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A narrative review on medicinal plants with immunomodulatory activity

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Immunomodulation is alteration of the immune response to a desired level either by increasing immune responsiveness-immunostimulation or by decreasing responsiveness-immunosuppression. Immunomodulators are useful in auto-immune diseases, allergic conditions, cancers, acquired immune deficiency syndrome, etc. Currently available Immunomodulators; synthetic, natural and recombinant ones are not 100% effective and have limitations and toxicities. The plant kingdom has been a rich of source of drugs in traditional medicine. A large number of medicinal plants included in Rasayanas are known to promote health by strengthening host defenses against various diseases. Taking a cue from traditional medicine, extracts from these plants have been investigated pharmacologically for immunomodulatory activity. Some of the plants with showed immunomodulatory activity are *Social Media, SEO and Marketing Strategies* among others. Immunostimulatory activity has been reported in a number of Ayurvedic plants like *Withania somnifera, Argyreia speciosa, Tridax procumbens, Ficus benghalensi, Actinidia macrosperma and Tinospora cordifolia*. These botanicals produce a diverse range of natural compounds including isoflavonoids, indoles, phytosterols, polysaccharides, sesquiterpenes, alkaloids, glucans and tannins. These compounds target various objects of the immune system with potential antimicrobial and immunomodulating action. The tannins from the neem plant (*Azadirachta indica*) shows immunosuppressant activity; the saponins from the Tulsi plant (*Ocimum sanctum*) shows immunomodulatory activity; Curcumin from the turmeric plant (Curcuma longa) shows immunosuppressant activity and herbs and shrubs from the Astragalus genus contain coumarin and ferulic-acid showing immunostimulant activity. Thus herbal products have become an important source for bioprospecting of potential immunodrugs.

Biography

Pradeep B E has completed his MBBS from JJM Medical College, Davangere, under Rajiv Gandhi University of Health Sciences, Bangalore and he is currently pursuing Post graduation from the same academic institution. He is actively involved in many research activities as his academic interest.

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