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The genus *Sida* L. a traditional medicine: Its ethnopharmacological, phytochemical and pharmacological data for commercial exploitation in herbal drugs industry

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ABSTRACT

Ethnopharmacological relevance: *Sida* L. (Malvaceae) has been used for centuries in traditional medicines in different countries for the prevention and treatment of different diseases such as diarrhea, dysentery, gastrointestinal and urinary infections, malarial and other fevers, childbirth and miscarriage problems, skin ailments, cardiac and neural problems, asthma, bronchitis and other respiratory problems, weight loss aid, rheumatic and other inflammations, tuberculosis, etc.

Aims of this review: To assess the scientific evidence for therapeutic potential of *Sida* L. and to identify the gaps of future research needs.

Methods: The available information on the ethnomedicinal uses, phytochemistry, pharmacology and toxicology of *Sida* species was collected via a library and electronic searches in SciFinder, PubMed, ScienceDirect, Google Scholar for the period, 1933 to 2015.

Results: A variety of ethnomedicinal uses of *Sida* species have been found in India, China, African and American countries. Phytochemical investigation of this genus has resulted in identification of about 142 chemical constituents, among which alkaloids, flavonoids and ecdysteroids are the predominant groups. The crude extracts and isolates have exhibited a wide spectrum of *in vitro* and *in vivo* pharmacological effects involving antimicrobial, analgesic, anti-inflammatory, abortifacient, neuroprotective, cardiovascular and cardioprotective, antimalarial, antitubercular, antidiabetic and antiobesity, antioxidant and nephroprotective activities among others. Ethnopharmacological preparations containing *Sida* species as an ingredient in India, African and American countries possess good efficacy in health disorders. From the toxicity perspective, only three *Sida* species have been assessed and found safe for oral use in rats.

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