

Evaluation of Anti-Candida potential of Indigenous Plants and Herbs

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Abstract: *Candida*, a yeast is the common cause of fungal infection in humans. It has almost 150 strains from which about 50% of all infections are caused by *Candida albicans*, but there are at least four other pathogenic species of this fungus, namely *C. glabrata*, *C. krusei*, *C. parapsilosis* and *C. tropicalis*. In this study antifungal activity and minimum inhibitory concentrations (MICs) of the ethanolic and aqueous extracts from fifteen plants, namely *Acacia nilotica* (Babul), *Allium Cepa* (Onion), *Allium Sativum* (Garlic), *Azadirachta indica* (Neem), *Cinnamomum verum* (Cinnamon), *Curcuma longa* (Turmeric), *Citrus Limon*, *Lantana Camara* (Wild-sage), *Lawsonia inermis* (Heena), *Ocimum sanctum* (Basil), *Piper Nigrum* (Pepper), *Pithecellobium dulce* (Jungle Jalebi), *Syzygium aromaticum* (Clove), *Zingiber officinale* (Ginger), *Ziziphus mauritiana* (Ber) were tested against five species of *Candida* viz. *C. albicans*, *C. tropicalis*, *C. krusei*, *C. parapsilosis* and *C. glabrata*. Of all tested extracts, Cinnamon (*C. verum*) was found to be most promising as it inhibited the growth of all tested *Candida* species. Apart from (*C. verum*), *S. aromaticum* and *O. sanctum* also gave good results with some species. Further in MIC study, a minimum concentration of 25 µg of cinnamon was found to be most optimum for all five strains.

Key words: *Candida*, Antimycotic activity, *Cinnamomum verum*, *C. tropicalis*, *C. albicans*.

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