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## Evaluation of the Anti-inflammatory Efficacy of Some Selected Phyto remedies

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The development of the pharmaceutical-industries is still unable to offer a protective therapy to inflammation caused by a number of chemical or biological toxins. Therefore, this work reviews some selected phytotherapies and their protective potentials towards inflammatory-symptoms amelioration. Nineteen phyto remedies (*Myristica fragrans*, *Zingiber officinale*, *Capsicum baccatum*, *Harpagophytum procumbens*, *Oenothera biennis*, *Cinnamomum cassia*, *Eugenia caryophyllata*, *Withania somnifera*, *Humulus lupulus*, *Matricaria chamomilla*, *Arnica Montana*, *Camelia sinensis*, *Aloe barbadensis*, *Coptis chinensis*, *Curcuma longa*, *Thymus vulgaris*, *Rosmarinus officinalis*, *Boswellia serrata*, and *Phyllanthus amarus*) were investigated for their protective anti-inflammatory potentials associated with their possible mechanism of action towards various inflammatory mediators (iNOS, LOX, TNF- $\alpha$ , COX, NF- $\kappa$ B, PGE<sub>2</sub>, and IL). It was found that the standardized-extracts of these phyto remedies had significant protective anti-inflammatory potentials towards various chemical or biological toxins. These standardized phyto remedies might serve as part of a future comprehensive anti-inflammatory therapy.

### Biography

Dr. Karim M. Raafat Ramadan has earned his PhD from German University in Cairo, under the channel system with Frankfurt University, Germany. Associate Professor, Department of Pharmaceutical Sciences, Beirut Arab University (BAU). Supervisor of Phytotherapy Research Team and Junior Research Team, BAU, Lebanon. Coordinator of BAU Institutional Review Board (IRB). Won the Silver Award of Innovation from Beirut Innovation Show organized by National Association for Science and Research, UNESCO, Lebanon. Published over sixty peer reviewed Journal articles, international Patent and presentations in international scientific conferences. Honored several national and international awards in the research field and Public Service.

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