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Phytosomes: Modern Approach to the Delivery of Herbal Drugs

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Abstract: *Medicinal plants and their phytochemicals are now a fantastic remedy for a variety of illnesses. However, their clinical applicability may be limited due to their poor selectivity and bioavailability. In order to increase the bio-efficacy of dietary phytochemical transport, bioavailability is regarded as a significant problem. Various techniques for producing efficient carrier systeins to increase the bioavailability of phytochemicals have been put forth. One of the more promising options for delivering insoluble phytochemicals is the use of nano-vesicles. The scientific literature has endorsed the widespread use of bilayer vesicles due to their versatility and ease of fabrication. Phytosome technology and its applications are introduced in the first section of the review, with a focus on formulation and characterization concepts.*

Keywords: Phytosome, Phospholipid, Phytoconstituents, Phosphatidylcholine, Novel Drug Delivery System, Herbal extract