

# Passiflora incarnata L.: A Multifunctional Herbal Treasure with Morphology, Properties, Phytochemistry and Therapeutic Activity

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**Abstract:** *Passiflora incarnata* L. (Passionflower) is a widely recognized medicinal plant known for its anxiolytic, sedative, neuroprotective, and antioxidant properties. Recent research (2021– 2025) has provided modern insights into its flavonoid-rich phytochemistry, especially compounds such as vitexin, isovitexin, chrysin, and apigenin, which contribute to its GABAergic and monoaminergic actions. Clinical studies demonstrate that standardized *P. incarnata* preparations effectively reduce anxiety, improve sleep quality, and support benzodiazepine tapering with minimal adverse effects. In addition, recent phytochemical advances have elucidated the plant's antioxidant, anti-inflammatory, and neuroprotective mechanisms, reinforcing its therapeutic prominence. This review consolidates contemporary botanical, pharmacological, and clinical findings to provide an evidence-based understanding of *P. incarnata*.

**Keywords:** GABA, phytomedicine, neuroprotection

