

## **A REVIEW ON THERAPEUTIC PROPERTIES OF ARECA CATECHU BASED ON PHYTOCHEMICAL ANALYSIS**

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### **ABSTRACT**

Betel nut palm (*Areca catechu* Linn.) is known by most as anti-social substance owing to the deleterious effects caused by its overuse. However, no plant on earth is devoid of medicinal qualities as is rightly said by the Indian scholar Chanakya. Making an attempt to prove this fact and therein discover its therapeutic properties this study was conducted beginning with a phytochemical analysis and a meta analysis on the various studies conducted till date on *Areca*. Sample of *Areca catechu* was authenticated and subjected to phytochemical analysis and HPTLC fingerprinting to study its phytochemistry. Later a thorough analysis was done on the studies available on *Areca catechu*. Based on this meta-analysis it is clear that *Areca* has a set of attributes on the myriad tissue systems of the human body. The right use of the plant proves it an asset for the health of humankind and its dose and duration dependant toxic effects render it a potential harm to its addicts ranging from being a bronchoconstrictor to a potent carcinogen.

**Keywords:** *Areca catechu*, betel nut, arecanut, *pooga*, *poogiphala*, phytochemical analysis, properties, HPTLC

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