

Formulation and Evaluation of the Anti Inflammatory Herbal Tablet by using Psidium Guajava Leaves

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Abstract: Herbal medicine, the oldest form of healthcare known to humanity, has been utilized across cultures for centuries. Plants have long served as sources of food, clothing, shelter, and notably, medicine. Many modern pharmaceuticals trace their origins to traditional herbal remedies, with approximately 25% of prescription drugs in the United States containing plant-derived ingredients. Despite advances in synthetic medicine, the World Health Organization (WHO) reports that around 80% of the global population continues to rely on plant-based treatments due to their accessibility, efficacy, and minimal side effects.

Inflammation, a biological response to harmful stimuli, is at the root of many chronic conditions such as heart disease, cancer, diabetes, and autoimmune disorders. While steroidal and non-steroidal anti-inflammatory drugs (NSAIDs) are commonly used for treatment, they are often associated with adverse effects like gastric irritation and cardiovascular risks. Therefore, there is growing interest in exploring safer, plant-based alternatives with potent anti-inflammatory and analgesic properties.

This study focuses on *Psidium guajava* (guava) leaves, traditionally known for their anti-inflammatory and analgesic properties. The research includes the pharmacognostical analysis of guava leaves, formulation of an herbal tablet, in vitro evaluation, and pharmacological assessment of its anti-inflammatory effects. The objective is to validate the traditional use of *Psidium guajava* as a natural, effective, and safe alternative for managing inflammation and its associated complications..

Keywords: Herbal medicine, *Psidium guajava*, Anti-inflammatory, Analgesic, Traditional medicine, NSAIDs, Pharmacognosy, Plant-based drugs, Inflammation, Natural therapeutics.

