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Review

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Bikash Manandhar, Keshav Raj Paudel, Biraj Sharma, Rajendra Karki

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## Review

**Phytochemical profile and pharmacological activity of *Aegle marmelos* Linn.****Bikash Manandhar<sup>1</sup>, Keshav Raj Paudel<sup>1</sup>, Biraj Sharma<sup>2</sup>, Rajendra Karki<sup>1</sup>**

1. Department of Oriental Medicine Resources, Mokpo National University, Muan-gun, Jeonnam 534–729, South Korea

2. School of Medicine and Public Health, the University of Newcastle, Newcastle 2305, New South Wales, Australia

**ABSTRACT**

*Aegle marmelos* Linn. (Rutaceae), commonly known as “bael” in Nepal and India, is a valuable medicinal plant and is considered sacred by the Hindus. It is used to cure several diseases in the Indian traditional medicine system of Ayurveda and has had similar uses among many ethnic communities residing in Indian subcontinent for over 5000 years. Its leaves, bark, stem, fruits and seeds have been used for various medicinal purposes. Bael fruits are especially effective in the treatment of chronic diarrhea, dysentery and peptic ulcers, while they are also useful as a laxative and cure for respiratory infections. Scientific studies have validated many of the ethnomedicinal uses of *A. marmelos*, which include antibacterial, antiviral, antidiarrheal, gastroprotective, anti-ulcerative colitis, hepatoprotective, antidiabetic, cardioprotective and radioprotective effects. Recently, this plant has also received attention as an anticancer agent for the treatment of various types of cancers. Thus, this review focuses on scientific evidence verifying the important pharmacological activity such as antioxidant, antidiabetic, antimicrobial, hepatoprotective, cardioprotective and anticancer activity of *A. marmelos*.

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Bikash Manandhar and Keshav Raj Paudel contributed equally to this study.

**Correspondence:** Rajendra Karki; E-mail: rajmankarki@gmail.com

**1 Introduction**

The use of herbal medicine for prevention and cure of various ailments has been practiced by humans since antiquity, and it was the main source of treatment before the evolution of modern allopathic, or synthetic medicine. Herbal medicine is currently practiced around the world under different names, such as Korean oriental medicine, Japanese Kampo medicine, Unani medicine in the Middle East and Ayurveda in the Indian subcontinent [1,2]. These alternative and complementary systems of medicine find their popularity through their perceived effectiveness with few or mild side effects. However, it is necessary to systematically document the efficacy of

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