



**Journal of Hospital Pharmacy**  
**An Official Publication of Bureau for Health & Education Status Upliftment**  
 (Constitutionally Entitled as Health-Education, Bureau)

## A Review on the few Himalayan Plants used in Liver diseases

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### Abstract:-

The Himalayan Region is well known for its diversity of medicinal plants. The Indian Himalayan region alone supports 18440 species of plants of which about 45% are having medicinal properties. Uttarakhand is a store house of rich variety herbs and medicinal and aromatic plant species. The medicinal plants and the traditions associated with them still persist among the local people or the ethnic communities of the Indian Himalayan Region. These traditional medicine systems also play a vital role in the day to day health care of tribal communities.

Liver disease is one of the serious health problems. Herbal drugs play a major role in the treatment of hepatic disorders. In the absence of reliable liver hepatoprotective drugs in modern medicine, in India a number of medicinal plants and their formulations are used to cure hepatic disorders in traditional system of medicines In Himalayan region there are many plants which are use in liver diseases. Most widely used plants are, *Boerhavia diffusa*, *Terminalia chebula*, *Swertia chirata*, *Urtica parviflora*, *Phyllanthus emblica*, *Asparagus racemosus*, *Picrohiza kurroa*, *Ricinus communis*, *Berberis aristata*, *Ephedra gerardiana*, *Cordyceps sinensis*, *Nardostachy jatamansi*, *Rumex nepalensis*, *Podophyllum hexandrum*, *Tridax procumbens*, *Silybum marianum*, *Woodfordia fruticosa*, *Hedychium spicatum*, *Baliospermum montanum*, *Saussurea costus*, *Berberis lyceum* etc.

**Key words:** *Boerhavia diffusa*, **Himalayan region**, **Liver disease**, *Nardostachy jatamansi*, *Swertia chirata*, *Terminalia chebula*.

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Website: <http://www.journalofhospitalpharmacy.in>

Received on 03/12/2021

Accepted on 20/12/2021 © HEB All rights reserved

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