

Role of Nutraceuticals on Health Promotion and Disease Prevention: A Review

Ms Madhavi R. Mhase¹, Ms. Mayuri K. Hadawale², Ms. Akanksha A. Dethe³, Ms. Minaj B. Inamdar⁴

Students, Samarth College of Pharmacy, Belhe, Maharashtra India^{1,2,3}

Assistant Professor, Samarth College of Pharmacy, Belhe, Maharashtra⁴

madhavihase@gmail.com

Abstract: The term “**Nutraceutical**” combines the two words of “nutrient,” which is a nourishing food component, and “pharmaceutical,” which is a medical drug. The name was coined in 1989 by **Stephen DeFelice**. The philosophy behind nutraceuticals is to focus on prevention, according to the saying by a Greek physician Hippocrates (known as the father of medicine) who said “**Let Food Be Your Medicine**”. These were used as alternative to modern medicines that promote quality of health, increases nutritive value of the diet and prolongs life expectancy. Major constituents of the nutraceuticals are herbals, various nutrients and dietary supplements are involved in preventing different diseases and minimizing pathophysiology of the disease too. These nutraceuticals help in combating some of the major health problems of the century such as obesity, cardiovascular diseases, cancer, osteoporosis, arthritis, diabetes, cholesterol etc. In whole, ‘nutraceutical’ has led to the new era of medicine and health, in which the food industry has become a research oriented sector. The principal reasons for the growth of the nutraceutical market worldwide are the current population and the health trends.



Figure: Nutraceuticals

Keywords: Nutraceuticals; Disease prevention; Health promotion; Nutrients; Nutrition.

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