Nutraceuticals: Let Food be Your Medicine

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ABSTRACT
“Nutraceutical” was coined from “Nutrition” and “Pharmaceutical” in 1989 by Stephen DeFelice. Nutraceuticals: “A food or a part of food or nutrient, that gives fitness benefits, consisting of the prevention and remedy of an ailment.”

Keywords: Vitamin A, Vitamin D, Vitamin E, Vitamin K, Vitamins C, Vitamins B 1

INTRODUCTION
Nutraceuticals are compounds obviously present in end result and vegetables and can additionally be acquired at premiere concentrations from nutritional supplements. In certain nations, there is recognition of the health-blessings of nutraceuticals [1-5]. Consequently, the global nutraceutical marketplace has an extended growth, being of a hundred and forty billion greenbacks with an predicted increase price of 14.7% [6]. Broccoli is a remarkable source of nutraceuticals, and thus, whilst now not appropriate for human consumption it can be used as raw cloth for the extraction and purification of nutraceuticals for their subsequent use within the [5-10] nutritional supplements industry (Figure 1).

Figure 1: Let food be your medicine.

Nutrition performs an important function in heart failure patients. Coronary heart failure is catabolic country [11]. Weight loss or frank cachexia is commonly seen, the prevalence growing with worsening signs [12-15]. Cardiac cachexia was defined by way of Hippocrates: “The flesh is ate up and turns into water. The abdomen fills with water; the toes and legs swell; the shoulders, clavicles, chest and thigh soften away” [15-20].

Nutritional repute of patients with coronary heart failure also is crucial—those with poor nutritional fame generally tend to have a terrible lengthy-time period prognosis.

VITAMINS
Fat soluble vitamins
Vitamin A: Acts as antioxidant, critical for increase and development, maintains healthy vision, skin and mucous membranes, may useful resource within the prevention and
treatment of certain cancers and inside the remedy of sure skin issues [21-30].

**Vitamin D:** Vital for formation of bones and tooth, enables the frame to absorb and use calcium

**Vitamin E:** Antioxidant, facilitates to form blood cells, boosts immune machine

**Vitamin K:** Vital for blood clotting

### Water soluble vitamins

**Vitamins C:** Antioxidant, essential for wholesome bones, gums, enamel and skin. Allows in wound recuperation, prevent from common bloodless.

**Vitamins B1:** Allows in carbohydrate metabolism, crucial for neurological characteristic

**Vitamins B2:** Power metabolism, maintain healthful eye, pores and skin and nerve characteristic.

**Vitamins B3:** Electricity metabolism, mind function

**Vitamins B6:** Helps to provide important proteins, convert proteins to strength

**Vitamins B12:** Helps to provide important proteins, convert proteins to strength

**Folic acid:** Allows in RBC formation, formation of genetic material of cell, very a great deal important throughout pregnancy [31-40].

**Pantothenic acid:** Aids in synthesis of cholesterol, steroids, and fatty acids, important for intraneuronal synthesis of acetylcholine.

### TECHNIQUE TO ENHANCE LIVELY COMPONENTS IN FOOD

- Manipulating the meals, the attention of active ingredients may be increased
- Diet wealthy in nutraceuticals along side regular workout, stress reduction and preservation of wholesome body weight will maximise fitness and reduce disorder hazard

### REFERENCES


