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Ethanopharmacological and Ethanomedicine properties of *Vetiveria Zizanioides*

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ABSTRACT

The objective of the study was to provide an insight to the researchers about the various therapeutic potentially of the plant *Vetiveria zizanioides* which is used in Traditional System of Medicine to treat various ailments and shows positive effects. Moreover, this paper emphasized on the study of various models related to nootropic and antidepressants. As its well known that Indian System of Medicine generally rely on natural resources for its treatment and repair process for the betterment of human race so the exploitation in these field becomes an almost concern to the researchers. The natural sources are used widely because of their lesser side effects and high tolerability. The plant used for the study *Vetiveria zizanioides* (Linn.) Nash, a member of the family Poaceae commonly known as the Khas-Khas, Khas or Khus grass in India, is a perennial grass with thick fibrous adventitious roots which are aromatic and highly valued. widely used in Traditional system of medicine, particularly in respect to Ayurveda system. The herb possesses many therapeutic activities and is being used in brain tonic, nootropic, cooling, antiemetic, diaphoretic, haemostatic, skin diseases, expectorant, recommended for the treatment of antifungal action, Antihypertension AntiInflammatory diuretic, stimulant, insomnia, , antispasmodic, kidney problems, gall stones, antioxidants. and many more. The extract of the herb showed significant activity against anti-microbial, antifungal, anti-oxidant, anti-inflammatory etc. This is due to the presence of bio-active components of alkaloids, flavonoids, tannins, phenols, Vetiverol, Vetivone, terpenoids and saponins. This review article will provide an insight about the various active chemical isoflavonoids and their mechanism involved in therapeutic potential of physiological nature in healing process with concern to Central Nervous System.

Keywords: *Vetiveria zizanioides*, Khas khas, Vetiver oil, Urinary problems.