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Design, fabrication and clinical evaluation of HEP-PRO: An indigenous polyherbal extract as a potent hepatoprotective

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Background & Aim: Diseases are destroyers of health, wellbeing and life. So, Arogya is the main constituent for excelling in life. Jaundice is one disease which has manifested itself as a curse for many years. Even today, there is no good allopathic medicine for treatment and complete cure of jaundice. This study aims to make a formulation for the cure of jaundice by combining various herbals to cure jaundice.

Method: Based on the ethnomedical literature reviews, the crude drugs such as cardamom, ajowan, cinnamon, coriander, cumin, clove, ginger and nutmeg were collected and subjected to various pharmacognostical, phytochemical and analytical studies to assess its quality. After confirming the quality, the Hepatoprotective Polyherbal formulation (HEP-PRO) was formulated and their efficacy was analyzed using various analytical and pharmacological studies. To assess the safety of HEP-PRO, clinical trials were conducted using this formulation at Ayushkaram Ayurveda Hospital, Coimbatore after obtaining Human Ethical Clearance approval by IEC, Institute of Applied Dermatology, Kasaragod.

Result: The present study has been carried out in 30 patients. All the patients were given HEP-PRO at a dose of 60 ml three times a day one hour after food. HEP-PRO provided significant relief in pyrexia by 36% ($P < 0.015$), fatigue and yellow discoloration of sclera by 27 and 39%, respectively ($P < 0.025$) and yellow discoloration of urine by 32% ($P < 0.010$). This also has reduced the yellow discoloration of nail and yellow discoloration of skin by 60% with a P value of 0.001, which is also statistically significant.

Conclusion: HEP-PRO has proved its efficacy in the management of jaundice.

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