



EXPLORING THE MULTIFACETED BENEFITS OF *AEGLE MARMELLOS*: A COMPREHENSIVE REVIEW

GAURAV THAKUR*

School of Sciences, Baddi University of Emerging Sciences and Technology (BUEST),
Solan-173205, India

*Corresponding author email: gauravthakur.biotech@gmail.com

ABSTRACT: *Aegle marmelos* (bael) has indeed been known to have mythical significance till ancient times in India. Bael tree parts like leaves, fruit and roots has therapeutic significance in Ayurveda as well as other traditional systems of medicine for the treatment of various diseases. Advanced research successfully endorsed the pharmacokinetic profile of bael by uncovering the existence of valuable phytochemicals. Experiments have said the antioxidant, antimicrobial nature of bael, which assists to suppress gastrointestinal problems, has different cardiac problems along with proven anti-venom activity. Along with anti-diabetic, hepato-protective, wound healing along with radio-protective, activities also are showcased. The objective of this review is to light up the physiology as well as importance of such a traditionally used endangered medicinal tree along with the ethno - medicinal significance within each part of the tree, its nutritious and phytochemical stereotyping.

Keywords: *Aegle marmelos*, global coverage, historical importance, morphology, pharmaceutical characteristics, taxonomy

Citation: Thakur G (2024) Exploring the multifaceted benefits of *Aegle marmelos*: A comprehensive review. Indian J Trop Biodiv 32(1): 35-46.

Received on : 10/04/2024

Accepted on : 25/04/2024

INTRODUCTION

India is regarded as the botanical garden because of the most immensely colossal engenderment of medicinal herbs used by the people of India to meet their day to day requirements and also for medicines (Shariff *et al.*, 2006). Since earlier times, the foliage, growl, blossoms, seeds of various plants have been used for curing multiple illnesses.

Because of the high concentration of active

constituents in these vegetation, the Ayurveda text incorporates 8000 botanical treatments for multiple illnesses in humans. Residents have begun using them as ancient times for the benefit of humanity as a whole. Investigations on the phytochemical analysis of multiple plants for medicinal purposes identified a substantial amount of relaxing and in medicine important secondary metabolism products (Parvathi *et al.*, 2012).