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## Hydro-Alcoholic Plant Extracts as Potent Agents for Hepatoprotection: A Comprehensive Review

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### ABSTRACT:

This study investigates the hepatoprotective effects of various hydroalcoholic plant extracts, highlighting their potential to safeguard liver function against oxidative stress and damage. A selection of commonly used medicinal plants, including Milk Thistle (*Silybum marianum*), Turmeric (*Curcuma longa*), Dandelion (*Taraxacum officinale*), Artichoke (*Cynara scolymus*), Neem (*Azadirachta indica*), Ginger (*Zingiber officinale*), and Licorice Root (*Glycyrrhiza glabra*), were evaluated for their bioactive compounds and antioxidant properties. In vitro assays demonstrated that these extracts significantly reduced markers of liver damage and oxidative stress, with silymarin and curcumin showing particularly potent effects. Mechanistic studies suggest that the hepatoprotective activity may be attributed to the modulation of antioxidant enzymes and anti-inflammatory pathways. These findings support the traditional use of these plants in promoting liver health and suggest their potential role in the development of natural hepatoprotective agents. Further clinical studies are warranted to elucidate their efficacy and safety in humans.

**Keywords:** Hydroalcoholic, Medical Plants, Hepatoprotective, Antioxidant, Traditional.

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