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# Health

A JOURNAL DEVOTED TO HEALTHFUL LIVING

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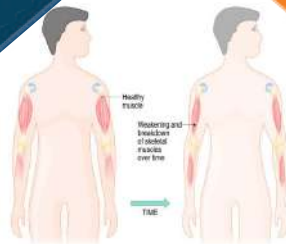
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## NATURAL HOME REMEDIES FOR KNEE PAIN

### 6 Best Foods for Joint Pain Relief



## DEPRESSION - PART 4



## Duchenne Muscular Dystrophy



# HEALTH AND NUTRACEUTICALS : A COMPREHENSIVE GUIDE FOR A HEALTHY LIFESTYLE

Nutraceuticals are a combination of "nutrition" and "pharmaceuticals." They refer to products that provide health benefits beyond essential nutrition and are used for preventing and treating illnesses. These products include vitamins, minerals, herbs, and other dietary supplements. The global nutraceutical market is projected to reach \$278 billion by 2024, with an annual growth rate of 6.5%.

Contrary to pharmaceuticals, nutraceuticals are compounds that often do not have patent protection. Although pharmaceutical and nutraceutical substances may be used to treat or prevent disease, the government only approves pharmaceutical substances.

A product is deemed a dietary supplement if it bears or contains one or more of the nutritional components listed below: a concentration, metabolite, constituent, extract, or a mixture of these ingredients. A mineral, vitamin, amino acid, medicinal plant or other botanical nutritional supplement used by humans to boost daily intake.

The dietary supplements known as nutraceuticals are utilized for medical conditions other than nutrition.

Nutraceuticals can be found in various forms, such as capsules, tablets, powders, and liquids. Ginseng, Echinacea, green tea, glucosamine, omega-3, lutein, folic acid, and cod liver oil are well-known nutraceuticals. The majority of nutritional supplements have several therapeutic benefits. They can be used to address a wide range of health concerns, including heart health, bone health, immune function, and weight management. They can also be used to improve overall wellness and prevent chronic diseases.

One of the most popular nutraceuticals is fish oil. Fish oil contains omega-3 fatty acids, which have been shown to reduce inflammation and lower the risk of heart disease. Another popular nutraceutical is probiotics, which are live microorganisms that help to maintain the balance of good bacteria in the gut. They are often used to improve digestive health and boost the immune system.

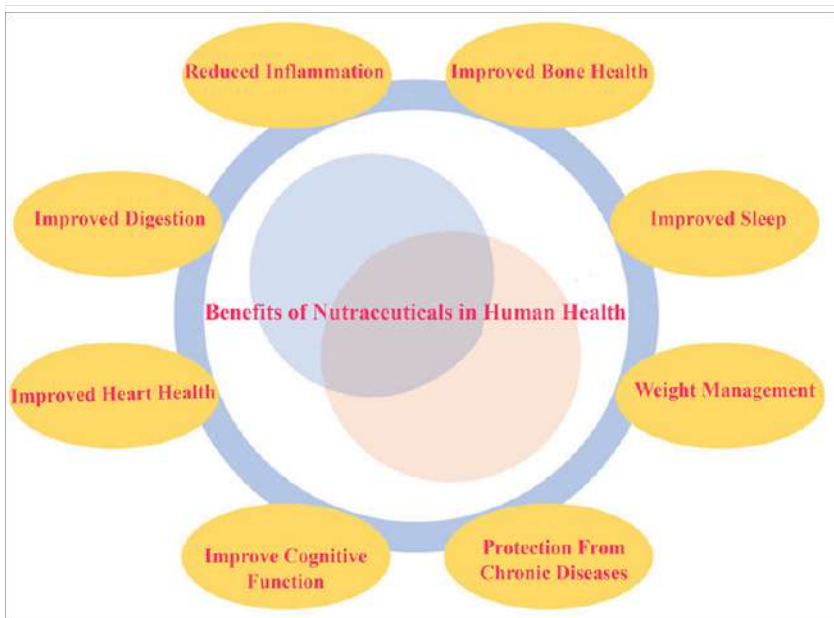
Herbs and botanicals are also commonly used as nutraceuticals. Turmeric, for example, is a popular herb known for its anti-inflammatory properties. It has been used for centuries in traditional medicine to treat various ailments. Another popular botanical is green tea, which is rich in antioxidants and has been shown to improve heart health and aid in weight loss.

Nutraceuticals can also be used to address specific health concerns. For example, glucosamine and chondroitin are commonly used to treat osteoarthritis and improve joint health. Melatonin, a hormone found in the body, is used as a sleep aid and can help people with insomnia.

It is important to note that nutraceuticals are not a substitute for a healthy diet and regular exercise. They should be used with a balanced diet and regular physical activity to achieve optimal health. It's also essential to consult with a healthcare professional before taking any new supplement, especially if you have a pre-existing medical condition or are taking medication.

### **Benefits of Nutraceuticals in Human Health**

Nutraceuticals have a wide range of benefits for human health. Some of the most notable benefits include:



1. **Improved heart health:** Omega-3 fatty acids found in fish oil, for example, can reduce inflammation and lower the risk of heart disease.
2. **Improved digestion:** Probiotics can help maintain the balance of good bacteria in the gut, improving digestive health and boosting the immune system.
3. **Reduced inflammation:** Herbs and botanicals, such as turmeric, have anti-inflammatory properties that can help to reduce inflammation and improve overall health.
4. **Improved bone health:** Osteoarthritis and poor joint health are frequently treated with glucosamine and chondroitin.
5. **Improved sleep:** Melatonin, a hormone found in the body, is used as a sleep aid and can help people with insomnia.
6. **Weight management:** Some nutraceuticals, such as green tea, have been shown to aid in weight loss and improve overall wellness.
7. **Protection from chronic diseases:** Antioxidants found in nutraceuticals, such as Vitamin C and E, can protect cells from

damage and reduce the risk of chronic diseases.

8. **Improve cognitive function:** Some nutraceuticals, such as omega-3 fatty acids, can improve cognitive function and reduce the risk of age-related cognitive decline.

It is important to note that nutraceuticals should be used in conjunction with a healthy diet and regular exercise to achieve optimal health. Always consult a healthcare professional before taking any new supplement to ensure it is safe and appropriate for you.

#### **What is the scope of nutraceuticals?**

The scope of nutraceuticals is quite broad and encompasses a wide range of products and industries. Some of the critical areas of focus within the nutraceutical industry include:

- **A Perfect Dietary Supplement:** These include vitamins, minerals, herbs, and other nutritional supplements that provide health benefits beyond essential nutrition.
- **Functional foods and beverages:** This includes food and beverage products fortified with nutrients or other beneficial ingredients, such as probiotics or omega-3 fatty acids.

- **Sports nutrition:** This includes products specifically designed to enhance athletic performance and recovery, such as protein powders and energy bars.
- **Medical foods:** These include foods formulated to meet the specific nutritional needs of people with medical conditions, such as diabetes or celiac disease.
- **Personal care and beauty** include products fortified with nutrients or other beneficial ingredients, such as anti-ageing creams or hair care products.
- **Animal nutrition:** This includes products designed to meet the specific nutritional needs of animals, such as pet food and livestock feed.

The nutraceutical industry is constantly evolving, and new products are continually being developed. In the upcoming years, the market is anticipated to expand due to the growing emphasis on preventative healthcare and wellness.

### Conclusion

Nutraceuticals can be a valuable addition to a healthy lifestyle. They provide health benefits beyond essential nutrients and can be used

to address a wide range of health concerns. However, using them responsibly and in conjunction with a healthy diet and regular exercise is essential. Always consult a healthcare professional before taking any new supplement to ensure it is safe and appropriate for you.

Staying healthy is the ultimate goal, and nutraceuticals can be a great addition to your overall health plan. They provide a wide range of benefits and can be used to address specific health concerns. You can achieve optimal health and wellness by combining them with a healthy diet and regular exercise.




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### 4 WAYS TO PREVENT OSTEOPOROSIS

1. Exercise
2. Quit Smoking
3. Nutrition
4. Limit Alcohol

*Courtesy: Dr. Sanjay Agrawal,  
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