

Review on the Pharmacological and Therapeutic Potential of *Nelumbo nucifera* (Lotus Plant)

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Abstract: *Nelumbo nucifera*, commonly known as lotus or sacred lotus, is an aquatic perennial plant revered for its immense medicinal, nutritional, and spiritual significance. Belonging to the family Nelumbonaceae, it has been used traditionally across Asia in systems of medicine such as Ayurveda, Traditional Chinese Medicine, and others. This review aims to present a comprehensive analysis of the phytochemical constituents and pharmacological activities of various parts of *N. nucifera* including seeds, leaves, rhizomes, flowers, and roots. The plant demonstrates wide-ranging pharmacological activities such as antioxidant, anticancer, antiinflammatory, hepatoprotective, hypoglycemic, neuropharmacological, anti-aging, and immunomodulatory effects, among others. The presence of multiple bioactive compounds including alkaloids, flavonoids, polyphenols, and glycosides makes this plant an important candidate for pharmaceutical and therapeutic applications[1-4].

Keywords: Sacred Lotus (*Nelumbo nucifera*): The primary subject of the review; an aquatic perennial plant with deep spiritual and nutritional roots

