

# Hepatoprotective Active Indian Medicinal Plants - A Comprehensive Review

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**Abstract:** *With increasing prevalences connected to environmental pollutants, unhealthy lifestyle choices, and viral infections, liver diseases—including chronic illnesses like cirrhosis, hepatitis, and non-alcoholic fatty liver disease (NAFLD)—represent a significant worldwide health problem. Because of their hepatoprotective qualities, medicinal plants have long been used in traditional medical systems, including Ayurveda, Unani, and Siddha. This article examines many Indian medicinal herbs, including Phyllanthusniruri, Andrographispaniculata, Silybummarianum, and Curcuma longa, that are well-known for promoting liver health. Bioactive substances found in these plants, such as flavonoids, terpenoids, alkaloids, and saponins, have hepatoprotective effects by means of anti-inflammatory, anti-fibrotic, and antioxidant processes.*

*Standardizing herbal formulations, guaranteeing uniform absorption, and carrying out extensive clinical studies continue to present difficulties despite encouraging outcomes. There are promising opportunities to increase the therapeutic potential of plant-based hepatoprotective medicines thanks to developments in pharmacogenomics, nanotechnology, and combination therapy. Validating the effectiveness, safety, and best usage of these herbs as well as combining them with contemporary medical techniques for all-encompassing liver health management require more investigation*

**Keywords:** Hepatoprotective effects, medicinal plants, hepatoprotective medicine, nanotechnology, contemporary medical techniques