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### Formulation and evaluation of Herbal Extract Coated Pellets (HDT) with anti-inflammatory and hepatoprotective activity for prophylactic daily use as food supplements.

With increasing incidences of hepatitis, fibrosis and cirrhosis due to lifestyle changes, food habits, drug adverse effects, alcoholic and fatty damage, it is relevant that focus should now be on prophylactic and preventive measures, to take care of day to day factors causing cellular injury and inflammatory processes. Traditional foods and traditional therapeutic systems the world over including Ayurveda point to the benefits of regular herbal intake, which indirectly provided a prophylactic anti-inflammatory activity and show anti-arthritis action. Slurry comprising herbal extracts is applied on the excipient pellets in the classic pharmaceutical fluidized bed coating device, with temperature of the fluidizing air balanced against the spray rate to maintain the mass of pellets at the desired level of moisture and stickiness while the coating is built up. A finishing layer over the extract layer an anti-static ingredient simply dusted on the surface of the pellets and other coats are applied. The pellets were made palatable and colored with colorants and flavors added to increase patient compliance for daily intake as prophylactic food. They were optimized for uniformity of content, dissolution and moisture content and then for anti-inflammatory and hepato-protective activity by attenuating serum AST and ALT activities, antioxidant activities that can ameliorate oxidative stress contributing to the amount of intracellular antioxidant enzymes, confirmed by GSH and CAT assay, correction of Centrilobular necrosis, lymphocytes infiltration and steatosis.

#### Biography

Sandeep Arora is the Director of Chitkara Institute of Pharmaceutical Sciences, & Professor, Healthcare Rajpura campus, Teaching/ training and Research & Development in Healthcare and Pharmaceutical Industrial Management with special reference to Quality Assurance, regulatory affairs, GMP, validation, project and production management. Emergency medicines and Hospital Formulary, New chemical entities under approval process or approved globally, Technology transfers, Crude drug and herbal product standardization. Approaches for drug development and chromatographic, spectroscopic, biological and other methods with markers and biomarkers for standardization. Registration, IND and NDA approval process for herbal and other products (ICH, WHO, US FDA and other guidelines) and rDNA technologies. Use of HPLC, HPTLC, IR and other instruments. cGMP, FDA, TGA and EMEA guidelines.

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