126 g of vitamin B2, and 8.2 g of vitamin C per 100 grammes of food. Most of the time, the scientific basis for these statements is insufficient. Alfalfa and other high-fiber meals slow down the intestines' absorption of glucose, or sugar, which lowers blood sugar levels. Alfalfa may therefore help those who have diabetes or prediabetes. Animal studies have given some evidence in favour of this. Some herbalists use alfalfa as a diuretic to treat urinary tract infections and kidney stones. Lucerne is known to increase lactation in nursing mothers because of its galactagogue properties. The nutritional density of lucerne makes it a candidate for the category of anti-inflammatory foods⁷.

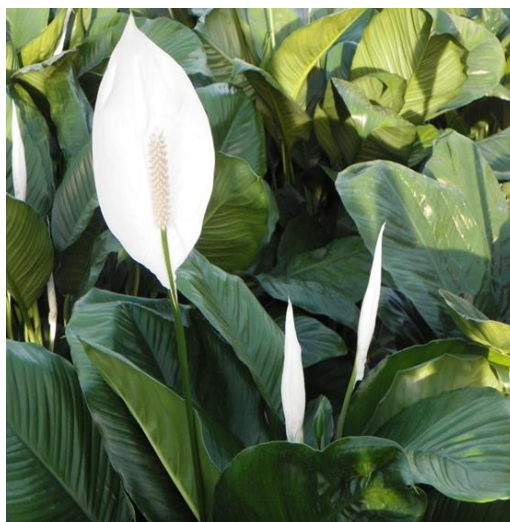


Figure 3: Alfa-Alfa

3) Ginseng

- Synonym: *Panax ginseng*
- Family: Araliaceae
- Biological source:

The original source of ginseng is a kind of plant called *Panax ginseng*.

- Chemical constituents:

Minerals, fat-soluble substances, nitrogen-containing particles, carbohydrates, and ginseng saponin (ginsenoside) make up the chemical composition of ginseng.

Ginseng is a common name for a number of different plant species, most commonly those belonging to the genera *Panax* L. and *Eleutherococcus* Maxim in the family Araliaceae. Traditional medicine has employed ginseng formulations for thousands of years.

Among the oldest herbs still in use today is ginseng, and its history has been well- documented. It has been heralded as a miracle cure for a wide variety of illnesses and a means of improving health across the board. Although it rarely causes adverse reactions, there are several things to keep in mind when using it.

- Uses:

1. Antioxidant and anti-inflammatory properties of ginseng are advantageous. Ginseng, a nutritional supplement, is essential for boosting health since it controls how well the immune system in the body functions. Ginseng is the popular name for the roots of two different plants, *Panax quinquefolius* and *Panax ginseng*, both of which are prized for their abundant phenolic compounds, ginsenosides, saponins, carotenoids, and vital carbohydrates ⁸.

2. Ginseng may enhance mental abilities like memory, behaviour, and mood. Older studies suggest that specific ginseng constituents may assist to restore normal function by preventing oxidative stress in the blood vessels and tissues of the penis.

3. Ginseng may enhance mental abilities like memory, behaviour, and mood. Older studies suggest that specific ginseng constituents may assist to restore normal function by preventing oxidative stress in the blood vessels and tissues of the penis.



Figure 4. Ginseng

4) **Garlic:**

- Synonym:bulb, clove
- Family: Amaryllidaceae
- Biological source:

Garlic (*Allium sativum*) is a member of the genus *Allium*, which is comprised of bulbous flowering plants.

- Chemical constitute:

Most of garlic's pharmacological effects are attributed to its volatile oils, which make from 0.16 to 0.36 percent of the plant.

The floral plant *Allium sativum* grows from a bulb and blooms year after year. Its flowering stalk can reach heights of 1 m (3 ft) in height. *Allium longicuspis*, a wild species found in central and south-western Asia, is the closest genetic and morphological relative to garlic. In mild areas, garlic can be grown all year¹⁰.

- Uses:

1) The edible bulb of the garlic plant. Currently, garlic is promoted as a nutritional supplement for two illnesses related to the heart and blood arteries: excessive blood cholesterol and high blood pressure.

2) Due to its strong flavour, garlic is frequently used as a flavour or condiment around the world. They have a distinctive spicy, peppery flavour that significantly mellows and sweetens after cooking¹¹.

3) People on anticoagulant medicine should avoid eating garlic since it reduces platelet aggregation. Garlic has very little nutritional value; three cloves (3–9 grams) of garlic provides less than 10% of the Daily Value (DV) for any given vitamin. Garlic contains a number of nutrients, expressed per 100 grams, at quite high quantities (20% or more of DV), including the vitamins B6 and C, the minerals manganese and phosphorus, and others. Per 100 gramme serving, garlic provides a good quantity (10-19% DV) of calcium, iron, and zinc, in addition to some B vitamins including thiamine and pantothenic acid^{10,11}.



Figure 5: Garlic

5) Echinacea:

- Synonym: *Rudbeckia purpurea*
- Family: Asteraceae
- Biological source:

Native to North America, *Echinacea purpurea* is a member of the daisy family (Asteraceae) with common names containing *Echinacea* in its purest form, hedgehog coneflower, purple coneflower, and eastern purple coneflower.

- Chemical constitutes:

Caffeic acid, alkamides, phenolic compounds, rosmarinic acid, and polyacetylenes are only some of the tremendous chemical diversity found in echinacea plants.

Conrad Moench reclassified *Rudbeckia purpurea*, originally titled Linnaeus described *Rudbeckia purpurea* in *Species plantarum* 6 in 1753, as *Echinacea purpurea* (L.) Moench in 1794. *Rudbeckia purpurea* var. *serotina* was the name of a new variety that Thomas Nuttall described in 1818. A herbaceous perennial, *Echinacea purpurea* grows to maximum dimensions of 25 cm (10 in) in width and 120 cm (47 in) in height. In temperate climates, *Echinacea purpurea* is grown as a decorative plant. It is perfect for beds, walkways, and curbs. Fresh bouquets can also include flowers in their composition. *Echinacea purpurea* can be multiplied from seeds or vegetatively. The vegetative methods of division, root cuttings, and basal cuttings are all beneficial. It is customary to divide or separate large bunches of flowers into smaller ones in the spring or the autumn. Plants can be grown from "pencil-sized" root cuttings that are started in late fall or early winter¹².

- Uses:

The advantages that *Echinacea* has for the immune system are its most well-known benefits. This suggests that *Echinacea* may be able to lessen the amount of sugar that enters your blood, in theory. *Echinacea* plants have gained recognition as a potential anxiety treatment in recent years. Compounds in *Echinacea* aided in lowering significant inflammatory indicators and memory loss brought on by inflammation. As a prophylactic against colds and flu, echinacea is promoted due to its capacity to strengthen the immune system and lessen the intensity of symptoms. Topical *Echinacea* arrangements have been recommended for the treatment of wounds and skin disorder.



Figure 6: Echinacea

6)Black cohosh:

- **Synonym:** *Actaea racemosa*
- Family: Ranunculaceae
- Biological source:

Cimicifuga is derived from the Latin words *cimex* (the scientific name for bedbugs; *Cimex lectularius* L., Cimicidae), and *fugare* (to drive away). The herbage of numerous species, including *C. elata* Nutt. of North America, *C. foetida* L. of Asia, and *C. europaea* Schipcz. of Europe, has a strong, repulsive odour and was traditionally employed to ward off insects. The leaves have a not-so-pleasant odour.

- Chemical constitute:

triterpene glycosides, Black cohosh, *Cimicifuga racemosa* (L.) Nutt, is a native of eastern North American deciduous woodlands and is a member family (Ranunculaceae). It has been used for gynaecological issues before European explorers arrived in the New World. Dr. John King, an eclectic physician, promoted it as a significant cure for a number of female-related illnesses in the 19th century. For more than 50 years, preparations of the root of this American medicinal plant have been utilised in European phytotherapy to treat menopausal symptoms¹³.



Figure 7: Black cohosh



7) Ginkgo:

- Synonym: Ginkgo biloba
- Family: Ginkgoaceae
- Biological source:

The zygotic tree Ginkgo biloba, which is a member of the Ginkgoaceae family, supplies the ginkgo leaves.

- Chemical constitute:

Ginkgo biloba leaf extract contains many different compounds, including flavanol and flavone glycosides, bilobalide, iron-based superoxide, ascorbic acid, and catechin, lactone derivatives (ginkgolides), Vanillic acid, sterols, 6-hydroxykinuretic acid, and protocatechuic acid.

Ginkgo biloba has been on the earth for 200 million years and is considered a "living fossil". One of the most regularly utilized herbs for medicinal purposes is this one. Among the secondary metabolites produced by this plant are terpenoids, allyl phenols, polyphenols, organic acids, carbohydrates, fatty acids, lipids, inorganic salts, and amino acids. The first G. biloba plants were brought to Europe in the 1730s. One of the earliest trees to arrive in Europe is the one that is still alive in the Utrecht botanical park. Globally, people use the thin-layer nut found in the G. biloba seed as food and medicinal.

- USES:

Antioxidant-rich ginkgo biloba has anti-inflammatory properties. Along with treating many other illnesses, it might also be helpful for your heart, brain, and eyes. Ginkgo is a plant that is used as a herbal cure for numerous ailments. It could be most recognised for being used to treat weariness, dementia, and Alzheimer's disease. Other ailments that it may assist with involve:

- Schizophrenia
- Sadness and anxiety
- Inadequate cerebral blood flow
- Issues with arterial pressure
- Sickness from altitude
- Dysfunction of the erection
- Cancer
- Premenstrual syndrome
- Asthma
- Neuropathy

Ginkgo leaf extract is promoted as a dietary supplement that can be used to cure a variety of illnesses and symptoms., including but not limited to Unease, allergic reactions, memory loss, eye problems, peripheral vascular illness (wherein plaque accumulates in the blood vessels supplying the brain, body organs, and limbs), and Hearing loss.



Figure 8: Ginkgo

8) Saw palmetto:

- Synonym: *Serenoa repens*
- Family: Arecaceae
- Biological source:

Saw palmetto, or *Serenoa repens*, is a popular herbal remedy made from an extract of the fruit of a small palm tree.

- Chemical constitute:

The Extract contains NLT 0.2% of sterols, NLT80.0% of fatty acids, and NLT 0.1% of b-sitosterol, all on anhydrous basis. The only species now recognised as belonging to the genus *Serenoa* is *Serenoa repens*, also known as saw palmetto. It is a little palm, reaching a height of no more than 7 to 10 feet (2 to 3 metres). The fruit, a sizable reddish-black drupe, is a significant source of food for both wildlife and historically, people. Some Lepidoptera species, like *Batrachedra decoctor*, whose larvae feed only on the plant, use the plant as a food source. Men with lower urinary tract problems and those with prostate cancer may benefit from saw palmetto extract, according to research.

- Uses:

- 1) Saw palmetto is frequently used to maintain hormone balance and reduce hair loss.
- 2) Saw palmetto decreases DHT's capability to connect with particular hormone receptors, which prevents hair loss by reducing the uptake of DHT in your hair follicles.
- 3) Saw palmetto has been shown to be an effective treatment for urinary symptoms caused by benign prostatic hyperplasia (BPH), a disorder that causes the prostate gland to expand and limit urine flow. By blocking the enzyme 5-alpha reductase, which turns testosterone into DHT, saw palmetto helps maintain stable testosterone levels.
- 4) Urinary issues associated having a prostate gland enlargement (also known as benign prostatic hyperplasia, or BPH) are among the many conditions for which saw palmetto is promoted as a dietary supplement¹⁴.



Figure 9: saw palmetto

9) St. John's wort:

- Synonym: Hypericum Perforatum
- Family: Hypericaceae
- Biological source:

St. John's wort is a yellow-growing herb that has been used in traditional European medicine since the time of the ancient Greeks.

- Chemical constitute:

Because St. John's Wort contains five distinct forms of hypericin and other flavonoids, it is a xenobiotic, or substance originating from plants.

The herbaceous perennial plant *Hypericum millepertuis*, commonly referred to as St. John's wort, is native to both Europe and Asia. It has become naturalised in the United States after being brought there from elsewhere (American Herbal Pharmacopoeia 1997; Bombardelli & Moranzoni 1995). The common name for this plant, hypericum, is thought to have come from the Greek words for "over" and "image," hence the moniker "St. John's wort." There are reports that St. John's wort has toning and soothing effects. In the past, it has been applied topically to cure wounds, as a nerve tonic, and to treat irritability, menopausal neurosis, neuralgia, brositis, sciatica, anxiety, and depression.

- Uses:

1) St. John's wort can help people who suffer from depression that occurs seasonally (SAD), a form of depression that gets worse in the winter because there is less sunlight, feel better about themselves and their circumstances. St. John's wort has been used to treat and reduce PMS symptoms such as depression, chronic fatigue, and hormone imbalances due to its mood-enhancing qualities.

2) One potential use for St. John's wort is as a complementary medicine to alleviate the physical and psychological symptoms of menopause. Furthermore, it has anti-cancer and anti-inflammatory effects.

In the US, the FDA considers St. John's wort a dietary supplement¹⁵.



Figure 10: St. John wart

10) Turmeric:

- Synonym: *Curcuma longa*
- Family: Zingiberaceae
- Biological source:

Turmeric contain the dried rhizomes of *curcuma longa* L.

- Chemical constitute:

Curcumin, demethoxycurcumin, and bisdemethoxycurcumin are just a few examples of the curcuminoids found in the phytochemical class of turmeric called diarylheptanoids.

Curcumin, a part of the spice turmeric (*Curcuma longa*), which has been utilized for ages due to its medicinal qualities. It's probable that curcumin's and turmeric's anti-inflammatory and antioxidant qualities are largely responsible for their medicinal effects¹⁶. It is cultivated in Asian countries. *Curcuma longa* is typically administered orally, but it can also be applied topically or inhaled (according to Ayurvedic tradition) to treat conditions¹⁷.

- Uses:

Painful and inflammatory disorders like osteoarthritis are popular uses for turmeric. Besides treating hay fever, itching, depression, high cholesterol, and a form of liver disease are among its many other applications. Anticancer, anti-diabetic, anti-microbial, antidepressant, etc.¹⁷ are just some of the benefits of turmeric. Turmeric is used as a dietary supplement to treat digestive tract, skin, liver, gallbladder, arthritis, inflammation, and cancer. Curry powder relies heavily on turmeric, a common spice. Yellow curcuminoids, its principal active element, are used to provide colour to foods and cosmetics.



Figure 11 : Turmeric

Marketed products:



Figure 12: Cart fit (Source: Google.com)

Useful in repair and strengthening of knee cartilage and other joint cartilage.

Cart fit ingredients:

- Boswellia Serrata (Shallaki Extract) 100mg.
- Allium Sativum (Garlic Extract) 75mg.
- . Zingiber Officinale(Sonth Extract) 100mg.
- Boerhaavia diffusa(Punarnava Extract) 100mg
- Commiphora mukul(Guggul Extract) 100mg.



Figure 13: Mangolia extract (Source: Google.com)

The Magnolia bark is a herbal product that can be made from *Magnolia officinalis* and other Magnoliaceae species²². The chemical components magnolol and honokiol, found in abundance in the *Magnolia officinalis* extract, are reported to be up to a thousand times more powerful in antioxidants than vitamin E. As an antioxidant, anti-inflammatory, and fever reducer, this substance has several potential uses²³



Figure 14: Erbzenery ginger (Source: Google.com)

Erbzenery ginger herbal dietary supplements are a nutritional supplement designed to help with weight loss. The turmeric extract aids in the production of healthy blood cells.



Figure 15: 24 in 1 mega super food (Source: Google.com)



The 24 in 1 Daily Super Foods recipe is potent because it combines 24 superfoods with all the amino acids, vitamins, and minerals your body could ever require.

Conclusion:

A specific kind of dietary additive is a herbal medication. They can be purchased in many different forms, comprising tablets, capsules, teas, extracts, and dried and fresh botanicals. Individuals utilise herbal remedies in an effort to sustain or enhance their health. Mineral-based dietary supplements, like multivitamins, zinc, and calcium, have been shown to improve health and well-being.

Herbal medicine and its dietary supplement are potentially beneficial. The cart fit, Magnolia extract, Erbzenergyginger, 24 in 1 daily super food these are the herbal medicine which are used as dietary supplement.

References:

1. Bent S, Ko R. Commonly used herbal medicines in the United States: a review. *The American journal of medicine*. 2004 Apr 1;116(7):478-85.
2. Rivera JO, Loya AM, Ceballos RJ. Use of herbal medicines and implications for conventional drug therapy medical sciences. *Altern Integ Med*. 2013 Jul 19;2(6):1-6.
3. Hudson A, Lopez E, Almalki AJ, Roe AL, Calderón AI. A review of the toxicity of compounds found in herbal dietary supplements. *Planta medica*. 2018 Jul;84(09/10):613-26.
4. Gurley, B.. "dietary supplement." *Encyclopedia Britannica*, March 4, 2023. <https://www.britannica.com/science/dietary-supplement>.
5. Padma R, Vinoth Kumar G. *Coccinia indica: A Comprehensive Review of Pharmacology, Therapeutic Applications, Nutritional Potentials, and Future Prospects*.
6. Ancita Lobo J, S S. Pharmacological Review on *Coccinia grandis* Leaves. *International Journal of Pharmaceutical Sciences Review and Research* 2022;96-9.
7. Tagami T, Yamashita K, Okuyama M, Mori H, Yao M, Kimura A. [Review: Symposium on Applied Glycoscience] Structural and Biochemical Studies of Plant α -Glucosidases with a Series of Long-Chain Inhibitors. *Bulletin of Applied Glycoscience* 2016;6:103-8.
8. Flagg AJ. Traditional and current use of ginseng. *Nursing Clinics*. 2021 Mar 1;56(1):109-21.
9. Truong VL, Jeong WS. Red ginseng (*Panax ginseng* Meyer) oil: A comprehensive review of extraction technologies, chemical composition, health benefits, molecular mechanisms, and safety. *Journal of Ginseng Research*. 2022 Mar 1;46(2):214-24.
10. Garlic and cholesterol. *Food and Chemical Toxicology* 1997;35:300.
11. Adaki S, Adaki R, Shah K, Karagir A. Garlic: Review of literature. *Indian journal of cancer*. 2014 Oct 1;51(4):577-81.
12. *Echinacea purpurea* - Wikipedia. *Echinacea Purpurea* - Wikipedia 2023. https://en.wikipedia.org/wiki/Echinacea_purpurea.
13. Fan CW, Cieri-Hutcherson NE, Hutcherson TC. Systematic review of black cohosh (*Cimicifuga racemosa*) for management of polycystic ovary syndrome-related infertility. *Journal of Pharmacy Practice*. 2022 Dec;35(6):991-9.
14. Sarma SN, Siwach D, Hasan A, Mittal P, Paul P. Systematic Review on Safety and Efficacy of Saw Palmetto as a Health Supplement for Prostate Health in Adult Males. *Journal of Current Medical Research and Opinion*. 2022 Jun 24;5(06):1252-70.
15. Barnes J, Anderson LA, Phillipson JD. St John's wort (*Hypericum perforatum* L.): a review of its chemistry, pharmacology and clinical properties. *Journal of pharmacy and pharmacology*. 2001 May;53(5):583-600.
16. Razavi BM, Ghasemzadeh Rahbardar M, Hosseinzadeh H. A review of therapeutic potentials of turmeric (*Curcuma longa*) and its active constituent, curcumin, on inflammatory disorders, pain, and their related patents. *Phytotherapy Research*. 2021 Dec;35(12):6489-513.
17. Labban L. Medicinal and pharmacological properties of Turmeric (*Curcuma longa*): A review. *Int J Pharm Biomed Sci*. 2014;5(1):17-23.
18. Arora I, White S, Mathews R. Global dietary and herbal supplement use during COVID-19—a scoping review. *Nutrients*. 2023 Feb 2;15(3):771.
19. Hamułka J, Jeruszka-Bielak M, Górnicka M, Drywień M, Zielińska-Pukos M. Dietary Supplements during COVID-19 Outbreak. Results of Google Trends Analysis Supported by PLifeCOVID-19 Online Studies. *Nutrients*. 2021;13(1).
20. Panyod S, Ho CT, Sheen LY. Dietary therapy and herbal medicine for COVID-19 prevention: A review and perspective. *Journal of traditional and complementary medicine*. 2020 Jul 1;10(4):420-7.
21. Hassen G, Belete G, Carrera KG, Iriowen RO, Araya H, Alemu T, Solomon N, Bam DS, Nicola SM, Araya ME, Debele T. Clinical implications of herbal supplements in conventional medical practice: a US perspective. *Cureus*. 2022 Jul;14(7).
22. Lee YJ, Lee YM, Lee CK, Jung JK, Han SB, Hong JT. Therapeutic applications of compounds in the Magnolia family. *Pharmacology & therapeutics*. 2011 May 1;130(2):157-76.



23. Kassuya CA, Cremonese A, Barros LF, Simas AS, da Rocha Lapa F, Mello-Silva R, Stefanello MÉ, Zampronio AR. Antipyretic and anti-inflammatory properties of the ethanolic extract, dichloromethane fraction and costunolide from *Magnolia ovata* (Magnoliaceae). *Journal of Ethnopharmacology*. 2009 Jul 30;124(3):369-76.
24. Ekor M. The growing use of herbal medicines: issues relating to adverse reactions and challenges in monitoring safety. *Frontiers in pharmacology*. 2014 Jan 10;4:177.
25. Bent S. Herbal medicine in the United States: review of efficacy, safety, and regulation: grand rounds at University of California, San Francisco Medical Center. *Journal of general internal medicine*. 2008 Jun;23:854-9.

How to cite this article:

Pradnya Shinde et.al. *Ijppr.Human*, 2024; Vol. 30 (11): 330-345

Conflict of Interest Statement: All authors have nothing else to disclose.

This is an open access article under the terms of the Creative Commons Attribution-NonCommercial-NoDerivs License, which permits use and distribution in any medium, provided the original work is properly cited, the use is non-commercial and no modifications or adaptations are made.