

## Anti-Inflammatory & Anti-Allergy Agents in Medicinal Chemistry

**Title:** Leveraging Underutilized Sri Lankan Fruits in the Fight against Autoimmune Disorders

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**Abstract:** The potential of underutilized plant species to improve food security, health, economic output, and the environment has not been fully realized. Sri Lanka an island on the Indian Ocean is home to numerous plant species with significant medicinal potential, including many underutilized plants that could help meet the growing demand for food, energy, medicines, and industrial resources. Globally, there are over a thousand known and unknown phytochemicals derived from plants. Although these compounds are primarily produced by plants for self-defence, in vitro and in vivo studies have demonstrated their anti-inflammatory properties. Recent research indicates that several phytochemicals can also protect humans from disease by regulating key inflammatory pathways, such as NF- $\kappa$ B, MAPK, JAK/STAT and Nrf-2, which are involved in autoimmune diseases. Thus, these bioactive compounds are vital for managing autoimmune disorders. This review will explore underutilized fruit crops from Sri Lanka that could be used against inflammation, including autoimmune diseases.

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