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Advanced glycation inhibtion by Nepalese herbs

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Despite improved treatments, age-related diseases are still leading causes of death worldwide. At the same time, it is well known that advanced glycation end products (AGEs) are implicated in many age-related chronic diseases and in protein ageing. We have previously discovered several novel classes of compounds against AGEs from Japanese herbs. In this study, we explored the antioxidant and antiglycation activities of selected plants that were traditionally used medicines by ethnic communities. For this, a survey was first conducted in the eastern hills of Nepal (300–3000 m) to identify these plants. A total of 66 medicinal plants were documented from the surveyed areas, and out of which 28 plant samples were collected for analysis. Results showed that both leaf and root extracts of *Berginia ciliata* inhibited protein glycation with respective IC_{50} values of 0.46±0.01 and 0.44±0.01 µg/mL, which was significantly better than aminoguanidine (1.4±0.06 µg/mL, $p<0.001$). These data indicate that further pharmacological investigation of the plant is essential to identify the putative compound. Works are currently being done in establishing herbal industry based on *B. ciliata*.

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