

Clinical Effects of Kalamegh

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ABSTRACT

Andrographis paniculata (Kalamegh) is a popular medicinal plant used in several Asian countries including China, India, Malaysia, and Thailand. In Malaysia, *A. paniculata* is traditionally used as a bitter tonic for the treatment of diarrhoea. It can be chewed, or its juice concurrently applied on snake or insect bite wounds. It is beneficial in the management of tonsillitis. In Ayurvedic medicine, *A. paniculata* is used for a wide range of ailments and diseases such as for pre- and post-natal care, dysmenorrhea, malaria, and jaundice, as well as for cuts and wounds on the skin. Globally, *A. paniculata* is often used for relieving symptoms of common colds and upper respiratory tract infections. Andrographolide has been reported to have a wide range of biological activities, such as anti-inflammatory, anti-allergic, anti-platelet aggregations, hepatoprotective and anti-HIV. Andrographolide, a major bioactive chemical constituent of the plant, has shown anti-cancer potential in various investigations. In addition to these activities, the ability of ethanol or an aqueous extract of *A.paniculata* to decrease blood glucose levels in normal rats or streptozotocin diabetic rat has been documented. Andrographolide, which exhibits notable pharmacological activities has attracted the interest of numerous researchers. Evidence from clinical studies suggest that Andrographolide reduces HIV symptoms, uncomplicated upper respiratory tract infection, including sinusitis, common cold and rheumatoid arthritis. The combined drug discovery of Andrographolide analogues will likely transform them into an effective assemblage of inflammation and cancer treatment in future.

Keywords: *Andrographis paniculata*, Medicinal plant, Ayurveda medicine, Anti-inflammatory

