

Critical Evaluation of Neuro-protective Drugs in Ayurveda

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Abstract

Plant secondary metabolites include an array of bioactive constituents from both medicinal and food plants able to improve human health. The exposure to those phytochemicals, including phenylpropanoids, isoprenoids and alkaloids, through correct dietary habits, may promote health benefits, protecting against the chronic degenerative disorders mainly seen in Western industrialized countries, like cancer, cardiovascular and neurodegenerative diseases. During this review, I briefly cope with some plant foods and herbs of traditional medicines and diets that specialize in their neuroprotective active components. Because oxidative stress and neuro-inflammation resulting from neuroglial activation, at the amount of neurons, microglial cells and astrocytes, are key factors within the etiopathogenesis of both neurodegenerative and neurological diseases, emphasis are going to be placed on the antioxidant and antiinflammatory activity exerted by specific molecules present in food plants or in remedies prescribed by herbal medicines. Neuroprotection refers to the strategies and relative mechanisms able to defend the central nervous system (CNS) against neuronal injury due to both acute (e.g. stroke or trauma) and chronic neurodegenerative disorders (e.g. Alzheimer's disease, AD, and Parkinson's disease, PD).

Biography

Dr. Sunil Pal has completed his B.A.M.S Graduation at the age of 24 years from Rajiv Gandhi University of Health Sciences (Bangalore), India. He is now pursuing Post graduation in M.D. Kayachikitsa (Internal Medicine-Ayurveda) from Maharashtra University of Health Sciences (Nashik), India. He has over 9 International Publications with 2 Abstract as titled in souvenir in his Post graduation academics period. Recently he has been awarded with "Bharat Gaurav Puraskar 2021" and "Certificate of Excellence" for outstanding contribution in

the field of "Ayurveda Physician". Recently nominated as "Young Scientist" by VDGGOOD Foundation, Coimbatore & Also nominated as "National Excellency Award" by KTK Foundation, New Delhi. He has won many prizes in Quizzes, Paper presentations, Poster presentations, Essay writings, Article writings etc. He is active member of N.Y.L.P. NGO, Mumbai, India also Supporting Member of AAPNA (Association of Ayurvedic Professionals of North America, USA). He is currently doing research trial on Gokshura (*Tribulus terrestris*) herbs in Stage-I Hypertension. He is determined to pursue Academia Research.

