Recommendations
CHAPTER 6
RECOMMENDATION

Targeted Six traditional Indian medicinal plants are *Argemone mexicana* Linn, *Asparagus racemosus*, *Cyperus rotundus* Linn, *Melia azedarach* Linn, *Tagetes erecta* Linn and *Tinospora cordifolia*. These plants are commonly used as herbal medicines for analgesic, antipyretic, anti-inflammatory, anticancer and arthritis etc. diseases. However, the treatments of diseases and active components of most of these plant parts have not been clearly elucidated up to now. Antioxidant activities of these medicinal plant parts were screened. Polyphenols are one of the major plant compounds with antioxidant activity. The –OH groups in phenolic compounds are thought have a significant role in antioxidant activity.

The antioxidant activity of phenolic compounds is reported to be mainly due to their redox properties. This study provided some scientific supports for using the herbs as anticancer, anti-arthritis, analgesic, antipyretic and anti-inflammatory in traditional folk medicine in India. The findings suggested that extracts of these plants useful for antioxidant materials in Pharma industry.

**Future Prospect**

- In summary, the work done was much significant.
- *Asparagus racemosus*, was the most active medicinal plants and can be used for the treatment of urinary tract infectious disease. However the amount use in crude form must be carefully studied.
- The phenolic content of *Argemone mexicana* is much active and therefore need a comprehensive study regarding its side effect.
- *T. cordifolia* contain strong antioxidant compounds and therefore the plants contain active compounds which still need to be explored. Now a day the aqueous extract was used as antiviral (swine flu) drug in herbal preparation and strongly recommended for further biological activities.