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Research article

TO EVALUATE ANTI-OXIDANT ACTIVITY OF SOME SELECTED ANTI-CANCER PLANTS

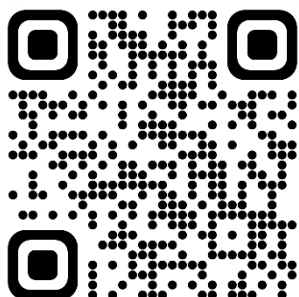
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Abstract

Nowadays and even back in time herbal medicines were used by people because of natural herbs used and because of the reduced side effects of the herbal medicine. Anti-oxidant substances or medicines can be useful in a plethora of ways. Let's try to understand this, during normal metabolism process, oxidation occurs and it releases free radicals which cause cell damage. Because of cell damage, there are certain diseases which put human health in danger such as, diabetes, cancer, obesity and many more. To reduce the risk of certain diseases there should be anti-oxidant intake which can reduce the oxidative stress and reduce the cell damage caused by the free radicals, which can improve the human health at last making human life healthier and happier. We select four plants i.e; *Brassica nigra* (seed), *Mentha piperita* (fresh leaves), *Glycyrrhiza glabra* (stem) and *Cyperus rotundus* (rhizome). There were four different assays performed for determination of anti-oxidant activity. Two scavenging activities were performed and two chemical assays were performed. We used Ascorbic acid as standard. It can be clearly seen that *Brassica Nigra* and *Cyperus Rotundus* were the two plants which give better anti-oxidant activities as compared to other two plants.

Key words: Antioxidant activity, *Brassica nigra* (seed), *Mentha piperita* (fresh leaves), *Glycyrrhiza glabra* (stem), *Cyperus rotundus* (rhizome).



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