



Pharmacognosy



Unit 5



Phytotherapeutic Agents



Therapeutic Benefits



Medicinal
Plants



Natural
Extracts



Natural Healing
Plant-Powered Care



Evidence Informed
Research Backed



Holistic Wellness
Mind, Body, Nature

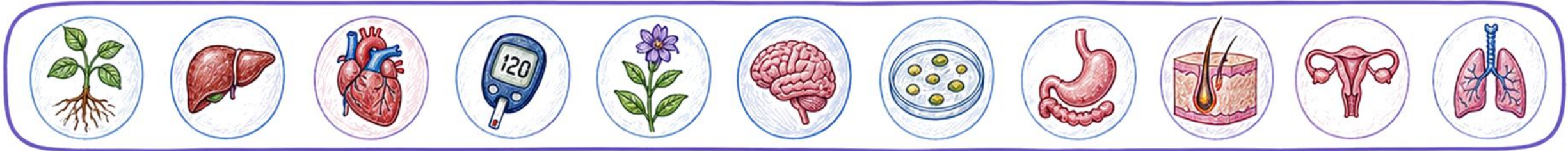
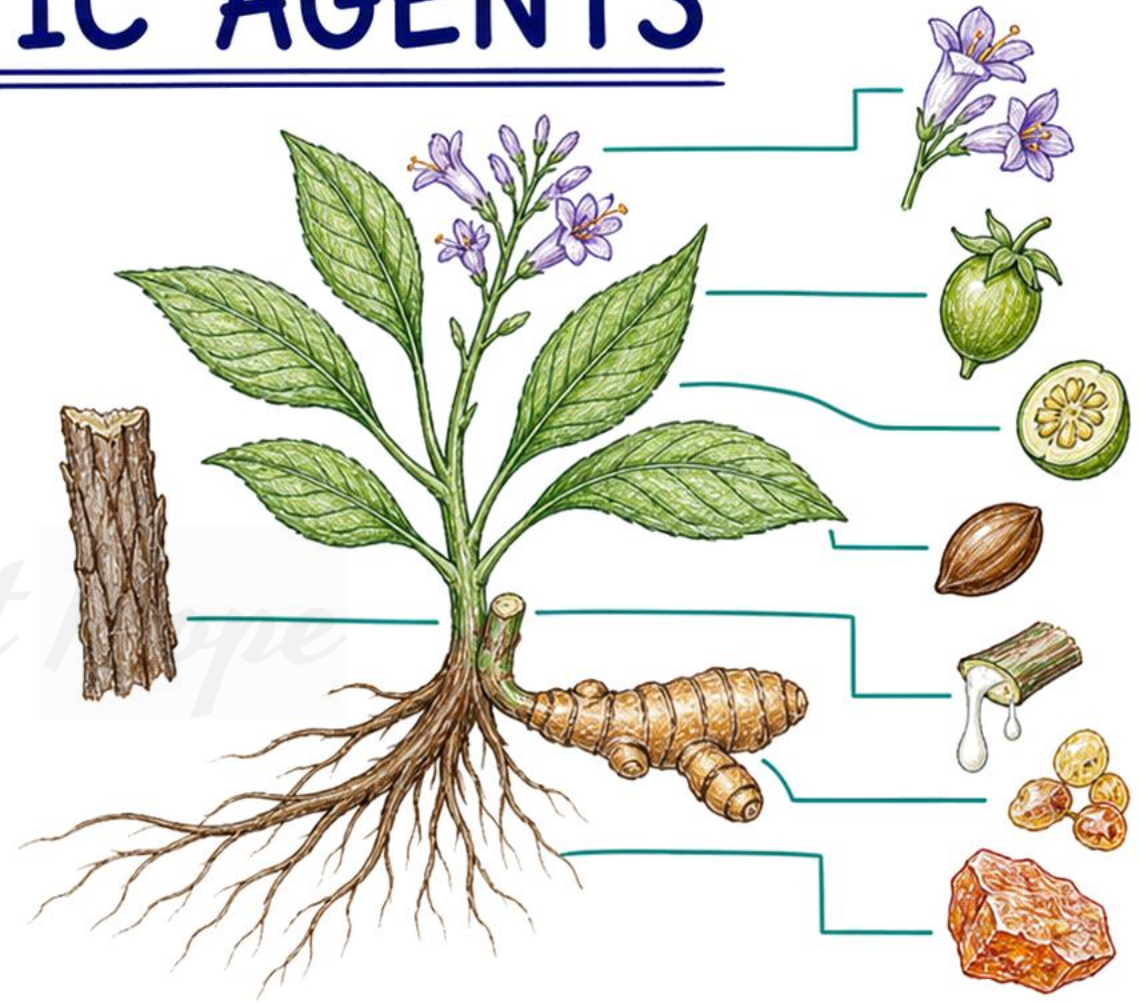


Safe & Effective
Trusted Phytotherapy



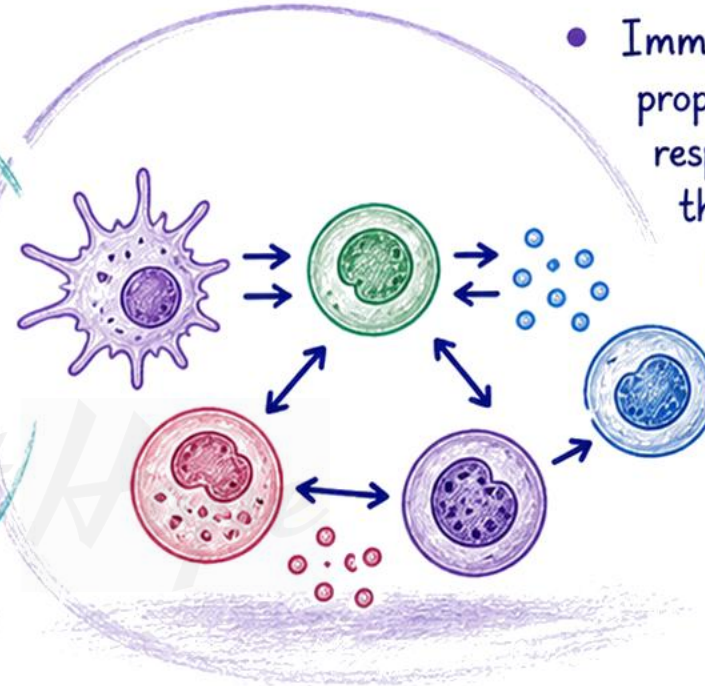
PHYTOTHERAPEUTIC AGENTS

- Plant-derived materials or preparations studied or used for health purposes; plant origin alone does not make an effective medicine.
- Sources include roots, rhizomes, bark, stems, leaves, flowers, fruits, seeds, latex, gums, and resins.
- Composition varies with species, drug part, harvest, processing, storage, and formulation.
- Taught groups include adaptogenic, hepatic, cardiovascular, antidiabetic, anti-inflammatory, CNS, antimicrobial, gastrointestinal, dermatological, women's-health, and respiratory agents.
- Pharmacognosy establishes identity, composition, quality, safety, and evidence for each preparation.



ADAPTOGENS AND IMMUNOMODULATORS

- Adaptogen: a term for products proposed to improve nonspecific resistance to stress; definitions and preparations vary.



- Immunomodulator: an agent proposed to alter immune responses, not simply strengthen them or guarantee infection resistance.

- Benefits depend on species, drug part, extract, dose, duration, and population.

- Laboratory antioxidant or cytokine effects do not prove better endurance, memory, immunity, or health in people.

- Immune-active products may interact with immunosuppressants or be unsuitable in autoimmune disease.

- Safety, pregnancy, organ disease, adverse effects, and medicine interactions need separate assessment.

ADAPTOGENS AND IMMUNOMODULATORS: CLASSIFICATION

PROPOSED ADAPTOGEN ROLE

- Ashwagandha; Tulsi as traditional/proposed; Shatavari as traditional overlap.



PROPOSED IMMUNOMODULATORY / IMMUNE-ACTIVE ROLE

- Giloy, based mainly on traditional/preclinical evidence; Andrographis as secondary preclinical overlap.

REJUVENATIVE / IMMUNE-SUPPORT EXAMPLE

- Amla is source-taught here, but is not a clinically established immunomodulator.

EVIDENCE BOUNDARY

- Roles may overlap, but are proposed, traditional, and preparation-specific; they do not prove immune strengthening or infection prevention.

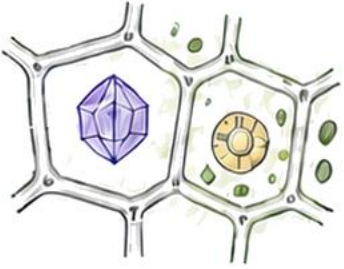
SAFETY

- Giloy can cause clinically apparent liver injury; consider autoimmune disease and immunosuppressive medicines.

ASHWAGANDHA

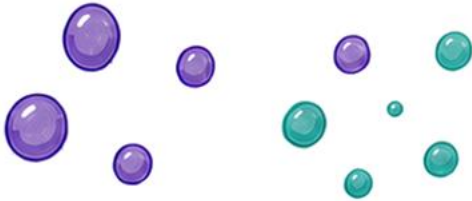
BIOLOGICAL SOURCE

- Dried root of *Withania somnifera* (L.) Dunal, family Solanaceae; leaf products are not interchangeable.



MAJOR CONSTITUENTS

- Withanolides, withaferin A, alkaloids, and sitoindosides; amounts vary.



EVIDENCE / USES

- Some standardized preparations show short-term benefit for stress or insomnia; evidence for anxiety, cognition, strength, or immunity remains limited.



SAFETY & PRECAUTIONS

- May cause drowsiness or gastrointestinal upset; rare liver injury is reported. Avoid pregnancy and breastfeeding; review thyroid, autoimmune, sedative, anticonvulsant, glucose, pressure, and immunosuppressive medicines.





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