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## Formulation of a poly herbal product according to traditional medicine

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**Statement of the Problem:** The world is moving towards traditional and complementary medicine to increase efficacy, safety and cost-effectiveness of treatments. Iranian traditional medicine (ITM) is rich in prescriptions for different diseases. In the present investigation, a poly herbal tablet based on ITM has been formulated and its quality control parameters have been developed. This formulation is used in powder form in ITM as a purgative agent.

**Methodology & Theoretical Orientation:** The main ingredients of the tablet including barks of *Cinnamomum zeylanicum* and *Cinnamomum cassia*, the rhizome of *Nardostachys jatamansi*, the fruits of *Piper cubeba*, the flowers of *Rosa damascena*, the gum resin of *Pistacia terebinthus* and *Aloe sp.* dried juice were powdered and used for preparing seven tablet formulations of the herbal mixture. Flow-ability of the different powders was examined and the best formulations were selected (F6 and F7). The tablets were prepared from two best formula using corn starch and magnesium stearate and compared according to physical characteristics. Finally, F7 was found to be the best formulation and was coated. Physicochemical characters of core and coated AF tablets were determined.

**Findings:** The results showed that core and coated AF tablets were in agreement with USP requirements for herbal products. They had acceptable appearance, disintegration time, friability, hardness, dissolution behavior, weight variation and content uniformity. The amount of aloin in tablets was found to be 123 mg/tab.

**Conclusion & Significance:** In general, the formulated poly herbal tablets with suitable physicochemical characteristics could be used as a purgative agent instead of powder form which is not acceptable by patients.

### Recent Publications

1.Moein E, Hajimehdipoor H, Hamzeloo-Moghadam M, Choopani R, Toliyat T (2016) Review of an aloe-based formulation used in Iranian traditional medicine. *Jundishapur Journal of Natural Pharmaceutical Products*; 1: e40193.

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### Biography

Homa Hajimehdipoor is an expert in formulation and quality control of herbal products.

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