

Anti-inflammatory, Pain-Relieving, & Immunomodulating Actions of [Graviola \(*Annona muricata*\)](#)

Graviola leaves have exhibited significant anti-inflammatory effects in quite a few animal studies. Various extracts have been shown to inhibit the production of inflammatory mediators like nitric oxide (NO), TNF- α , IL-6, and IL-1 β . Some studies report that graviola is capable of affecting specific pro-inflammatory immune cells and immune responses to relieve inflammation through an immunomodulatory action. This inflammatory effect has been clinically demonstrated topically as well as internally. Several of these inflammation studies also studied graviola's ability to relieve pain. Graviola was reported to effectively relieve pain in laboratory animals utilizing several different mechanisms of actions by several different research groups.

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