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## Hepatoprotective and anti hepatotoxic drugs from plant sources

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**Introduction:** Liver diseases are considered as one of the serious health problems, as it is an important organ for the detoxification and deposition of endogenous and exogenous substances. A number of pharmacological and chemical agents act as hepatotoxins and produce a variety of liver ailments. Steroids, vaccines and antiviral drugs which have been employed as a therapy for liver diseases, have potential adverse effects especially when administered for long terms. Traditional healing practices are now wide spread amongst about 80% of the developed countries population and often termed alternative or complementary medicine.

**Aim:** In the absence of reliable liver-protective drugs in modern medicine, hepatoprotective drugs from plant sources seem to have attractive alternatives. The aim of this scientific lecture is designed to focus in the medicinal plants as well as the other alternative medicines which can be used as hepatoprotective and antihepatotoxic agent.

**Methodology:** Medicinal Plants that are found in the Arabic Gulf, India and United State of America with scientific researches will be discussed in this lecture. The active constituents, mechanism of actions, safety, side effects and the contraindication of each plant will be discussed as well. Other alternative medicines like aromatherapy, acupuncture therapy, breathing therapy and relaxation therapy will be deliberated. Those are found to be effective therapies in the protection of liver from many diseases

### Biography

Naglaa Ahmed is graduated from Faculty of Pharmacy, Cairo University, Egypt and received the PhD from the same college. She is a member in American society of Pharmacognosy and in Italo-Latin American Society of Ethnomedicine and as editorial board member in Natural Products Chemistry and research. Also she is a reviewer for many international Journals concerning chemistry and biological activity of medicinal plants. She published at least 30 scientific papers also contribute in publication of scientific book and her field of interest is in bioactivity of medicinal plants.

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