Toxicity Studies of Centella Asiatica for Drug Development: Mini Review

Gayuk Kalih Prasesti 1,2*, Neng Fisheri Kurniati 1,3*

1 Department of Pharmacology-Clinical Pharmacy, School of Pharmacy, Institut Teknologi Bandung (ITB), Bandung, Indonesia; nfkurniati@fa.itb.ac.id (N.F.K); gayukkp@gmail.com (G.K.P);
2 Faculty of Pharmacy, Mulawarman University, Samarinda, East Borneo, Indonesia; gayukkp@gmail.com (G.K.P);
* Correspondence: nfkurniati@fa.itb.ac.id (N.F.K);
Scopus Author ID 57203138845
Received: 14.10.2021; Revised: 15.11.2021; Accepted: 18.11.2021; Published: 5.12.2021

Abstract: Toxicity studies’ quality control of drug plant-based products is an important aspect of pharmacological research. The purpose of this literature review is to extract about toxicity test on Centella asiatica. The plant component utilized, the test animals used, the type of toxicity test, evaluation, the findings, and conclusions of each test are all included in this review—the database used in PubMed. Most of the literature results obtained from this review indicate high safety in C. asiatica plants. The acute toxicity test is that the most frequently used toxicity test. The use varies from plant parts to whole plants, with minimal side effects reported and high in safety, so it can be concluded that C. asiatica is very prospective to be developed as a medicine.

Keywords: toxicity; Centella asiatica safety; drug development.

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1. Introduction

Drug safety is one of the three requirements for a drug, apart from the effectiveness and quality of the drug [1]. In addition to drug conventional, herbal medicines must also have safety requirements [2]. In the drug development process, these safety requirements can be shown from the result of the toxicity test at the preclinical stage. If the results of the toxicity test state that the toxic level is low, then the drug substance can be continued at the next stage in the drug development process. In general, this information can be obtained from experiments using test animals as models designed in a series of toxicity tests which include oral acute toxicity tests, oral subchronic toxicity, chronic oral toxicity, teratogenicity, skin sensitization, eye irritation, acute dermal irritation, vaginal mucosal irritation, acute dermal toxicity, subchronic dermal toxicity, and carcinogenicity. The aim of conducting a toxicity test is as supporting evidence of the safety of test preparation. The choice of the kind toxicological test depends on the purpose of using a substance and the possible risk of exposure to humans [3]. Centella asiatica is a common herb found in China, Japan, Italy, Sri Lanka, Iran, India, Madagascar, the United States, Australia, South Africa, Indonesia, and Malaysia, widely developed as both oral and topical drugs [4]. Considering the importance of toxicity tests to ensure safety and the high potential for Centella to be developed, this review aims to collect information on the toxicology studies of C. asiatica. The key information of this review is the type of toxicology test, the type of animals used, and the reported parameters as a whole or several parts from C. asiatica. With this structured and systematic information of the C. asiatica plant, it can be used as an
additional reference for researchers to develop medicines based on *C. asiatica* as medicines, traditional medicines, quasi-drugs, health products, and cosmetics.

2. Toxicity Studies

Toxicity studies are tests to evaluate the toxic effect of a substance on a biological system and obtain typical dose-response data from the test preparation. The data obtained can be used to provide information about the degree of danger of the test preparation in case of exposure to humans so that the dosage for use can be determined for human safety. The toxicity test using test animals as a model is useful for seeing the presence of biochemical, physiological, and pathological reactions in humans to test preparation. Toxicity studies results cannot be used to prove the safety of a substance/preparation in humans but can provide signs of relative toxicity and help determine the toxic effects that occur if exposed to humans [3]. Drug toxicology regulations aim to find, develop, and manufacture novel, effective remedies for the market while also safeguarding customers from unsafe pharmaceutical products [5,6]. The schema of the importance of the toxicity studies can be seen in (Figure 1). Toxicity of substances can be evaluated by (a) accidental exposures to a substance (b) cells/ cell lines, *in vitro* (c) effect substance in experimental animals, *in vivo* [7]. The dose level recommended for the treatment of the disease was preceded by a toxicity test in the animal models [8].

![Figure 1](https://biointerfaceresearch.com/image1.png)

**Figure 1.** The importance of toxicity studies in drug development. In the process of developing drugs from natural sources, it is very important to do toxicity studies to ensure the safety requirements of a finished drug before it reaches humans. Because toxicity tests are not possible at the clinical stage, the role of experimental animals such as mice and rats is very high to support the toxicity test of a natural source.

2.1. Acute oral toxicity test

Acute oral toxicity assesses the effects of a single dose of a chemical or numerous doses given within 24 hours. The acute oral toxicity test principle is that the test is prepared at many
levels of doses, given to several groups of tested animals with one dose per group. Then the existence of harmful influence/toxic effects and death is seen. The goals of the oral acute toxicity test are to determine a substance's toxicity, determine target organs, species sensitivity, obtain hazard information after acute exposure to a substance, obtain initial information that can be used to determine dose levels, design further toxicity tests, obtain an LD50 value for ingredients/preparations, and determine the classification and labeling of ingredients/preparations [3].

2.2. *Subchronic oral toxicity test.*

Subchronic oral toxicity is a test that evaluates the effects that arise when test animals are given repeated doses of the test preparation orally. The test preparation in multiple-dose levels is given every day to several groups of animals with one dose per group in 28 or 90 days, according to the subchronic oral toxicity test principle. Animals will be assessed for the existence of harmful effects while the test preparation is being delivered. If an animal dies during the test preparation phase and has not reached the rigor mortis (stiff) stage, the organs and tissues are promptly deenecropsed and examined macropatologically and histopathologically. All living animals were deenecropsed at the end of the test preparation time, and macroscopicological observations were made on each organ and tissue. Hematological, clinical biochemical, and histopathological tests were also performed [9].

The goal of subchronic oral toxicity testing is to evaluate data about toxic effects of substances that were not detected in acute toxicity tests; data about the possibility of a toxic effect after repeated exposure to the test preparation over a period of time; data about the dosage that does not cause toxic effects (No Observed Adverse Effect Level / NOAEL); and studying the total effects and reversible effects of these substances [9].

2.3. *Chronic oral toxicity test.*

Chronic oral toxicity is a test that evaluates harmful effects that arise after the test preparation is given repeatedly throughout the course of the test animal's life. The chronic toxicity test is similar to the subchronic toxicity test in theory, but the test preparation must last at least: a. 9 months for widely recognized as safe test materials; or b. 12 months for a pure chemical or test substance with a hazardous potential [10].

2.4. *Teratogenicity test.*

Teratogenicity testing is a procedure for determining prenatal anomalies caused by administering test preparations during the creation of fetal organs (organogenesis period). This information comprises morphology (outside the fetus), soft tissue, and fetal skeletal abnormalities. The administration of preparation at various dose levels in different groups of pregnant animals for at least the organogenetic phase of pregnancy, one dose per group, is the basis of teratogenicity testing. The mother is surgically removed one day before birth, the uterus is removed, and the fetus is evaluated [11].

2.5. *Skin sensitization test.*

The skin sensitization test is used to determine if a chemical is capable of causing skin sensitivity. The skin sensitization test is based on animals being induced with and without Freund's Complete Adjuvant (FCA) via intradermal and/or topical injection to create an
immune system, followed by a challenge test. The Magnusson and Kligman scales were used to grade the severity of skin responses [12].

2.6. Eye irritation test.

The eye irritation test detects harmful effects in test animals (albino rabbits) following exposure to the test preparation in the eyes. The eye irritation test works on the idea of exposing a single dosage of the test preparation into one eye of numerous test animals who have previously been administered systemic analgesics and local anesthetics, with the untreated eye serving as a control. Injury to the conjunctiva, cornea, and iris was scored at certain time intervals to determine the degree of irritation/corrosion. The purpose of the eye irritation test is to learn about the potential dangers that might occur if the test preparation is exposed to the eyes and mucous membranes of the eyes [13].

2.7. Dermal irritation/corrosion test.

The acute dermal irritation/corrosion test is performed on animals (albino rabbits) to detect harmful effects that develop after up to 4 hours of skin exposure to the test preparation. The acute cutaneous irritation/corrosion test works on the idea of exposing the test preparation to the skin of the test animal in a single dosage, with the untreated skin region serving as a control. The acute dermal irritation/corrosion test is used to identify whether or not a chemical has an irritating impact on the skin, as well as to analyze and evaluate the properties of a material when it is exposed to the skin [14].

2.8. Vaginal mucosal irritation test.

The vaginal mucosal irritation test is used to evaluate a test preparation that directly touches vaginal tissue and cannot be evaluated otherwise. The vaginal mucosal irritation test is based on the test preparation's assumption that an extract in 0.9 percent NaCl solution or olive oil is made. The extract is then exposed to the test animals' vaginal mucosal lining for at least 5 with a 24-hour interval between exposures. The vaginal mucosal tissue was examined and evaluated for erythema, exudate, and edema during exposure. The test animals were slaughtered when the exposure was completed, and their vaginal mucosal tissue was removed for histological investigation. The purpose of the vaginal mucosal irritation test is to determine if medical devices that come into touch with the vaginal mucosa are safe [15].

2.9. Acute dermal toxicity test.

The acute dermal toxicity test is used to identify a hazardous impact that occurs within a short period of time following exposure to a test preparation via the dermal route in a single dosage. The acute dermal toxicity test is based on the idea that numerous groups of tested animals of one sex are exposed to the test preparation at a certain dose, with the first dose chosen based on the preliminary test findings [16].

2.10. Subchronic dermal toxicity test.

The subchronic dermal toxicity test is used to identify harmful effects that occur when repeated doses of the test preparation are given to test animals via the dermal route over a portion of their lives, but not more than 10% of their total lifetime. The premise of the
subchronic dermal toxicity test is that the test preparation is administered to many groups of tested animals every day at various dosages and exposed to their skin [17].

2.11. Carcinogenicity test.

The carcinogenic test is a procedure for detecting and identifying the test preparation's carcinogenic qualities after administering the test preparation to the test animal in many doses over the course of the animal's life in line with the desired route of administration. Toxicity and the development of neoplastic tumors were extensively monitored in the animals. The goal of a carcinogenicity test is to collect information about a chemical that causes a rise in the frequency of neoplasms, an increase in the proportion of malignant neoplasms, or a decrease in the appearance of neoplasms; determine the carcinogenicity of target organs; determine the timing of neoplasm emergence; characterize tumor dose-response correlations; determine the NOAEL (no adverse effect level) or the baseline Benchmark Dose (BMD); extrapolating carcinogenic effects to low-dose human shelf levels; data selection to test ideas about action mechanism [18].

3. Centella asiatica

3.1. Plant description.

C. asiatica, commonly used in Southeast Asian countries, is a traditional Chinese medicine with broad medicinal value [19,20]. C. asiatica from Apiaceae plant family is a small, perennial, herbaceous creeper. The genus Centella consists of 50 species distributed in tropical and subtropical regions of the world [21]. The species is original to tropical countries such as India, Sri Lanka, China, Indonesia, Malaysia, South Africa, and Madagascar [22]. It is native to the warmer regions of both hemispheres. This plant can be found along the sides of rivers, streams, ponds, and irrigated fields and grows wild in moist, gloomy locations up to 7000 feet. In India and Sri Lanka, it grows among stone walls or other rocky regions at the height of around 2000 feet [23]. The plant has several synonyms such as C. coriacea Nannfd., Hydrocotyle asiatica L., H. lunata Lam., and Trisanthus cochinchinensis Lour [24]. The systematic classification of C. asiatica is shown in Table 1.

<table>
<thead>
<tr>
<th>Classification</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kingdom</td>
<td>Eukaryota</td>
</tr>
<tr>
<td>Division</td>
<td>Spermatophyta</td>
</tr>
<tr>
<td>Class</td>
<td>Dicotyledoneae</td>
</tr>
<tr>
<td>Order</td>
<td>Araliales</td>
</tr>
<tr>
<td>Family</td>
<td>Apiaceae</td>
</tr>
<tr>
<td>Genus</td>
<td>Centella</td>
</tr>
<tr>
<td>Species</td>
<td>Centella asiatica</td>
</tr>
</tbody>
</table>

3.2. Pharmacological activity.

C. asiatica is a medicinal plant that has been used to treat skin disorders in the past [25–29], illness of the nervous system [30–32], disorders of the endocrine system [33–35], disorders of the cardiovascular system [36–42], disorders of the digestive diseases [43,44], respiratory diseases [45,46], gynecological diseases [47–49], effect on rheumatoid arthritis [50,51] and antiaging effect [52]. C. asiatica and its triterpenoids can be used in many diseases because they have anti-apoptotic and anti-inflammatory effects [41,53], improve mitochondrial
function, and relieve oxidant stress [19]. Lip wrinkling was minimized by using asiaticoside as a lipstick for 8 days. *C. asiatica*, but not tretinoin, significantly increased skin moisture [54]. *C. asiatica* showed anti-inflammatory action against dextran sulfate sodium (DSS)-induced colitis, which could be due to the restoration of mucosa barrier and gut microbiota balance. This suggests that *C. asiatica* could be used to treat ulcerative colitis clinically [55].

3.3. Phytochemicals.

The major chemical class in *C. asiatica* are the pentacyclic triterpenoids [56–58] present either in their free or glycosidic forms, asiaticoside [59], madecassoside, asiatic acid, and madecassic acid [60]. *C. asiatica* has phytosterol (campesterol, sitosterol, and stigmasterol), phenolic compounds like flavonoids (quercetin and kaempferol), ferulic acid, chlorogenic acid and gulonic acid [61]. Apart from triterpenoids, flavonoids, phenolic acids and sterols have been reported as essential oils [62].

 Mostly, asiaticoside and madecassoside are mainly plentiful triterpenoids found in *C. asiatica*, and the concentrations depend on the environment, origin, and time of harvest or the preparation methods used [60]. *C. asiatica* and its triterpenoids have wide therapeutic agents [19]. The characteristic mechanism mainly involves the following four aspects: (1) anti-apoptosis; (2) anti-fibrosis (3) anti-inflammatory; and (4) antioxidant [19,63].

![Figure 2. Triterpenoid found in Centella asiatica.](image)

Standardized extracts of *C. asiatica* such as titrated extract of *C. asiatica*, TTFCA, and total triterpenic fraction are marketed under different names such as Madecassol, Centellase, and Blastoestimulina. The compositions of these highly purified extracts are the same, in which 40% of the extracts are asiaticoside, and the remaining 60% are a mixture of asiatic acid and madecassic acid [26,64]. Other standardized extracts of *C. asiatica* include ECa 233, which contains at least 80% asiaticoside and madecassoside [65], and Centellicum, which contains 35% of triterpenes [66].

4. Toxicity Studies of *Centella asiatica*

Most of the toxicity tests performed on *C. asiatica* were acute toxicity tests (Table 2); there was one study that reported a single compound toxicity test on *C. asiatica in vitro* using...
zebrafish and one study using cells to see cell viability. Generally, the test animals used are mice and rats. Toxicity test on *Centella asiatica* in the form of leaf extract, standardized leaf extract, and whole plant juice. The resume of the acute toxicity test on *C. asiatica* is shown in Table 2; Subacute toxicity test *Centella asiatica* in Table 3 and Subchronic toxicity test *Centella asiatica* in Table 4.

### Table 2. Acute toxicity test on *C. asiatica*.

<table>
<thead>
<tr>
<th>No</th>
<th>Sample</th>
<th>Dose</th>
<th>Time</th>
<th>Observation</th>
<th>Subject</th>
<th>Parameters</th>
<th>Result</th>
<th>Conclusion</th>
<th>Ref.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>ECa 233 (standardization <em>C. asiatica</em>)</td>
<td>single dose of 10 g/kg</td>
<td>Once</td>
<td>14 days</td>
<td>Mice</td>
<td>toxic signs, mortality and gross pathological lesions</td>
<td>There was no evidence of toxicity or fatality in male or female mice, and no severe pathological abnormalities were seen in any organs.</td>
<td>ECa 233 is a safe compound that should be explored further into pharmaceuticals or dietary supplements.</td>
<td>[67]</td>
</tr>
<tr>
<td>2</td>
<td>Leaf acetone extract <em>C. asiatica</em></td>
<td>100, 500, 1000, 2000 and 4000 mg/kg</td>
<td>Once</td>
<td>3 hours continuously, followed up to 24 hours after giving the extract</td>
<td>female and male Swiss mice</td>
<td>Psychological habits and activities</td>
<td>In male and female mice, there were no significant changes in behavior, respiration, cutaneous effects, sensory nerve system responses, or gastrointestinal effects. There will be no death if water and food consumption are not reduced, no adverse effect of <em>C. asiatica</em></td>
<td>The toxicity of <em>C. asiatica</em> appears to be low. The mean lethal dosage (LD50) for male and female mice is greater than 4000 mg/kg, which puts this plant's therapeutic usage in traditional medicine in jeopardy.</td>
<td>[68]</td>
</tr>
<tr>
<td>3</td>
<td>Juice <em>C. asiatica</em> (whole plant powder)</td>
<td>3, 5, and 7 g/kg body weight</td>
<td>Once</td>
<td>14 days</td>
<td>Female and male Albino Swiss mice</td>
<td>body weight, food, and water consumption</td>
<td>All dosages had no effect on the animals' body weight, food intake, or water consumption.</td>
<td>Plant powder from <em>C. asiatica</em> had no toxicity in mice.</td>
<td>[69]</td>
</tr>
<tr>
<td>4</td>
<td>Leaf ethanol extract <em>C. asiatica</em></td>
<td>Cons. 2500, 1250, 625, 312.5, and 156.5 mg/L</td>
<td>Once</td>
<td>2, 6, 24, 48, 72 and 96 hours</td>
<td>Zebrafish</td>
<td>Mortality, The LC50 (test concentration that kills 50% of the fish)</td>
<td>At dosages of 312.5 and 156.5 mg/L, no zebrafish died; at 1250 mg/L, half of the zebrafish died (LD50); and at 2500 mg/L, 100 percent of the zebrafish died.</td>
<td>Adult zebrafish survival was impacted by a leaf ethanolic extract of <em>C. asiatica</em> at doses more than 1000 mg/kg BW for up to 96 hours.</td>
<td>[60]</td>
</tr>
<tr>
<td>5</td>
<td>Four-active compound <em>C. asiatica</em></td>
<td>Cons. 10, 50, 100, and 500 mg/kg</td>
<td>Once</td>
<td>2, 6, 24, 48, and 96 hours</td>
<td>Zebrafish</td>
<td>Mortality, The LC50 (test concentration that kills 50% of the fish)</td>
<td>The adult, wild-type zebrafish did not die after ninety-six hours of exposure to each chemical at test dosages of 10 to 500 mg/kg.</td>
<td><em>C. asiatica</em> acid, madecassoside, asiaticoside and madecassic acid did not cause toxicity effect</td>
<td>[60]</td>
</tr>
<tr>
<td>6</td>
<td>Leaf ethanol extract <em>C. asiatica</em></td>
<td>Dose-response 1-1000 μg/ml between the percentage of cell viability and conc. of the extracts were constructed</td>
<td>Once</td>
<td>PBMC (in-vitro)</td>
<td>Cell Viability, hemolysis</td>
<td>Cell viability: Lethal concentration 50 (LC50) value for <em>Centella asiatica</em> extract was reported to be 69.17 ±3.2 μg/ml</td>
<td>Hemolysis: LC50 476.19 ±5.9 μg/ml.</td>
<td>-</td>
<td>[70]</td>
</tr>
</tbody>
</table>
Table 3. Subacute toxicity test *Centella asiatica*.

<table>
<thead>
<tr>
<th>No</th>
<th>Sample</th>
<th>Dose</th>
<th>Time</th>
<th>Observation</th>
<th>Subject</th>
<th>Parameters</th>
<th>Result</th>
<th>Conclusion</th>
<th>Ref.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Leaf acetone extract <em>C. asiatica</em></td>
<td>100, 500, 1000, 2000 and 4000 mg/kg</td>
<td>15 days (every morning)</td>
<td>Every 3 days (weight measurement), measurement parameters at the end of the experiment</td>
<td>female and male Swiss mice</td>
<td>Bodyweight, organ weight, hematology (control group, doses 1000 and 4000 mg), biochemistry</td>
<td>There were no significant changes between the experimental group and the control group (body weight, organ macroscopic analysis), hematological, or biochemistry.</td>
<td><em>C. asiatica</em> appears to have few harmful effects, which could compromise the medicinal use of this plant in folk medicine</td>
<td>[68]</td>
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</table>

Table 4. Subchronic toxicity test *Centella asiatica*.

<table>
<thead>
<tr>
<th>No</th>
<th>Sample</th>
<th>Dose</th>
<th>Time</th>
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<th>Parameters</th>
<th>Result</th>
<th>Conclusion</th>
<th>Ref.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>ECa 233 (standardization on <em>C. asiatica</em>)</td>
<td>10, 100 and 1,000 mg/kg/day</td>
<td>90 days</td>
<td>body weight, food consumption, and animal health were measured weekly. Other parameters at the end of the treatment.</td>
<td>Rat</td>
<td>Effects on body weight, food consumption, and animal health; gross pathology and organs weight; hematological parameters, clinical chemistry, Histopathology</td>
<td>There were no hazardous signs in any of the measures, except for the 1,000 mg dosage, which had a considerably larger number of white blood cell (WBC) than the control group.</td>
<td>ECa 233 is a safe compound that should be explored further into pharmaceuticals or dietary supplements.</td>
<td>[67]</td>
</tr>
<tr>
<td>2</td>
<td>Shade dried, powdered, muslins, aerial parts were used along with gum acacia (binding agent) for oral administration in rats.</td>
<td>250, 500, 1,000 mg/kg.</td>
<td>30 days</td>
<td>10 days (interval) for body weight and on 32nd for all parameters</td>
<td>Albino rats</td>
<td>clinical signs, gross behavioral changes, morbidity, and mortality once daily. Hematology, marker enzyme level, vital organ.</td>
<td>• There was no evident toxicity or alterations in body weight growth. • a considerable rise in spleen weight in rats given <em>C. asiatica</em> at 1,000 mg/kg • An increase in the level of ALT and AST • Increase in BUN and CREATININE • Hematological values differ significantly from those in the control group. • <em>C. asiatica</em> at 1,000 mg/kg induced a marginal increase in apoptosis in hepatic tissue and a minor increase in apoptosis in renal tissue.</td>
<td>Based on the findings, it was determined that giving <em>C. asiatica</em> to rats at a dose of 1,000 mg/kg for 30 days might induce severe liver tissue damage. <em>C. asiatica</em>-induced apoptosis in the liver provides a viable avenue for further research into its involvement in tumor therapy.</td>
<td>[72]</td>
</tr>
</tbody>
</table>
The chronic toxicity test for *C. asiatica* yielded no results. A mutagenic toxicity study was found [71], which discovered mutagenic toxicity research in which the tester strains met the quality check standards. Up to a concentration of 5000 g/plate, the bacterial background lawn was equivalent to that of the respective viable count (VC) plate. In the presence or absence of metabolic activation, no significant increases in the revertant colony count were seen in any of the five strains at any of the test dosages. The revertant count increased significantly when positive controls were used. The frequencies of spontaneous reversion in both the negative and positive controls were within historical ranges. In any of the five tester strains preincubated with the test item, no physiologically meaningful rise in revertant numbers was detected. The findings imply that standard extract INDCA did not cause gene mutation in the genomes of the strains tested through pair alterations or frameshifts under the experimental circumstances.

5. Safety and Toxicity of *Centella asiatica*

Toxicity assessment is an important aspect of pharmacological research and the quality control of plant-based health products. The most-reported toxicity test is acute toxicity. The most tested part was leaves. There was 1 study using whole plants as the test sample [69]. The solvent used is mostly ethanol; one experiment used acetone as the solvent [68]. The test animals used include mice, rats, and zebrafish. Most of the research indicates the level of safety. LD50 value 1250 mg/kg [60], and more than 2000 mg/kg [71]. But with acetone extract LD50 is higher 4000mg/kg [68]. In whole-plant trials (*C. asiatica* juice), a dose of 7000 mg/kg still did not show signs of toxicity [69].

In clinical studies, *C. asiatica* extract dosages of 250 mg and 500 mg were well tolerated in single and repeated oral doses. According to modern pharmacological testing, the interaction potential of *C. asiatica* physiologically active substances with cytochrome (CYP) isoenzymes is insignificant, and the extract's heavy metal concentration is within the allowed range [73].

According to another case report, three women who got jaundice after using *C. asiatica* for 30, 20, and 60 days were diagnosed with granulomatous hepatitis, and their symptoms improved once the medication was withdrawn. Although preclinical investigations of *C. asiatica* have discovered that it has a wide variety of pharmacological effects and shown its safety, given the negative reports in a few clinical instances, a thorough study is advised to discover clinical doses with the greatest safety. Hepatotoxic chemicals are produced by several plants. Germander, Skullcap, and Glycyrrhizin contain di- or triterpenic active principles that promote apoptosis and change cell membranes, causing liver damage. These pathways may have resulted in *C. asiatica*-related injuries [74].

6. Conclusions

*Centella asiatica* is an herb used in traditional Chinese medicine. Mainly components that potential are asiaticoside, asiatric acid, madecassoside, and madecassic acid. *C. asiatica* and its triterpenoids have a broad range of medicinal values. *C. asiatica* is a medicinal plant with reported uses for treating skin problems, neurological diseases, endocrine diseases, cardiovascular diseases, digestive diseases, respiratory diseases, gynecological diseases, and its effect on rheumatoid arthritis. *C. asiatica* and its triterpenoids can be used in many medical situations because they have anti-inflammatory and anti-apoptotic effects, relieve oxidant stress, and improve mitochondrial function. Most of the findings from this literature study indicate that the *C. asiatica* plant is quite safe. However, because there are negative case reports
due to consumption of *C. asiatica* in patients with liver disorders, additional investigations are needed regarding the impact of using *C. asiatica* on other disorders.

**Funding**

The work is supported in part by the Institut Teknologi Bandung Research Grant 2021.

**Acknowledgments**

The authors thank all components of the Department and School of Pharmacy, ITB, for their support.

**Conflicts of Interest**

The authors declare no conflict of interest.

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https://doi.org/10.33263/BRIAC126.80818093


