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Standardization of poly-herbal formulation: Supportive for atherosclerosis treatment

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Atherosclerosis is the inflammatory condition of the blood vessels, especially peripheral arteries that may cause series of pathological conditions including coronary artery disease, cerebral infection, hyperlipidemia, hypertension, some types of infection and diabetes mellitus. Globally, it is considered as one of the major cause of mortality.

The purpose of this research work was to carry out standardization of poly herbal formulation consisting of *Allium sativum*, *Citrus limon*, *Zingiber officinale*, *Malus pumila*, *Curcuma longa*. The tests performed included: organoleptic, microscopic, fluorescence, phyto-chemical analysis, thin-layer chromatography, anti-microbial, phyto-toxicity, anti-oxidant, determination of pesticides, heavy metals, aflatoxins, preliminary physical powder property.

The formulation was in the conformity to the properties evaluated. The standardization of the preparation was carried out. The acquired results are being used for pre-clinical and clinical studies. Furthermore, the results of the study may be used as a standard for future reference.

Biography

Dr **Farah Saeed** is an Associate Professor and In-charge, Department of **Pharmacognosy**, Faculty of Pharmaceutical Sciences, Dow College of Pharmacy, **Dow University of Health Sciences-Karachi**. She has done her B.Pharm, MPhil, PhD (Pharmacognosy) along with diploma in Homoeopathic Medical System and Clinical Research Certified Certificate Course (CRCP) She has 48 research articles publications on my record and co-authored 07 books. She has attended many seminars & conferences and has participated in poster and oral presentations.

The area of interest is to bring improvement in medications used for curative and palliative treatment of variable pathologies with special reference to natural source medicines. Pharmacopeial testing and validation of natural source medicines (**Standardization**) used in different natural systems of medicines (Unani, Ayurveda, Chinese, **Phytotherapy**, **Homoeopathy**). The comparative studies and clinical trials of crude drugs of natural origin used in different natural systems of medicines with conventional medicines.

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