

A Review on Nutraceutical: It's Types and Role in Health and Diseases

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Abstract: *The Foundation for Innovation in Medicine (New York, US) first used the term "nutraceutical" in 1989 to give this quickly expanding field of biomedical research a name. According to the definition, a nutritional supplement is any material that can be consumed whole or in part as food. provides medical or health advantages including the prevention and treatment of disease. These Nutraceuticals aid in the fight against a number of the century's most pressing health issues, including diabetes, cholesterol, osteoporosis, arthritic conditions, cancer, and cardiovascular illnesses, among others.*

Compared to medications, nutraceuticals have advantages because they don't have adverse effects and are naturally nutritional supplements, etc. Based on their chemical composition, natural source, and other factors, nutritional groups under three main headings: nutrition, herbal remedies, dietary supplements, etc. New food generations will result from continued research, which will undoubtedly make the barrier between food and medication more permeable. The current body of information on Nutraceuticals constitute a significant problem for doctors, dietitians, and food chemists and technologists. Public health officials take treatment and prevention into consideration. with nutraceutical acting as a potent tool to combat nutritional deficiencies and sustain health caused both acute and long-term illnesses, encouraging the best possible health, longevity, and quality of life.

Keywords: Nutraceuticals; Dietary fiber; Probiotics; prebiotics; polyunsaturated fattyacids; Antioxidants; Nutraceuticals and Disease