



A Review on Safed musli (Chlorophytum borivilianum)

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Abstract

Safed Musli is known for its roots and saponins components that are associated with various medicinal properties. In recent years, this plant has gained much popularity due to its economic value. In Ayurveda, Chlorophytum borivilianum belongs to the group of "Vajikaran Rasayana" corroborated to its rejuvenating, aphrodisiac, natural sex tonic properties and effective in alleviating sexual disorders. Some reported therapeutic and pharmacological properties of Safed Musli include aphrodisiac, immunomodulatory, antimutagenic, antidiabetic, antioxidant, antiulcer, adaptogenic, and antimicrobial. In this review article, the pharmacological properties, phytochemistry, ayurvedic and folk uses of Safed Musli are briefly summarized.

Key Words: Safed Musli, Phytochemistry, Aphrodisiac, Ayurveda.

Introduction