

## Formulation and development of hepato-protective butea monosperma-Phytosome

Gahandule MB, Dr. Jadhav SJ, Dr. Gadhave MV, Dr. Gaikwad DD

Dept. of pharmaceutical ethics, VJSM'S Vishal Institute of pharmaceutical Education and Research, Ale, Pune, Maharashtra, India

### Abstract

The flower of butea monosperma having traditionally use as treatment of diabetes and hepatoprotective activity. The Butea monosperma has limited gastrointestinal absorption because of its low bioavailability. Different flavonoids are slowly absorbed because the multi-ring compound. Many flavonoids they can cross lipid rich outer memberane of small intestine.

The aquous Extract of phytosome were prepared in soya lecithin. Soya lecithin has antioxidant activity. Evaluation of phytosome for solubility study, Entrapment efficiency Transition temperature, X-ray diffraction, *In vitro* dissolution studies, FTIR study, an *in vitro* radica lsavenging activity by DPPH model Combination of soya lecithin and butea monosperma can result in synergistic effect, Synergistic effect measure with free radical scavenging activity use DPPH MODEL. Formulation of phytosome they can be loaded into capsule dosage form.

**Keywords:** Hepatoprotective, butea monosperma, phytosome, DPPH model, free radical scavenging activity

### 1. Introduction

“Phyto” means plant while “some” means cell-like. In complexing the polyphenolic phytoconstituents in molar ratio with phosphatidylcholine results into a new herbal drug delivery system- "Phytosome". Hepatoprotection is the ability to prevent damage to the liver. Hepatotoxicity implies chemical-drive liver damage. Liver is the main organ involved in the metabolism. The liver damage ranging from subclinical Jaundice hepatitis to necro-inflammatory hepatitis, cirrhosis, and carcinoma has been proved to associate with the redox imbalance and Oxidative Stress (OS). The synthetic drugs have been implicated in causing liver injury, and it is the most common reason for the drugs to be withdrawn from the market, such as Troglitazone, Bromfenac, Trovafloxacin, Ebrotibine, Nefazodone, and Ximedagatran etc.<sup>[3]</sup>

Mechanism of liver damage is that many chemicals damage mitochondria. Its dysfunction releases excessive amounts of oxidants which in turn damages hepatic cells. Activation of some enzyme in the cytochrome p-450 system such as CYP2E1 also leads to oxidative stress. Injury to hepatocyte and bile duct cells lead to accumulation of bile acid inside liver. This promotes further liver damage. The hepatoprotective and antioxidant activities of selected meditional plants such as Butea monosperma leaf extract. The flower extract of Butea monosperma has been reported having liver protecting activity. flavonoids are multi-ring compounds generally too large to be absorbed by simple diffusion, As a result, the ability of flavonoids to cross the lipid-rich outer membrane of small intestine enterocytes is severely limited. Phytosome meet this challenge- Phytosomes are improved absorption, enhanced delivery and increased bioavailability of herbal extracts. Phytosomes exhibit better pharmacokinetic and pharmacodynamic prfile. Phytosome technology has been effectively used to enhance the bioavailability of many popular herbal extract<sup>[4]</sup>.

### 2. Materials & Methods<sup>[6]</sup>

#### Materials

The BM flower extract was purchased from the AMSAR Pvt. Ltd., MP, India. All the other chemicals and reagents used in this study were of AR grade and were purchased from SD Fine chemicals, Mumbai.

#### Instruments

Schemadzu UV-vis spectrophotometry model 1800, laboratory, PerkinEmer Spectrum 68 FTIR, Dissolution tester (USP) TDT-08L (Electrolab),

### 3. Formulation of Phytosomes

#### Solvent evaporation technique<sup>[7]</sup>

10 g of soya lecithin was dissolved in 25 ml of chloroform. The mixture was refluxed under mechanical stirrer add drop wise add 10gm of methanolic fraction of aq. extract of Butea monosperma prepared by adding 70 ml of methanol kept on a mechanical stirrer. The mixture was refluxed under stirring for 5-6 hour, then concentrated and finally dried under vacuum at 40°C for 48 hours. The resultant Butea monosperma - phospholipid complex was kept in an amber colored glass bottle and stored for refrigerator.

### 4. Evaluation of Phytosome<sup>[8-10]</sup>

The phytosomes formulation was evaluated by following testes:-

- 1) Solubility study.
- 2) Entrapment efficiency.
- 3) Transition temperature (DSC).
- 4) X-ray diffraction of formulation.
- 5) *In vitro* dissolution studies.
- 6) Fourier transform infrared (FTIR) study to check stability.
- 7) *In vitro* radical scavenging activity of phytosomes by DPPH model.

#### 1) Solubility Study<sup>[8]</sup>

10ml of solvent in glass containers at room temperature. The liquid was agitated for 24 hours on rotator shaker then

centrifuged for 15 minutes to remove excessive BM extract. The supernatant was filtered through membrane filter. Then 1 ml of filtrate was mixed with 9 ml of methanol to prepare dilutions and these samples were measured at wavelength of 271 nm by UV spectrophotometer. The absorbance of concentration was calculated by using calibration curve.

## 2) Drug Entrapment Efficiency <sup>[9]</sup>

100 mg of pure butea monosperma extract in methanol. Extract was centrifuged for 40 min at 24°C to separate the drug in the supernatant from the drug incorporated in the phytosomes. Concentrations of BM extract in the supernatant were determined by UV-visible spectrometry at 271nm. The entrapment efficiency was calculated according to the following equation:

$$\text{Percent Entrapment} = \frac{\text{Total drug} - \text{Diffused drug}}{\text{Total drug}} \times 100$$

## 3) Transition temperature <sup>[9]</sup>

The transition temperature can be determined by differential scanning calorimetry (DSC). 2 mg of the sample in the aluminum pans and heated at the 5 °C /min, a temperature range of 20°C to 300°C under nitrogen atmosphere of flow rate 30ml/min.

## 4) X-Ray Diffraction Studies <sup>[9]</sup>

Butea monosperma –pospolipid complex was evaluated in by powder x-ray diffractometry. The XRD spectra compared with crystallinity. A Philips 1710 X-ray Diffractometer (XRD) with a copper target and nickel filter was used to obtain XRD result for the sample. The XRD pattern of each sample was measured from 10 to 50 degrees.

## 5) In vitro Dissolution Studies <sup>[10]</sup>

*In vitro* dissolution studies were performed using USP XXIII Dissolution test apparatus II (basket type). weighed sample of phytosomes was taken into 900 mL of 0.1 N HCl, pH 1.2, maintained at a temperature of 37°C ± 0.5°C and stirred at a speed of 50 rpm. At different time intervals, a 5 ml of the sample was withdrawn and sink condition they can maintained. After 2 hr's same procedure was repeated into phosphate buffer 6.8 pH. The collected samples were filtered using Whatman filter paper and analyzed at λ<sub>max</sub> 271 nm using a UV-Visible spectrophotometer against 0.1N HCl and phosphate buffer 6.8 pH as blank. The result measure with the mean of three values.

## 6) In vitro radical scavenging activity of phytosomes by DPPH model <sup>[10]</sup>

DPPH is free radical they can accept an electron to form stable diamagnetic molecule. DPPH is efficient radical trap is strong inhibitor of mediated polymerization.

### Procedure

1) To give clean and dry test tube contain methanol to make final volume 3 ml, 50 µl of DPPH reagent was added with microsyringe and mixed thoroughly.

- 2) The initial absorbance was measured at 517 nm using UV spectrophotometer.
- 3) The solutions were mixed, allowed to stand for 4min at room temperature and final absorbance was measured at 517nm.
- 4) The methanolic solution of ascorbic acid (0.5 mg / ml) was added in the range of 5 – 25 µl as positive control. The % reduction in absorbance was calculated from the initial and final absorbance. 50% reduction in absorbance they can be measured.

## Drug-exipient compatibility studies <sup>[13]</sup>

The physicochemical compatibility between mixture and of drug and polymer used in the research were carried out by infrared spectral studies using fourier transform infrared spectrophotometer. Graph they can be plotted by using KBr dispersion method. The comparisons of the substance and the drug. Thus the infra-red data is helpful to confirm the identity of the drug and to detect the interaction of the drug with the polymer.

## 5. Formulation of Loaded Drug in Capsules <sup>[11]</sup>

Table 1: Formulation table of capsule

| S. No | Ingredient name               | Concentration (Mg) |
|-------|-------------------------------|--------------------|
| 1     | BM Phytosome                  | 241.241            |
| 2     | Dicalcium phosphate dehydrate | 84.759             |
| 3     | Microcrystalline cellulose    | 47.0               |
| 4     | Croscarmellose sodium         | 23.0               |
| 5     | Talc                          | 2.0                |
| 6     | Magnesium stearate            | 2.0                |

By using these ingredients granules were prepared by dry granulation method and capsules were filled manually.

### Evaluation of drug loaded in capsule form-

#### i) Uniformity of weight <sup>[14]</sup>

Accurate weighed of 20 capsule average weighed was determine then % deviation calculate. As per IP limit average wt not more than 300 mg it show 7.5% deviation and less than 300mg it show 10% deviation.

#### ii) Content uniformity <sup>[14]</sup>

30 capsules are given, 10 of which were assayed. The requirement met if 9 of 10 are within specified potency range of 85 to 115% and tenth is not outside 75 to 125%. If more than 1, but less than 3 of first 10 capsules fall outside the 85 to 115% limits, the remaining 20 are assayed. The requirements are met if all 30 capsules are within 75 to 125% of the specified potency range, and not less than 27 of the 30 are within the 85 to 115% range.

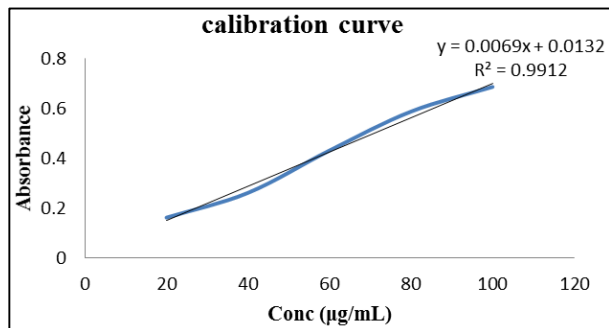
## 6. Result and Discussion

### UV Spectroscopic Method for the Estimation of Butea Monosperma Flowers Extract

Calibration curve of butea monosperma flower extract was determine with 20,40,60,80,100 ppm concentration they can prepared, the wavelength selected for 271nm, the absorbance value were plotted against concentration to obtain the standard calibration curve.

**Table 2:** Calibration curve of flower extract.

| Conc (µg/mL) | Absorbance at 271nm. |
|--------------|----------------------|
| 20           | 0.162                |
| 40           | 0.261                |
| 60           | 0.431                |
| 80           | 0.587                |
| 100          | 0.686                |



**Fig 1:** calibration curve of butea monosperma flower

**7. Preparation of Phytosomes**

Formulation of phytosome they can prepare in three different ratio 1:0.8,1:1,1:1.2. standard ratio selected for 1:1 ratio

given in literature. The entrapment efficiency are given in following table-

**Table 3:** Entrapment efficiency of various formulations.

| S. No. | Formulation No | Ratio of extract and soya lecithin | Entrapment efficiency(w/w) |
|--------|----------------|------------------------------------|----------------------------|
| 1      | F1             | 1:0.8                              | 90.72                      |
| 2      | F2             | 1:1                                | 94.55                      |
| 3      | F3             | 1:1.2                              | 94.88                      |

Ratio 1:1.2 was best result they can selected for final formulation

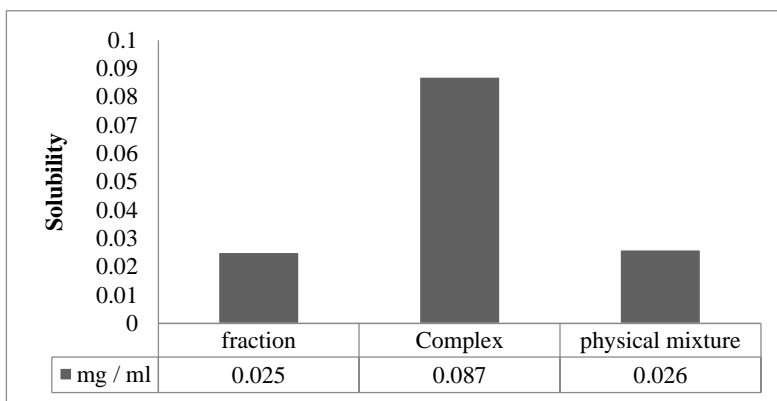
**8. Evaluation of Phytosome Extract**

**1) Solubility Study** [15]

The solubility they can performed in BUTEA MONOSPERMA methanolic fraction, phospholipid complex and lipid physical mixture in solvent like chloroform by following table-

**Table 4:** Solubility Study of phytosomes in chloroform

| Time (hr)        | UV abs at 271 nm | Slope | Intercept | µg/ml    | mg/ml  |
|------------------|------------------|-------|-----------|----------|--------|
| Fraction         | 0.166            | 0.006 | 0.013     | 25.5     | 0.0255 |
| Complex          | 0.54             | 0.006 | 0.013     | 87.83333 | 0.087  |
| Physical mixture | 0.17             | 0.006 | 0.013     | 26.16667 | 0.026  |

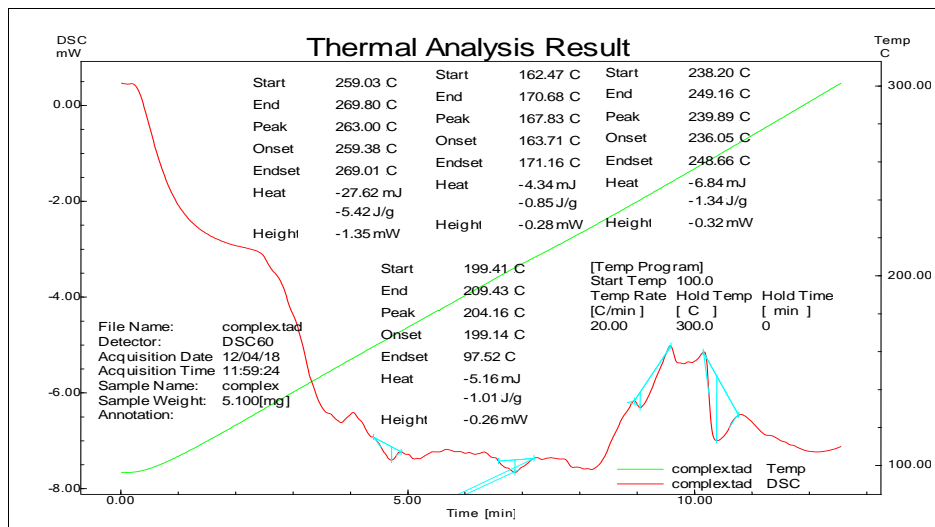


**Fig 2:** Solubility Study of phytosomes in chloroform

**2) Differential Scanning Calorimetry**

DSC thermogram were obtained to describe the physical state

of drug and polymer and also to detect the interaction between drug and polymer in capsule formation.



**Fig 3:** DSC of Complex

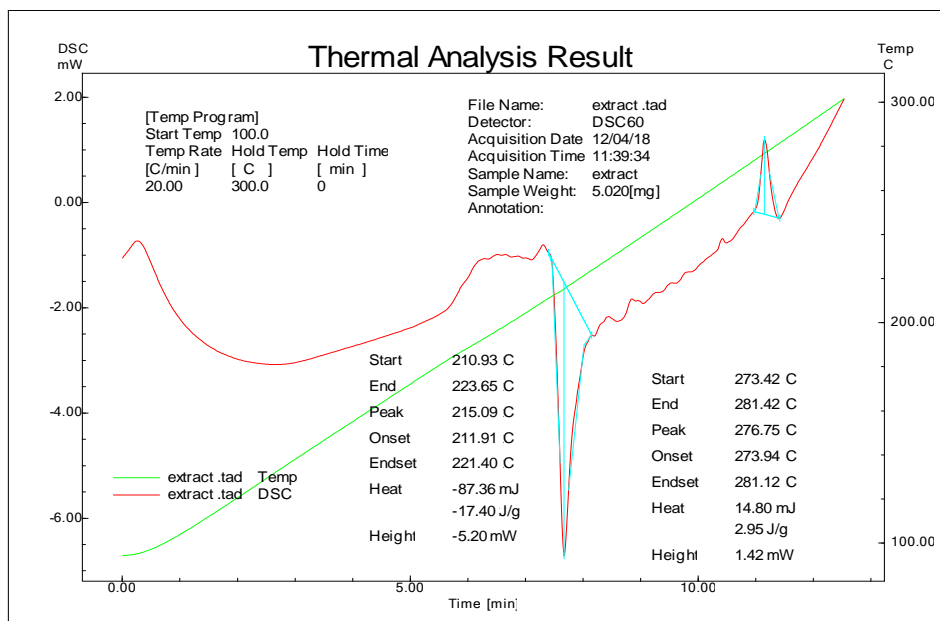


Fig 4: differential scanning calorimetry of extract BM

Table 5: DSC Data of soya lecithin, BM extract and complex

| Sample        | Onset °C | No of peaks | Major peaks °C          |
|---------------|----------|-------------|-------------------------|
| Soya lecithin | 193.55   | 1           | 206.66                  |
| BM extract    | 210.93   | 2           | 215.09, 276.75          |
| Complex       | 199.41   | 3           | 204.16, 239.89, 263.00, |

The peak at 204.16°C could be due to hot melt movement of polar head group of soya lecithin. The second peak at

239.89°C might be as a result of phase transition from gel to liquid crystalline.

3) X-ray diffraction of formulation [16]

The crystalline pattern of drug they can determine by x-ray diffraction technique. The crystalline nature of the drug was demonstrated by the characteristic XRD pattern with peaks appearing at 14.5, 14.9, 15.7, 16.8, 17.8, 18.6, 20.6, 22.1, 22.8, 26.3, 26.8, 29.2, 32.2 and 33.1 θ value.

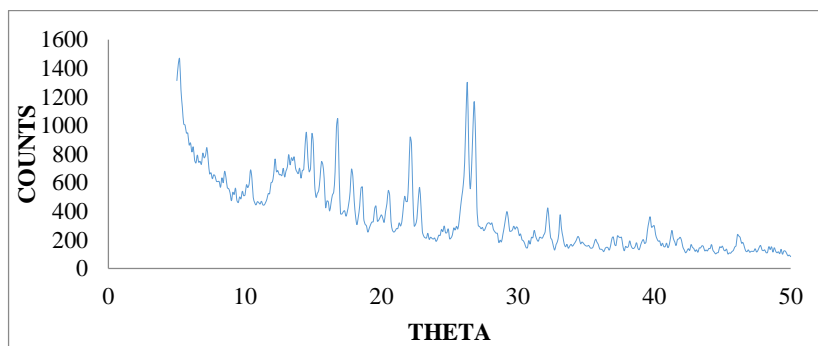


Fig 5: X-ray diffractogram of Butea monosperma extract.

4) In Vitro Dissolution Studies of Phytosomes [18]

Absorbance of phytosome in phosphate buffer ph 6.8 was

prepare with conc in 0,2,4,6,8,10,12ppm at 271 nmwavelength. The regression coefficient was found.

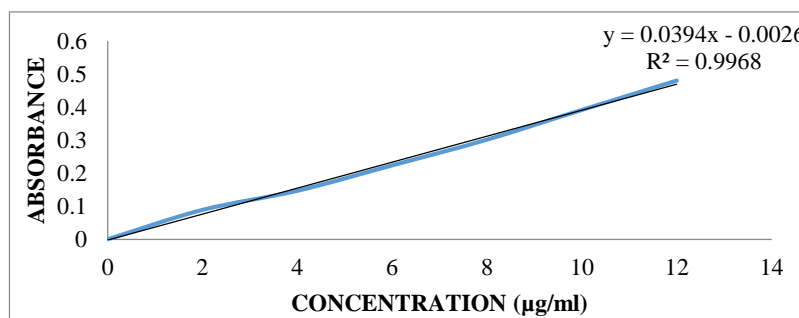
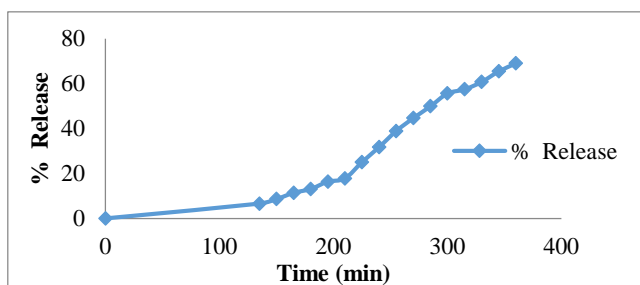


Fig 6: Standard graph of phytosomes in phosphate buffer pH 6.8

**Table 6:** *In vitro* dissolution study in 6.8 pH phosphate buffer

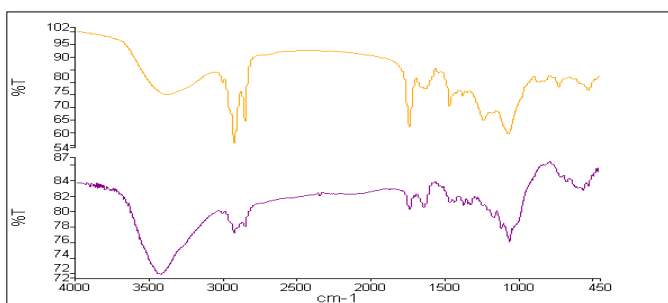
| Time | Abs   | slope | intercept | µg/ml    | µg/ml *10 | µg/900ml | mg/ml    | % Release |
|------|-------|-------|-----------|----------|-----------|----------|----------|-----------|
| 0    | 0     | 0.039 | 0.002     | 0        | 0         | 0        | 0        | 0         |
| 135  | 0.071 | 0.039 | 0.002     | 1.769231 | 17.69231  | 15923.08 | 15.92308 | 6.600485  |
| 150  | 0.092 | 0.039 | 0.002     | 2.307692 | 23.07692  | 20769.23 | 20.76923 | 8.609329  |
| 165  | 0.121 | 0.039 | 0.002     | 3.051282 | 30.51282  | 27461.54 | 27.46154 | 11.38345  |
| 180  | 0.139 | 0.039 | 0.002     | 3.512821 | 35.12821  | 31615.38 | 31.61538 | 13.10531  |
| 195  | 0.173 | 0.039 | 0.002     | 4.384615 | 43.84615  | 39461.54 | 39.46154 | 16.35772  |
| 210  | 0.188 | 0.039 | 0.002     | 4.769231 | 47.69231  | 42923.08 | 42.92308 | 17.79261  |
| 225  | 0.264 | 0.039 | 0.002     | 6.717949 | 67.17949  | 60461.54 | 60.46154 | 25.06271  |
| 240  | 0.334 | 0.039 | 0.002     | 8.512821 | 85.12821  | 76615.38 | 76.61538 | 31.75886  |
| 255  | 0.409 | 0.039 | 0.002     | 10.4359  | 104.359   | 93923.08 | 93.92308 | 38.9333   |
| 270  | 0.469 | 0.039 | 0.002     | 11.97436 | 119.7436  | 107769.2 | 107.7692 | 44.67285  |
| 285  | 0.524 | 0.039 | 0.002     | 13.38462 | 133.8462  | 120461.5 | 120.4615 | 49.93411  |
| 300  | 0.584 | 0.039 | 0.002     | 14.92308 | 149.2308  | 134307.7 | 134.3077 | 55.67366  |
| 315  | 0.603 | 0.039 | 0.002     | 15.41026 | 154.1026  | 138692.3 | 138.6923 | 57.49118  |
| 330  | 0.638 | 0.039 | 0.002     | 16.30769 | 163.0769  | 146769.2 | 146.7692 | 60.83926  |
| 345  | 0.687 | 0.039 | 0.002     | 17.5641  | 175.641   | 158076.9 | 158.0769 | 65.52656  |
| 360  | 0.724 | 0.039 | 0.002     | 18.51282 | 185.1282  | 166615.4 | 166.6154 | 69.06595  |



**Fig 7:** Graph of *in vitro* dissolution study in 6.8 pH phosphate buffer of phytosomes

*In vitro* dissolution study indicated that the phytosomes had extended release dissolution pattern. The phytosomes show of 6 hr. 80.36 % release.

**5) Fourier Transform Infrared (Ftir) Study To Check Stability**



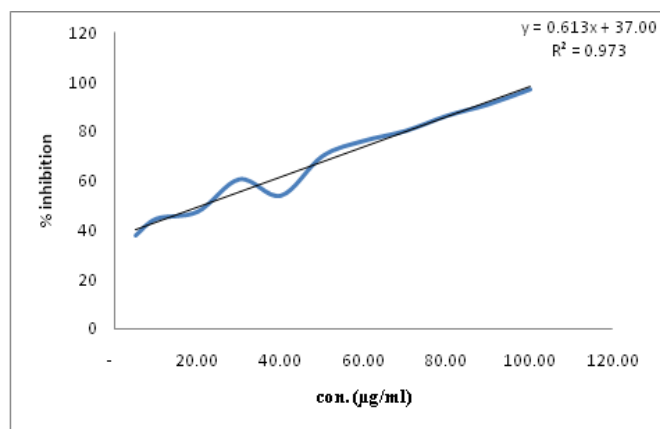
**Fig 8:** Split FTIR spectra of BM extract and complex

The IR peaks were matching which indicated that drug remained same in the complex and did not change the structure.

**6) In Vitro Radical Scavenging Activity of Phytosomes By Dpph [21]**

**Table 7:** *In Vitro* free radical scavenging activity of phytosomes by DPPH

| conc   | Abs. of DPPH | abs of test | inhibition | % inhibition |
|--------|--------------|-------------|------------|--------------|
| 5.00   | 0.648        | 0.402       | 0.37963    | 37.96296     |
| 10.00  | 0.648        | 0.358       | 0.447531   | 44.75309     |
| 20.00  | 0.648        | 0.339       | 0.476852   | 47.68519     |
| 30.00  | 0.648        | 0.254       | 0.608025   | 60.80247     |
| 40.00  | 0.648        | 0.297       | 0.541667   | 54.16667     |
| 50.00  | 0.648        | 0.193       | 0.70216    | 70.21605     |
| 60.00  | 0.648        | 0.153       | 0.763889   | 76.38889     |
| 70.00  | 0.648        | 0.127       | 0.804012   | 80.40123     |
| 80.00  | 0.648        | 0.087       | 0.865741   | 86.57407     |
| 90.00  | 0.648        | 0.057       | 0.912037   | 91.2037      |
| 100.00 | 0.648        | 0.018       | 0.972222   | 97.22222     |



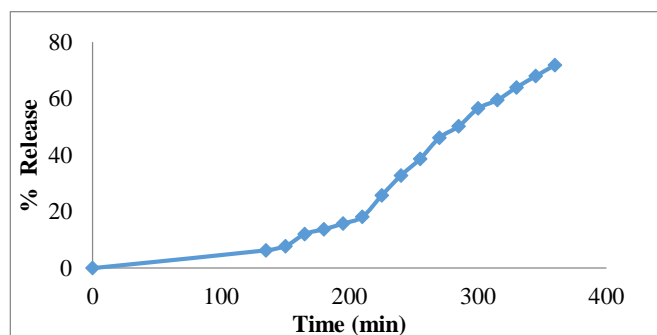
**Fig 9:** *In Vitro* free Radical Scavenging Activity of Phytosomes by DPPH

### 9. Evaluation of Loaded Drug in Capsules

#### 1) *In Vitro* Dissolution Test for Phytosomes Dosage Form Capsules <sup>[21, 23, 24]</sup>

**Table 8:** *In Vitro* Drug release of phytosomes capsule in 6.8 pH phosphate buffer

| Time | Abs   | slope | intercept | µg/ml    | µg/ml *10 | µg/900ml | mg/ml    | % Release |
|------|-------|-------|-----------|----------|-----------|----------|----------|-----------|
| 0    | 0     | 0.039 | 0.002     | 0        | 0         | 0        | 0        | 0         |
| 135  | 0.068 | 0.039 | 0.002     | 1.692308 | 16.92308  | 15230.77 | 15.23077 | 6.313508  |
| 150  | 0.083 | 0.039 | 0.002     | 2.076923 | 20.76923  | 18692.31 | 18.69231 | 7.748396  |
| 165  | 0.128 | 0.039 | 0.002     | 3.230769 | 32.30769  | 29076.92 | 29.07692 | 12.05306  |
| 180  | 0.146 | 0.039 | 0.002     | 3.692308 | 36.92308  | 33230.77 | 33.23077 | 13.77493  |
| 195  | 0.167 | 0.039 | 0.002     | 4.230769 | 42.30769  | 38076.92 | 38.07692 | 15.78377  |
| 210  | 0.192 | 0.039 | 0.002     | 4.871795 | 48.71795  | 43846.15 | 43.84615 | 18.17525  |
| 225  | 0.271 | 0.039 | 0.002     | 6.897436 | 68.97436  | 62076.92 | 62.07692 | 25.73233  |
| 240  | 0.345 | 0.039 | 0.002     | 8.794872 | 87.94872  | 79153.85 | 79.15385 | 32.81111  |
| 255  | 0.407 | 0.039 | 0.002     | 10.38462 | 103.8462  | 93461.54 | 93.46154 | 38.74198  |
| 270  | 0.485 | 0.039 | 0.002     | 12.38462 | 123.8462  | 111461.5 | 111.4615 | 46.2034   |
| 285  | 0.527 | 0.039 | 0.002     | 13.46154 | 134.6154  | 121153.8 | 121.1538 | 50.22108  |
| 300  | 0.593 | 0.039 | 0.002     | 15.15385 | 151.5385  | 136384.6 | 136.3846 | 56.53459  |
| 315  | 0.624 | 0.039 | 0.002     | 15.94872 | 159.4872  | 143538.5 | 143.5385 | 59.50003  |
| 330  | 0.671 | 0.039 | 0.002     | 17.15385 | 171.5385  | 154384.6 | 154.3846 | 63.99601  |
| 345  | 0.713 | 0.039 | 0.002     | 18.23077 | 182.3077  | 164076.9 | 164.0769 | 68.0137   |
| 360  | 0.754 | 0.039 | 0.002     | 19.28205 | 192.8205  | 173538.5 | 173.5385 | 71.93572  |



**Fig 10:** *In Vitro* Drug release of phytosomes capsule in 6.8 pH phosphate buffer.

*In Vitro* drug release of phytosomes formulation, capsule showed at the end of 6 hr 83.51 % release. The only phytosomes showed at the end of 6 hr. 80.36 % release. Both results indicated that, there was not much effect of excipient on phytosomes capsules.

#### Uniformity of weight

The % deviation was found to be 5.5 %, so it passes uniformity of weight test as per IP.

#### Content uniformity

A fundamental quality attribute for all pharmaceutical preparations is the requirement for a constant dose of drug between individual capsule. Uniform drug content was observed for all the capsules (93.5-105.83%) % Drug Content

**Table 9**

| Sampling interval    | % Drug content<br>40°C/ 75% RH |
|----------------------|--------------------------------|
| 0 <sup>th</sup> Day  | 97.33                          |
| 7 <sup>th</sup> Day  | 96.34                          |
| 15 <sup>th</sup> Day | 95.33                          |
| 21 <sup>st</sup> Day | 94.16                          |
| 30 <sup>th</sup> Day | 93.50                          |

#### Stability Studies

Stability studies were carried out on phytosomes containing capsules, according to ICH guidelines. The stability studies were carried out at 40°C/75% RH for 30 days. The samples were tested for drug content after 0, 7, 15, 21 and 30 days. *In vitro* drug release of the capsule 83.51%, uniform drug content was observed for all capsule (93.5-105.83%).The prepared formulation was stable for storage period.

#### 10. Conclusion

The flower of BM extract having liver protecting activity. shinoda and lead acetate test was found to be positive for both aqueous extract of BM and methanolic fraction. Phytosome study they can increases therapeutic efficacy, decrease the frequency of administration. Phytosome formulated with solvent evaporation method. The different formulation prepare 1:0.8,1:1,1:1.2 ratio. The best formulaton selected ratio1:2 for final formulation. *In vitro* dissolution study of phytosome extended release pattern show 6hr, 80.36 release. The synergistic effect determined by free radical scavenging activity of BM –phytosome using DPPH model. In conclusion, phytosome successfully prepared and encapsulated.it show extended release pattern with inhanced free radical scavenging activity. Butea monosperma drug shows hepatoprotective activity as well as they are traditionally used in the treatment of diabetes.

#### 11. Acknowledgement

The authors are grateful to flower extract was purchased from the AMSAR Pvt. Ltd., MP, India. I wish to thank Dr. S. K. Banerjee, Head, Department of Pharmaceutics, Vishal Institute of Pharmaceutical Education & Research, ale. and Prof. D. D. Gaikwad, (CEO),and Mr. Gadhve. M.V. Vishal Institute of Pharmaceutical Education & Research, Ale, for their help and constant encouragement throughout the duration of my course.

**12. Reference**

1. Kokate CK, Purohit AP, Gokhale SB. Text Book of Pharmacognosy; 4<sup>th</sup>ed., Nirali Prakashan. 2004; 1.1-1.16.
2. Acharya *et al.*, Phytosomes: Novel Approach For Delivering Herbal Extract With Improved Bioavailability; An International Journal of Pharmaceutical Sciences. 2011; 2(1):144-160.
3. Kidd PM. Bioavailability and activity of phytosome complexes from botanical polyphenols: the silymarin, curcumin, green tea, and grape seed extracts; Altern Med Rev. 2009; 14Suppl(3):226-246.
4. Manach C, Scalbert A, Morand C *et al.*, Polyphenols: food sources and bioavailability; American Society for Clinical Nutrition. 2004; 79:727-747.
5. Rajendra Awasthi *et al.*, Phytosomes: An Approach to Increase The Bioavailability of Plant Extracts; International Journal of Pharmacy and Pharmaceutical Sciences. 2011; 3(2):1-3.
6. Jagruti Patel. An overview of phytosomes as an advanced herbal drug delivery system; Asian Journal of Pharmaceutical Sciences. 2009; 4(6):363-37.
7. Maria Thomas. Phytosomes: A Novel Dosage Form For Enhancement Of Bioavailability Of Botanicals And Nutraceuticals; IJPPS. 2010; 2(4):10-14.
8. Sanjib Bhattacharya. Phytosomes: The New Technology for Enhancement of Bioavailability of Botanicals and Nutraceuticals; Int J Health Res. 2009; 2(3):225.
9. Rowe RC, Sheskey PJ, Merin E. Quinn, Handbook of Pharmaceutical Excipients, 6<sup>th</sup> ed., American Pharmaceutical Association, Chicago, 2009, 129-132, 185-188, 663-664, 592.
10. Azadbakht L *et al.*, Beneficiary effect of dietary soy protein on lowering plasma levels of lipid and improving kidney function in type II diabetes with nephropathy; Eur J Clin Nutr. 2003; 57:1292-4.
11. Tallon, Mark and O'Byrne James. Opportunities and Key Players in Sports Nutrition. Business Insights, 2009.
12. Candow DG, Burke NC, Smith-Palmer T, Burke DG. Effect of whey and soy protein supplementation combined with resistance training in young adults; Int J Sport Nutr Exerc Metab. 2006; 16:233-244.
13. Anderson GH *et al.*, Protein source, quantity, and time of consumption determine the effect of proteins on short-term food intake in young men; J Nutr. 2004; 134:3011-3015.
14. United State Pharmacopoeia 27 National Formulary 22, Asianed: United State Pharmacopoeial Convention Inc.; 2004.(through Sundeep Chaurasia. Development and validation of uv spectroscopic method for the quick estimation of Piper betle leaf (pbl) extract; IJCPR. 2011; 3(2):57-59.
15. Rajpal V *et al.* Herbal Drug Industry; Business Horizon Pharmaceutical publishers; 2<sup>nd</sup> edition. 2009, 107.
16. Khandelwl KR. Practical Pharmacognosy; Tecniques and experiments; Nirali publication; 14<sup>th</sup> edition. 2005, 153.
17. Rahila Ahmad Pathan, Uma Bhandari. Gymnemic Acid-Phospholipid Complex: Preparation and Characterization. Journal of Dispersion Science and Technology. 2011; 32(8):1165-1172.
18. Kuntal Maiti *et al.*, Curcumin-phospholipid complex: Preparation, therapeutic evaluation and pharmacokinetic study in rats; International Journal of Pharmaceutics. 2007; 330:155-163.
19. Mukesh S Sikarwar. Preparation, Characterization and Evaluation of Marsupsin-Phospholipid Complex; AAPS Pharm Sci Tech. 2008; 9(1):129-137.
20. Mark Gibson. Pharmaceutical Preformulation And Formulation- A Practical Guide From Candidate Drug Selection To Commercial Dosage Form; Interpharm. 21.
21. Indian pharmacopoeia, Gov. of India, Ministry of health and family welfare, Delhi: controller of India: New Delhi, India, 2010, 559,587,604,611,722.
22. Leon Lachman. The theory and practice of Industrial pharmacy; Varghese Publishing House; Third edition. 392.
23. Maaz a *et al.*, Hepatoprotective evaluation of butea monosperma against liver damage by Paracetamol in rabbits; special edition annals. 2010; 16:73-77.
24. Shannon Reagan-Shaw *et al.* Dose Translation From Animal to Human Studies Revisited. The FASEB Journal. 2008; 22:659-661.