# Biochanin A: A Comprehensive Overview of its Pharmacological Properties and Therapeutic Potential

Mashael M. AlMutairi, PhD* Rania M. Magadmi* Rasheed A. Shaik** and Huda M. AlKreathy*

## ABSTRACT

**Mostly found in plants including red clover, chickpeas, and soy, natural occurring isoflavones include Biochanin A (BCA). Pharmacological research has been much interested in its wide spectrum of biological action and therapeutic applications. Being a phytoestrogen, BCA exhibits both oestrogenic and anti-estrogenic properties, which makes it a suitable treatment for diseases linked to hormones like menopausal symptoms, osteoporosis, and breast cancer. Its key mediator is its interaction with oestrogen receptors (ERα and ERβ), where, depending on the type of tissue, it may either mimic or impede the activity of endogenous oestrogen. Apart from its hormonal effects, BCA displays clear anti-inflammatory and antioxidant function. Modulated are important signaling pathways linked in inflammation, cell proliferation, and death: NF-κB, PI3K/AKT, and MAPK. These mechanisms help to explain both avoidance and its promise in treating chronic inflammatory diseases as well as cancer. Moreover, its antioxidant effect helps neutralize free radicals and reduce oxidative stress, a main component in the pathophysiology of many disorders including neurological ailments and cardiovascular difficulties. BCA has also demonstrated cardioprotective effects by improving lipid profiles, reducing cholesterol, and stopping the formation of atherosclerotic plaques. Its anticancer function is rather amazing as it has been shown in several cancer models to induce death, inhibit angiogenesis, and slow down tumor growth. These positive findings although insufficient data on the pharmacokinetics, absorption, and long-term safety of BCA restrict its therapeutic relevance. At last, BCA is a diverse natural substance with high medical value. Its many biological activities make it a good candidate for future research and development as a therapeutic agent addressing a range of diseases. Still, further extensive study including clinical trials is needed to totally explore its safety and efficacy in people.**

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* Department of Clinical Pharmacology
Faculty of Medicine, King Abdulaziz University, Saudi Arabia
E-mail: malmutairi0626@stu.kau.edu.sa

* Department of Pharmacology and Toxicology
Faculty of Pharmacy, King Abdulaziz University
Jeddah 21589, Saudi Arabia.