

REVIEW ARTICLE

FENNEL: A JOURNEY THROUGH ITS ETHNOBOTANY, PHYTOCHEMISTRY AND THERAPEUTIC POTENTIAL

Khushboo Vaghela^{1*}, Disha Suthar², Divya Mahyavanshi¹, Jaymina Panthaki³, Bhavita Dhru⁴, Maitreyi Zaveri⁴ and Divyakant Patel¹

¹Department of Pharmacognosy, Sharda School of Pharmacy, Pethapur, Gandhinagar - 382 610, (affiliated to Gujarat Technological University), India.

²Department of Pharmaceutics Sharda School of Pharmacy, Pethapur, Gandhinagar - 382 610, (affiliated to Gujarat Technological University), India.

³Department of Pharmacology, Sharda School of Pharmacy, Pethapur, Gandhinagar-382 610, (affiliated to Gujarat Technological University), India.

⁴Department of Pharmacognosy, K.B. Institute of Pharmaceutical Education and Research, (Constituent College of Kadi Sarva Vishva Vidyalaya, Sector-23), Gandhinagar-382 024, India.

*Corresponding author e-mail : khushboovaghela19@gmail.com; ORCID: <https://orcid.org/0000-0002-2441-5097>

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ABSTRACT : Fennel is the ancient herb of India. It is known as *Foeniculum vulgare* (Apiaceae) and very significant medicinal plant with aromatic activity and widely used as carminative, digestive and diuretic. It is also used in treating various respiratory and gastrointestinal disorders. Its seeds are used to ice cream, baked products, meat and fish dishes, alcoholic beverages and herb mixes as flavorings. It has been stated that the primary phytoconstituents of this species are phenols, phenolic glycosides, and volatile fragrance compounds like trans-anethole, estragole, and fenchone. The ability of *F. vulgare* to exhibit antifungal, antibacterial, antioxidant, antithrombotic and hepatoprotective activities has been convincingly demonstrated by various pharmacological experiments in a variety of *in vitro* and *in vivo* models, supporting the reasoning behind several of its therapeutic uses. *F. vulgare*'s volatile fragrance components make it a great flavoring agent, while phenolic chemicals that have been extracted from the plant are thought to be the cause of its antioxidant effect. This review provides a current and thorough examination of *F. vulgare*'s chemistry, pharmacology, conventional use and safety.

Key words : Fennel, pharmacological activity, phytoconstituents, botanical description.

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INTRODUCTION

Subsequently from historic period, plants were utilised as herbal remedies for the treatment and management of numerous sicknesses. Many conventional drugs and plants used as healing agent for the prevention of health of the humans. Eighty percent populace of growing nations relies upon on traditional system of medicines. *Foeniculum vulgare* is very important plant, which can be used for the many treatments of diseases (Abou *et al*, 2011). Fennel (*Foeniculum vulgare*); Umbelliferae family and it is generally known as "saunf." In the local language, Fennel has many different parts like its leaves its stalks and their fruits are used in cooking the food and

for preparing many different dishes (Khan *et al*, 2014). Subtropical and moderate climate areas are suitable for its cultivation. This plant's leaves can reach a maximum length of 40 cm and can be broken up into filiform pieces up to 0.5 mm wide. Inside the terminal compound umbels, yellow-coloured flowers are created. This plant produces 4–10 mm long seeds as its fruits (Grover *et al*, 2011). One of the healing plants which is used in to treating the variety of problems is *F. vulgare*. Which is recognized as fennel in English, saunf in Punjabi, bari saunf in Hindi, madhurika in Sanskrit, baadiyaan in Unani and mishreyaa in Ayurveda (Kaur *et al*, 2011).