

**QADEEM AND JADEED (ANCIENT AND MODERN) VIEWS ON THERAPEUTIC
VALUES OF MUNDI (*Sphaeranthus indicus* Linn.)**

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Mundi (*Sphaeranthus indicus*), an aromatic weed herb belonging to the family Asteraceae, had been revered in traditional systems of medicine for its diverse therapeutic actions such as general tonic, alterative, blood purifier, a remedy for bilious affections, tumors, skin disorders, etc. in the form of *Arq* (distillate), *Joshanda* (decoction), *Safoof* (powders), *Sharbat* (syrup), paste etc. A systemic review of classical texts of *Unani*, *Ayurveda*, and *Siddha*, along with clinical trial papers published on Pubmed, Google scholar, Research Gate, Google books etc. was conducted to evaluate and correlate its traditionally esteemed therapeutic actions with the contemporary pharmacological studies, which involved photochemical screening, *in vitro* and *in vivo* studies etc. Modern investigations have confirmed the presence of active constituents such as sesquiterpene lactones (e.g., 7-hydroxy frullanolide), flavonoid, alkaloids and essential oils. These compounds have demonstrated significant anti-inflammatory, antioxidant, anxiolytic, hepatoprotective, antidiabetic activities etc., which support its therapeutic efficacy in neurological protection, skin disorders, autoimmune conditions such as Psoriasis and Rheumatoid arthritis, cancers etc. The therapeutic claims from ancient systems of medicine are increasingly supported by modern clinical trials. Hence, the synergy between the folklore medicine and contemporary science augments this easily available and valuable herb's relevance in formulating novel evidence-based phytotherapeutic drugs, in order to make it convenient for dispensing and usage by patients. Nevertheless, there is still a need to perform future randomized-trials to ensure the safety and efficacy of these novel phytotherapeutic formulations before it can be made available to the patients.

Keywords: *Mundi*, *Sphaeranthus indicus* Linn., Immunomodulatory, Psoriasis, Blood purifier