

# Role of Traditional Medicinal Herbs in Modulating Gut Microbiota in IBD

Arvind Shankar Lal Srivastava<sup>1</sup> and Dr. Gajanan Surybhan Sanap<sup>2</sup>

<sup>1</sup>Research Scholar, , Department of Pharmacy

<sup>2</sup>Professor, Department of Pharmacy  
Sunrise University, Alwar, Rajasthan

**Abstract:** *Inflammatory Bowel Disease, primarily encompassing Crohn's disease and ulcerative colitis, is a chronic relapsing inflammatory condition of the gastrointestinal tract. Recent scientific focus has shifted toward the gut microbiota as a crucial regulator of intestinal immunity and inflammation. Traditional medicinal herbs, used for centuries in Ayurveda, Chinese medicine, and ethnomedicine, demonstrate the potential to modulate gut microbiota composition, enhance mucosal immunity, and reduce inflammatory signaling. This review evaluates the pharmacological role of selected herbs such as Curcuma longa, Withania somnifera, Aloe vera, Zingiber officinale, and Boswellia serrata in modulating gut microbial ecology and immune response in IBD.*

**Keywords:** Traditional Medicinal Herbs, Phytochemicals, Curcuma Longa