CONCLUSION
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The main aim of the present study was to evaluate the Ayurvedic and Siddha drugs for adaptogenic and antioxidant activity. All the drugs were found to possess significant adaptogenic, antioxidant and hepatoprotective activity but comparative results reveal that Vidakananachoornam (Ayurvedic formulation) at a dose of 400 mg/kg body weight possessed the most significant antioxidant and adaptogenic activity followed by the methanolic extract of Buchanania lanzan and the least activity was exhibited by Muppu. The antioxidant activity and the adaptogenic activity of Vidakananachoornam could be attributed to presence of Piper longum. The extract of Piper longum and its major compound, piperine exert antioxidant activity and are protective in the myocardial ischemic condition, and Embelica ribes present in the Vidakananachoornam is known to posses antioxidant effect as per the literature survey. The plant Buchanania lanzan could attribute its antioxidant and adaptogenic activity due to the presence of flavonoids, glycosides and cetrain alcoholic compounds isolated from the leaf extract. Antioxidants of natural origin such as polyphenols (tannins, flavonoids and chalcones), act by donating electron to the intermediate radicals formed in oxidative stress or tissue damage which help in inhibition of lipid peroxidation. The study reveals that these drugs are also effective in preventing stress. Moreover polyphenolics combat with oxidative stress in the body and maintain balance between oxidants.
and antioxidants to improve human health. A computational study also supports that the compounds having more electron donating potentials are better inhibitors of hydroperoxides which suggests many of the antioxidant agents are found to be effectively exhibit antiinflammatory activity.