

3<sup>rd</sup> International Conference and Exhibition on

# Pharmacognosy, Phytochemistry & Natural Products

October 26-28, 2015 Hyderabad, India

## Milk thistle's: A boon for multiple therapies

Heena D Mehta, U N Mahajan, N G Dumore, R A Gupta and M N Motiwala  
Dadasaheb Balpande College of Pharmacy, India

This article reviews on published reports pertaining to milk thistle's (*Silybum marianum*) benefits in the treatment of various diseases. This plant used from ancient times as a hepatoprotective drug. Along the hepatoprotective action of silymarin, a flavonolignan from 'milk thistle' was also effective in gastrointestinal disorders and its anti-tumoral activities, antioxidant, anti-inflammatory agent, nephroprotector, radiation and skin protector. Silymarin owns also other actions as an anti-lipid peroxidative, antifibrotic, immunomodulatory, liver regenerating, etc. It was also studied its neuropsychiatric and cardiac action. A systematic review of this evidence to clarify what is known and identify gaps in knowledge would be important to guide design of future studies of the mechanisms of milk thistle and clinical trials.

## Biography

H D Mehta has completed her MPharm from Rashtrasant Tukdoji Maharaj Nagpur University. She is an Assistant Professor at Dadasaheb Balpande College of Pharmacy, Besa Nagpur.

[upadhyeheena@gmail.com](mailto:upadhyeheena@gmail.com)

Notes: