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### Corn Silk- A Medicinal Boon

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**Abstract:**Herbs are one of humanity's oldest known health care therapeutic essentials for a sustainable health, which forms the basic platform of modern medicines. Through out the world, there is now an inclination and search for stable diets with added value. One such important herb which is found extensively all over the world is corn silk. It is scientifically referred to as *Maydis stigma or Zea* as they reflect the soft, fiber-like growth that accompanies the ear of the corn.

Corn silk is an essential herb that is used traditionally to treat a wide range of diseases. Its potential use is very much related to its properties and mechanism of action of its plant's bioactive constituents such as flavonoids, terpenoids, etc. Pharmacological studies have proved that this traditional herb was found to have medicinal properties like anti-oxidant, anti-depressant, anti-hyperlidemic, anti-diabetic,anti-inflammatory,neuroprotective toxicity and many more properties.

**Keywords:** therapeutic; Corn silk; traditionally; Pharmacological studies.

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