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Review on Nutraceuticals Food Used in Atherosclerosis

Mamata S. Chavan[1], Dr. Gajanan Sanap[2], Priyanka Zendekar[3], Shrikant M. Adhekar[4]
Student, Late Bhagirathi Yashavantrao Pathrikar College of Pharmacy, Pathri, Phulambri. Aurangabad[1]
Principal, Late Bhagirathi Yashavantrao Pathrikar College of Pharmacy, Pathri, Phulambri, Aurangabad[2]
Assistant Professor, Late Bhagirathi Yashavantrao Pathrikar College of Pharmacy, Pathri, Phulambri, Aurangabad[3]
Lecturer, Dr. Y S Khedkar College of Pharmacy, Aurangabad.
mamtachavan1999@gmail.com[1] (Corresponding Author)

Abstract: *Atherosclerosis or arteriosclerosis is a slow and progressive building up of plaque, fatty substances, cholesterol, cellular waste products, calcium and fibrin in the inner lining of an artery. This building up of plaque may lead to thickening of the arteries, subsequently blocking the blood flow either partially of totally in an artery. Nutraceuticals have received considerable interest because of their presumed safety. The Present article focuses on the need for consuming appropriate diets, nutraceuticals/functional foods/food supplements with novel health benefits of nutraceutical.*

Keywords: Nutraceutical, Herbal Drugs, Atherosclerosis, Food, Diet

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