

Review Article

PHYTOSOMES AS NOVEL DRUG DELIVERY SYSTEMS FOR PHYTOCONSTITUENTS: A COMPREHENSIVE REVIEW

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Phytosomes are the novel drug delivery carriers for enhancing the bioavailability and efficacy of the phyto-constituents. These vesicular systems consist of phospholipids and plant based active compounds, forming a complex that improves solubility, stability and absorption. Phytosomes have shown promise in delivering various phytochemicals including flavonoids, polyphenols and terpenoids for therapeutic applications such as antioxidant, anti-inflammatory and anticancer activities. This review highlights the potential of phytosomes in improving phytochemical delivery and their applications in various diseases.

Keywords: phytosomes, phytochemicals, drug delivery systems, bioavailability, phospholipids, vesicular systems, antioxidant, anti-inflammatory and anticancer.

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