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## A Global Impact On Nutraceuticals

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**Abstract :-** Dr. Stephen Defelice the term “Nutraceuticals” are made up of two words that is ‘Nutrition’ and ‘Pharmaceuticals’ in 1989. When using of food or part of food product that is improve the human health or prevention of disease or disorder. Currently, most of the nutraceutical drugs are formulating in crude form. The food or food products are used as nutraceuticals like dietary fibres, fatty acids, antioxidant, prebiotics, fibers and other type of herbal natural foods. They are cure and treat disorder/disease like Oxidative stress eg. Immune disorder, Cardiovascular disease, Diabetes, inflammation, eye disease, cancer. In this review we are discuss two categories of nutraceuticals like traditional nutraceutical and Non-traditional nutraceutical and it’s roles and benefits of side effect and adverse effect of human health.

**Keywords-** Nutraceuticals, Dietary Supplement, Functional

**Introduction-** The term ‘Nutraceuticals’ are combination of two words that is ‘Nutrition’ and ‘Pharmaceuticals’ in 1989 by dr. Stephen Defelice MD, Founder and chairman of the foundation for Innovation in medicine. Nutraceuticals can be defined in which are a food with a medical health benefits the prevention and treatment of disease or disorder. Nutraceuticals are called as ‘Functional foods’. It may be involves in dietary supplements, herbal ingredients vitamins, fibers and

fatty acids, juice and soup and other types nutrition. Hippocrates is approved this manner “Let food be the medicine and medicine be the food” at 2000 year past. At this time population are attracted or adopting from junk foods but junk food is very dangerous of our human health in which are cause disease condition as compare to healthy foods.that is primarily cause heart disease . The healthy foods and dietary supplement which are provide human health benefits it is also known as nutraceuticals. (1-2)

**Dietary supplements:-** In the US ,the dietary supplements health and education act (DSHEA) in 1994 in which are defined as dietary supplements are a product we are taken in mouth which are contains dietary supplement with diet. Dietary supplement are includes vitamins, minerals ,herbs, amino acids, enzymes, organ tissues and metabolites. Dietary supplement’ s are found in present time such as tablet ,capsules, softgel, gelcaps, liquids, gland extracts and other dietary supplementts. Dietary supplement’ s are used for treatment and prevention of disease. (3)

**Functional foods:-** Functional foods can be defined as “any foods or food ingredients “are prepared in ‘Scientific intelligence’ . It can be improve a health benefits beyond the traditional nutrients it contains. The functional foods are provides the body with required amount vitamins, fats, proteins, carbohydrates and healthy substance. A food and part of foods are used in the diet. And it is used for benefits effect that go beyond the traditional nutrition effects. The Functional foods are used for treatment or prevention of disease or disorder like anemia it is also called as nutraceuticals.

Eg.. I)Omega-3 milk in prevention of heart disease.

II) Vitamines ,antioxidants-cancer risk reduction.

III)Canola oil with lowered triglycerides for cholesterol reduction.

IV)Probiotics, Prebiotics-Bone and joint health.

V)Nutritional lipid oil- Immune system

(4)

**Categories of Nutraceuticals :-** Nutraceuticals are categories on the basis of foods available in the market-

- Traditional Nutraceutical
- Nontraditional Nutraceutical

1) **Traditional Nutraceuticals**-Traditional nutraceuticals are natural with no change of the food. Foods may be contains several natural components which are provide benefits on the basis of nutrition such as Lycopene in tomatoes, omega .

**\*Traditional nutraceuticals can be divided by as follows-**

a)Chemical constituents

i)Nutrients    ii)Herbals

iii) Phytochemicals

b)Probiotics micro organism

c) Prebiotics

d)Nutraceuticals enzymes

## a) Chemical Constituents-

i) **Nutrients:-**The Nutrients can be defined “a substance which are needed to keep a living thing alive and to help its growth”. The nutrients are involves such as amino acids, mineral and vitamins with recognized nutritional functions. Several foods are contains fatty acids, that is used for curing or treatment of disease such as inflammatory maintain by brain function and reduction in cholesterol deposition. Foods are contains vitamins which are used for treating or curing of disease like heart disease, Osteoporosis, stroke. Minerals are found in plants, animals and dietary product that is used for anemia, build up strong bones, Osteoporosis.

ii) **Herbals:-**The herbals are improve the human health with cure or **treat** chronic disease like anti-inflammatory, antipyretic, antiarthritic, analgesic. Most of herbals are contain flavonoids like apigenin, psoralen that is diuretics carminative and antipyretic. Peppermints are contains menthol that is used for treat or cure cold, flu. Most plants contains tannins which are used depression, cold stress, cough, hypertension, and asthma. Some herbals are used to treatment of cancer, ulcer, and UTI (Urinary Tract Infection). **Eg:-**

- **Ginger** : that is used for the treatment of hyperglycemia chronic bronchitis.
- **Garlic** : that is used for the antibacterial antiinflammatory, antifungal, antigout drugs.
- **Alovera** : It is used for the Dilate capillaries, wound healing properties.

**iii) Phytochemicals:-** Phytochemicals are plant nutrients with particular biological symptoms that is improve the human health. The vegetable are contains carotenoids it' s improve the immune system and mainly killer cell accounting for anticancer response. Soya beans grains and plan oils are contains noncarotenoids it' s remove cholesterol and are anticarcinogenic.

**b) Probiotics micro-organism-** The term “Probiotics “ means ‘life’ . Probiotics can be defined as the life of the live microorganism which are consumed in adequate amount ,confer a health effects on the host. Probiotics microorganism are responsible bacteria increase healthy .digestion and absorption of some nutrients . It' s most important act to mob out pathogens like yeasts ,bacteria and others viruses. It can be cause disease and develop communally advantage symbiosis with the human gastrointestinal tract. **Eg:- Lactobacillus, acidophilus.**

**c) Nutraceuticals enzymes-** Enzymes are essential part of the life. Which are derived from plant, animals ,and microbial sources. Enzymes are without which our bodies are cease function optimally. Some disease condition of human body such as blood sugar, improper digestion and obesity have their symptoms eliminated by enzyme supplement in the diet.

**2) Non-traditional Nutraceuticals:-** Non traditional nutraceuticals are the product of plant or part of plant which are prepared artificially developed via biotechnology. (5-6)

### **Uses:**

- Cardiovascular disease.
- Obesity
- Diabetes 4. Cancer (7).
- 5. Etc.

**Conclusion:** The interest of people in Nutraceuticals products are increased due to the Dietary supplement and functional foods.

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