

# Review on Formulation and Preparation of Treatment Multi-Disease Herbal Tablet

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## ABSTRACT

Herbal tablets, derived from natural plant-based ingredients, have gained significant attention as alternative remedies in modern healthcare. The growing interest in these products is driven by consumers seeking natural, non-synthetic options for managing various health conditions. This review paper provides a comprehensive overview of herbal tablets, focusing on their formulation, therapeutic efficacy, safety, and the challenges associated with their use. Natural products have proven to be promising anti-cancer agents due to their diverse chemical structures and bioactivity. This review examines their central role in cancer treatment, focusing on their mechanisms of action and therapeutic benefits. Medicinal plants contain bioactive compounds, such as flavonoids, alkaloids, terpenoid and polyphenols, which exhibit various anticancer properties. These compounds induce apoptosis, inhibit cell proliferation and cell cycle progression, interfere with microtubule formation, act on topoisomerase targets, inhibit angiogenesis, modulate key signaling pathways, improve the tumor microenvironment, reverse drug resistance and activate immune cells. Herbal anti-cancer drugs offer therapeutic advantages, particularly selective toxicity against cancer cells, reducing the adverse side effects associated with conventional chemotherapy. Medicinal herbs have several active substances with pharmacological and prophylactic properties that can be used in the treatment of hypertension. This review presents an overview of some medicinal plants that have been shown to have hypotensive or antihypertensive properties. Traditional Medicines derived from medicinal plants are used by about 60% of the world's population. This review focuses on Indian Herbal drugs and plants used in the treatment of diabetes, especially in India. Traditional Medicines derived from medicinal plants are used by about 60% of the world's population. This review focuses on Indian Herbal drugs and plants used in the treatment of diabetes, especially in India. In traditional systems of medicine, many plants have been documented to be useful for the treatment of various respiratory disorders including asthma. In the last two decades the use of medicinal plants and natural products has been increased dramatically all over the world. Medicines and fragrant herbs have long been used in India to cure a variety of illnesses, Including fever (pyrexia), a frequent disorder marked by a high body temperature and related symptoms Like shivering, anorexia, and lethargy. Alternative methods are required due to the rise in antibiotic Resistance, even if traditional antipyretic medications aid in controlling body temperature. Using natural Bioactive ingredients, herbal antipyretics present a promising way to effectively treat fever and related Diseases. **Objectives:** Chronic cough is a frequent condition worldwide that significantly impairs quality of life. Herbal medicine (HM) has been used to treat chronic cough due to the limited effectiveness of conventional medications. This study aimed to summarize and determine the effects of HM on patients with chronic cough.

**Keywords:** inhibits Antioxidants, Anti-inflammatory, Antimicrobials, Antidiabetic, Anti-tumor, Anticancer, Antiglycemic

## INTRODUCTION

### 1) Asthama: -

Asthma is characterized by episodic airway inflammation and chronic airway remodeling, which contribute to airflow obstruction giving rise to the symptoms of cough and wheeze. Corticosteroids, the most potent nonspecific anti-inflammatory agents, are

the cornerstone of asthma treatment. However, in patients with severe asthma, corticosteroids are often ineffective at controlling airway inflammation, symptoms, and exacerbations. In patients with severe asthma, corticosteroids are used at the high doses required to partially control symptoms, at high doses they are commonly associated with significant side effects including mood instability, weight gain, impaired glycemic control (glucose intolerance, type

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2 diabetes), adrenal suppression and growth retardation in children.

## 2) Cough: -

A cough is a sudden and often repetitively occurring process which helps to clear the large breathing passages from secretions, irritants, foreign particles and microorganisms. When there is a blockage or irritation in the throat or upper air passage, the brain thinks a foreign element is present and tells the body to cough to remove that element. Generally coughing is perfectly normal. A cough can help to keep your throat clear from phlegm and other irritants. However, sustained coughing can also be symptomatic of a number of conditions. The cough reflex consists of three phases: an inhalation, a forced exhalation against a closed glottis, and a violent release of air from the lungs following opening of the glottis, usually accompanied by a distinctive sound. Coughing is either voluntary or involuntary [1]. It is one of the most common health problems. Coughing can also be due to a respiratory tract infection such as the common cold, acute bronchitis, pneumonia, pertussis, flu and smoking or health problems such as asthma, tuberculosis and lung cancer. In the vast majority of cases, acute coughs, i.e. coughs shorter than three weeks, are due to the common cold. Pertussis is increasingly being recognized as a cause of troublesome coughing in adults.

## 2) Cancer: -

Cancer is a serious metabolic disease and remains a major cause of mortality despite advances in diagnostic tools, treatment and preventive measures. 1–8 Cancer is one of the leading causes of death and disease worldwide, with the number of cases steadily increasing and expected to reach 21 million by 2030. 9,10 Cancer research has always been a challenge due to its complexity. Different types of cancer can vary significantly in terms of genetic alterations, organs affected, prognosis and treatment approaches.

## 4) Hypertension: -

Cardiovascular diseases (CVDs) are a major cause of weakness and early death and, therefore, constitute a main communal health problem. 1 High blood pressure (BP), mentioned as a silent killer, is triggered by a range of factors, including the interaction of genetic and environmental components causing disorderliness in BP regulation. 2 Hypertension (HTN) is the most common risk factor in acute myocardial infarction and is accountable for about 16.5% deaths annually across the world.

## 5) Diabetic: -

In the last few years there has been an exponential growth in the field of herbal medicine and these drugs are gaining popularity both in developing and developed countries because of their natural origin and less side effects. Many traditional medicines in use are derived from medicinal plants, minerals and organic matter [1]. A number of medicinal plants, traditionally used for over 1000 years named rasayana are present in herbal preparations of Indian traditional health care systems [2]. In Indian systems of medicine most practitioners formulate and dispense their own recipes.

## 6) Fever: -

Due to environmental diversity, India has a centuries-old and rich legacy of fragrant and medicinal plants. That can be used to treat human ailments. Fever, pharmacologically termed as pyre, is the most prevalent. Ailment and is defined by a temperature increase above the typical range of 36.5 to 37.5 degrees Celsius. Fatigue, sadness, anorexia, drowsiness, and difficulty focusing are all signs of illness behavior that are Linked to fever. This rise in set point causes shivering and increased muscular tone.

## Ingredients: -



### Indian Tinospora: -

Indian Tinospora, most notably *Tinospora cordifolia* (also known as Guduchi or Giloy), is an ancient medicinal plant used in the Indian System of Medicines to treat various ailments like fever, jaundice, diabetes, skin disorders, and to boost immunity. Known for its antioxidant, anti-inflammatory, and immunomodulatory properties, it is available in various forms and is generally considered safe but may interact with blood sugar levels, making it important to consult a healthcare provider before use, especially if you have an autoimmune disease or are undergoing surgery.

### Properties: -

- 1) **Inhibits Antioxidants**
- 2) **Anti-inflammatory**

### Benifits: -

- 1) Boosts immunity
- 2) Treat chronic fever
- 3) Treat diabetes
- 4) Treat eye disorder
- 5) Treat Asthma
- 6) Boosts Digestion
- 7) **Reduce Anxiety and improve**



### Dry-Dates: -

Dry dates have several health benefits that might make you choose them over fresh ones. Date fruits (*Phoenix dactylifera*) are nutrient-rich and serve as a natural remedy for many ailments. These stone fruits are rich in essential vitamins, minerals, and powerful antioxidants, improving digestion, boosting cardiovascular health and energy, and may even help

combat anemia. Moreover, dried dates make your skin bright. This article discusses the benefits of dry dates, their nutritional profile, how to use them for maximum benefits, and any potential side effects.

### Properties: -

- 8) Antioxidants
- 9) Provide quick energy



### Benifits: -

- 1) Rich iron source
- 2) Rich calcium content
- 3) Maintain healthy skin
- 4) Repairs Damaged skin cells
- 5) Energy Booster
- 6) Bone health
- 7) Full of fiber



### Cinnamon: -

**Common Names:** cinnamon, cinnamon bark, Ceylon cinnamon, cassia cinnamon

**Latin Names:** *Cinnamomum verum* (also known as *Cinnamomum zeylanicum* and *Laurus cinnamomum*), *Cinnamomum aromaticum* (also known as *Cinnamomum cassia*) Cinnamon is a spice that comes from the dried bark of various species of *Cinnamomum* trees. Ceylon cinnamon (*Cinnamomum verum*), known as “true” cinnamon, grows primarily in Sri Lanka. Cassia cinnamon (*Cinnamomum aromaticum*), grown in areas of southeastern Asia, is the most common type sold in North America. The bark, leaves, flowers, fruits, and roots of cinnamon have a long history of use in traditional medicine and cuisine in many parts of the world, including China, India, and Persia (Iran). Cinnamon was thought to help people with inflammation, nerve pain, heart disease, cough, and other conditions. Today, cinnamon products are

promoted as a dietary supplement for diabetes and weight loss. Ceylon cinnamon is promoted for allergic rhinitis (hay fever). Cassia cinnamon is promoted for topical use (application to the skin) as a mosquito repellent.

### Properties: -

- 1) Antioxidants
- 2) Anti-inflammatory
- 3) Antimicrobial properties
- 4) Antidiabetic
- 5) Anti-tumor

### Benifits: -

- 6) Cure headache
- 7) Treat dental problems
- 8) Good for diabetics' patient
- 9) Cure swelling and pain
- 10) Lower risk of heart disease
- 11) Fighting infection
- 12) Regulating blood sugar levels.



**Indian Black Berry: -****Jamun- an underutilized fruit**

You can see jamun flooding in summer markets, so refreshing, and succulent to see. Commonly known as Java plum or Indian blackberry, Naavar Pazhamit goes by the botanical name *Syzygiumcumini*, *Eugenia jambolana*, and *Myrtus cumini* belonging to the Myrtaceae family. Several ancient ayurvedic texts even mention India as Jambudweep or a “land of Jambu” as there are a vast number of jamun trees growing in our nation.

**Range of health benefits of Jamun****Magic fruit for diabetes**

An anti-diabetic ingredient present in seeds of jamun, called jamboline and jamboline plays a pivotal role in reducing the rate of sugar release in the bloodstream. It converts starch into energy and reduces the symptoms of diabetes such as frequent urination and thrusting.

**Properties: -**

- 1) Anti-inflammation
- 2) Antimicrobial
- 3) Antioxidants
- 4) Anticancer
- 5) Antiglycemic

**Benifits: -**

- 6) Help fight to cancer
- 7) Boosts brain health
- 8) Support digestion
- 9) Promote heart health
- 10) Weight loss
- 11) Lower blood pressure
- 12) Reduce DNA Damage help protect against aging and cancer.

**LITERATURE SURVEY: -**

The primary PubMed search produced 900 citations, of which 263 met the inclusion criteria. The first published study that met our inclusion criteria was published in 1984. The secondary PubMed search for the key words “cancer survivorship” in the title or

abstract resulted in 391 articles, 72 of which met the inclusion criteria and were not duplicated by the initial search. The Medline search resulted in 719 articles. Of these, 170 articles met the inclusion criteria and were not duplicated by the initial searches. An additional 169 studies were identified in reference lists from articles that were identified in the searches conducted. The final result of the literature review was 674 articles. A positive dose response relationship between blood pressure and sodium intake in animal experiments was established. 2) In Dahl's animal experiment it was found that there were rats responding differently to the salt loading, salt-sensitive and salt-resistant strains. The complications related to asthma include disease-related complications and adverse effects of glucocorticoids, LTRA, and endotracheal intubation. The following list contains complications associated with asthma:

- Decline in lung function
- Osteoporosis
- Fracture
- Infections
- Adrenal suppression
- Hypertension
- Diabetes
- Cataract
- Peptic ulcer
- Sleep disorders
- Obstructive sleep apnea
- Mood disorders
- Cardiac arrest
- Glaucoma
- Respiratory failure or arrest
- Pneumothorax
- Aspiration

**CONCLUSION: -**

Conclusions and relevance: Hypertension affects approximately 116 million adults in the US and more than 1 billion adults worldwide and is a leading cause of CVD morbidity and mortality. First-line therapy for hypertension is lifestyle modification, consisting of weight loss, dietary sodium reduction and potassium supplementation, healthy dietary pattern, physical activity, and limited alcohol consumption. When drug therapy is required, first-line therapies are thiazide or thiazidelike diuretics, angiotensin-

converting enzyme inhibitor or angiotensin receptor blockers, and calcium channel blockers. Dry dates offer an array of health benefits. They are loaded with vitamins, minerals, and antioxidants. They can aid in digestion and improve cardiovascular, bone, and skin health. They also boost energy as they are high in natural sugars. Being a rich source of iron, they also help manage anemia. The vitamins and minerals in dates help boost hair health too. Try including dry dates as a part of your diet in moderate amounts to reap their many benefits. *T. cordifolia* has a rich history of use in traditional systems of medicine, primarily Ayurveda, and has gained increasing attention in modern research. Ancient texts such as Charaka Samhita and Sushruta Samhita describe its use in treating various ailments, including fever, diabetes, skin disorders, digestive issues, and many more. It is also used in other traditional healing systems, such as Siddha and Unani medicine in India. Cinnamon has been used as a spice in daily life without any side effects. Several reports have dealt with the numerous properties of cinnamon in the forms of bark, essential oils, bark powder, phenolic compounds, flavonoids, and isolated components. Each of these properties plays a key role in the advancement of human health. The antioxidant and antimicrobial activities may occur through the direct action on oxidants or microbes, whereas the anti-inflammatory, anticancer, and antidiabetic activities occur indirectly via receptor-mediated mechanisms. The significant health benefits of numerous types of cinnamon have been explored. The health benefits of fruits vary based on their composition, growth, and environmental circumstances. Mulberries and blackberries are little red/purple fruits that have high levels of natural health-promoting chemicals. These fruits are rich in phytochemicals, such as anthocyanins, ellagitannins, flavanol glycosides, and phenolic acids, as well as dietary fiber. All of these are beneficial to human health and fitness. Several studies have demonstrated that the phytochemical contents of *R. fruticosus*, *R. ulmifolius*, and *M. nigra* can act as antioxidant, anti-inflammatory, neuroprotector, and antitumoral agents, and offer cardiovascular protection. However, further studies are needed to completely understand the mechanism of action of the blackberry and mulberry metabolites that trigger the biological activities outlined in this review.

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