

Phytosomes: Enhance the Bioavailability and Therapeutic Efficacy of Herbal Extract

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Abstract: *Plant extract have been proved useful in treatment of various disease ,but their hydrophilic nature and unique chemical structure has imposed a major challenges. People are drawn to therapeutic herbs because of their minimal side effects. Herbal medicines' uses are limited by the traditional dose Form's low absorption, decreased bioavailability, and reduced penetration through biological membranes. To address all of these problems with herbal extract or plant actives, a revolutionary drug delivery system known as Phyto-Phospholipid Complexes (Phyto some) approach was introduced. This cutting-edge technology technique Produced the desired therapeutic effect at a lower dose. Increased pharmacokinetic characteristics, skin penetration Through strategic targeting to transition from hydrophilic to lipophilic environments, and improved stability due to Chemical coupling. The most recent research on the potential use of Phyto complexes for the treatment of various Diseases, their marketable form, the mechanism of Phyto transportation, and the prospects for the future are Summarized in this review. The Prospectus of the Phytosomes Method can provide new directions and a boundless Frontier as revolutionary medicinal therapy.*

Keywords: Plant extract.