

Formulation and Evaluation of Liver Protective Herbal Capsule

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Abstract: *Liver is an essential metabolic organ. It can be damaged due to prolonged use and higher doses of drugs, exposure to some chemicals, toxins, or infectious agents. One of the most important organs, the liver is in charge of detoxification and the production of crucial proteins, among other metabolic functions. However, a number of things, including oxidative stress, pollutants, and chronic illnesses, can harm it. Because of their strong hepatoprotective, anti-inflammatory, and antioxidant qualities, herbal medicines have drawn interest as a natural alternative for liver protection. This study describes the creation and composition of herbal capsules that protect the liver by combining a variety of plant-based substances that have long been recognized for their hepatoprotective properties. The chosen herbs, which have demonstrated potential in promoting liver function and averting harm from free radicals and toxins, include Phyllanthus amarus, Andrographis paniculata (King of Bitters), Picrorhiza kurroa, and Silybum marianum (Milk Thistle). The active ingredients of the herbal composition were standardized, guaranteeing steady therapeutic results. The formulation's promise as a natural supplement for liver health maintenance was supported by preliminary research on its bioavailability, safety, and effectiveness, which showed notable liver protective effects. To confirm its long-term advantages and therapeutic use in liver-related conditions, more clinical research is necessary.*

Keywords: oxidative stress, detoxification, Silybum marianum, Andrographis paniculata, Picrorhiza kurroa, Phyllanthus amarus, hepatoprotective, herbal capsules, and liver protection