

## Therapeutic role of *Ginkgo biloba* leaf extract

GITANJALI AND RENU MOGRA

In the past decade, interest by the general public in the use of herbal dietary supplements has risen exponentially. As throughout history, individuals are now turning to the use of “natural” therapies for the prevention, treatment and cure of almost every ailment and aging malady. One of the most popular herbal supplements is *Ginkgo biloba* leaf extract, taken for its perceived “memory enhancing” properties. Its purported biological effects include: scavenging free radical; lowering oxidative stress; reducing neural damages, reducing platelets aggregation; anti- inflammation; anti-tumor activities; and anti-aging. Clinically, it has been prescribed to treat central nervous system disorders such as Alzheimer’s disease and cognitive deficits. It exerts allergy and changes in bleeding time. There are no standards or guidelines regulating the constituent components of *Ginkgo biloba* leaf extract nor is exposure limits imposed. The use of Ginkgo leaf extract may be promising for treatment of certain conditions, although its long-term use still needs to be evaluated.

**Key Words :** *Ginkgo biloba*, Ginkgo leaf extracts, Terpenoids, Flavonoids, Ginkgolide

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