

Utility of Plants in Liver Diseases

Sippy Dasani and Tirthesh Kumar Sharma

Department of Botany
Bipin Bihari PG College, Jhansi
tirtheshk@gmail.com

Abstract: *Liver disease remains one of the most pressing health challenges worldwide, and India bears a disproportionately large share of this burden owing to the prevalence of viral hepatitis, alcohol-related liver damage, and non-alcoholic fatty liver disease. Conventional pharmacotherapy, while effective in specific scenarios, is often expensive, inaccessible to large rural populations, and not without adverse effects. Plants have been used in Indian traditional medicine for millennia to address disorders of the liver. Ayurveda, Unani, and Siddha systems all document plant-based formulations with hepatoprotective properties. In recent decades, experimental and clinical research has validated many of these traditional claims. This review examines the hepatoprotective, antifibrotic, anti-inflammatory, and antioxidant actions of medicinal plants with particular relevance to Indian flora, drawing on pharmacological, biochemical, and clinical studies published up to 2020. Special attention is given to plants such as *Phyllanthus niruri*, *Silybum marianum*, *Andrographis paniculata*, *Tinospora cordifolia*, *Picrorhiza kurroa*, *Boerhaavia diffusa*, and *Berberis aristata*, among others. The mechanisms by which these plants exert their effects, including modulation of cytochrome P450 enzymes, attenuation of oxidative stress, and inhibition of hepatic stellate cell activation, are discussed. The article also identifies gaps in current evidence and directions for future research.*

Keywords: hepatoprotective, medicinal plants, liver disease, Ayurveda, phytotherapy, India