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Nutraceuticals from medicinal herbs

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Approximately 80% of the world population depends on herbal system of medicine. Nutraceuticals from herbs (phytotherapy and nutritional therapy) have emerged as new and potential means of health aid, and to prevent and treat diseases. Some food products are frequently used as nutraceuticals, which include prebiotic dietary fiber and antioxidants. Herbal nutraceuticals / functional foods have received considerable importance because they are safer than the inorganics and since these have therapeutic effects. Some important herbal nutraceuticals include glucosamine from Genseng Omega-3 fatty acids from linseed, lycopene from tomato, epigallocatechin gallate from green tea. All therapeutic areas such as antiarthritic, pain killers, cold and cough, sleeping disorder, osteoporosis,

cholesterol, blood pressure, etc. have been covered under nutraceuticals. Improvement of the dietary nutritional values of fruits, vegetables, and other crops is also very important. The lack of quality and toxicity is a major area of concern for nutraceuticals. Nutritional professionals and regulatory bodies are to play a major role for safety maintenance and quality control and future of the industry is to be governed by strict regulations for maintaining purity and toxicity without innovation. Similarly, their standards, standardization, doses, forms and production control are some of the key challenges in effective use of these nutraceuticals. The paper deals with phytonutraceuticals from different medicinal plants.

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