

A Review On List Of Herbal Nutraceuticals Having Health Benefits

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ABSTRACT:

Now a day's everyone is concerned about their health, so peoples uses nutraceuticals for maintain their better health. Now in this era nutraceuticals are high in demand are available in the market. Nutraceuticals are uses since from the Vedic period. Many herbs are used as nutraceuticals. These are very beneficial for the health, boost the immunity and fight against diseases. Peoples who are going to gym they mostly take nutraceuticals. Chemical compound which is present in any substance, fruits, vegetables etc. plays a very important role. A word nutraceutical itself represented that it contains nutrition and we all know about their importance. Spices that we used in our food daily are also a part of nutraceuticals.

Keywords:*Nutraceuticals, Immunity, Dietary food.*

INTRODUCTION: [1] [2]

A Nutraceuticals is a substance which is a food and its part which is beneficial for our health and it is useful in the curation of diseases. These are very beneficial for our body and health. These are non toxic food components. This word nutraceuticals were first derived by Stephen Defelice in 1989. Nutraceuticals is the combination of two words nutrition & pharmaceuticals. Nutraceuticals are classified under different categories. Many traditional herbal plants and medicines are used, since during Vedic period. A very well-known Ayurvedic formulation "Chyvanprash" is used widely; this is very beneficial and boosts the immunity. Some supplements are also available in market. Nutraceuticals substances are also present in our diets. In fruits and vegetables there is a rich source of vitamins, calcium, phosphorus etc. are present

CATEGORIES OF NUTRACEUTICALS: [3][4]

1. According to Photochemical
 - (a) Nutriment
 - (b) Herbs or plants
 - (c) Subsidiary strength promoter
2. Ancient and non ancient nutraceuticals
 - (a) Ancient nutraceuticals
 - (b) Non-ancient nutraceuticals
3. Based on diseases

Ayurvedic herbs and their medicinal importance as nutraceuticals: [5]

Sr.	Compound	Botanical name	Therapeutic activity
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no.			
1	Aloevera gel	Aloe barbadensis	Balya, rasayana, vrushya, chakhushya, tvakroga, gulmahara
2	Chamomile	Matricariarecutia	Sothahara, kushthaghan.
3	Lehsun	Allium sativum	Krimighana, kushthaghan, vataghana, gulmahara, vajikaran.
4	Licorice	Glycyrrhiza glabra	Boosts immunity, improve vision, heals ulcers
5	Sunthi	Zingiber officinale	Triptighan, arshoghana, deepniya, shoolaprashmana.
6	Valerian	Valerian officinalis	Spasmolytic, mild sedative, sleep aid.
7	Plantago seed	Plantago arenaria	Cathartic.
8	Ginseng	Panax ginseng	Adaptogen.

List of macro and micro nutrients from fruit and vegetable source [6][7][8]

Sr. no.	Nutrient	Fruit sources	Vegetable sources
1	Calcium	Blackberries	Amaranth leaves
		Blackcurrant	Celery
		Dates	broccoli
		Grape fruit	beans
		Mulberries	Lady fingers
		Orange	Spirulina
		Pomegranate	Turnip
2	Copper	Avocado	Amaranth leaves
		Blackberries	French beans
		Dates	Peas
		Guava	Potatoes
		Litchi	Pumpkin
		Mango	Spirulina
		Pomegranate	Sweet potato
3	Iodine	Grows in iodine rich soil.	Grows in iodine rich soil.
4	Iron	Blackberries	Amaranth leaves
		Cherries	French beans
		Dates	Peas
		Figs	Potatoes
		Grapes	Spinach
		Kiwi	Turnip
5	Magnesium	Banana	Amaranth leaves
		Blackberries	Butternut squash
		Blackcurrent	Beans
		Dates	Okra
		Guava	Peas

6	Manganese	Banana	Beans
		Blackberries	Lima beans
		Blackcurrant	Okra
		Blueberries	Peas
		Dates	Potatoes
		Grapefruit	Sweet potato
7	Phosphorus	Avocado	Amaranth leaves
		Dates	Brussels sprouts
		Guava	Maize
		Litchi	French beans
		Mulberries	Parsnip
		Pomegranate	Potatoes
8	Potassium	Bananas	Amaranth leaves
		Cherries	Bamboo shoots
		Dates	French beans
		Grape fruit	Parsnips
		Guava	Potatoes
		Pomegranate	Pumpkin
		Watermelon	Sweet potatoes
9	Selenium	Bananas	Asparagus
		Guava	French beans
		Litchi	Lima beans
		Mango	Mushrooms
		Pomegranate	Peas
10	Sodium	In fresh fruits.	In fresh vegetables.
11	Zinc	Blackberries	Asparagus
		Dates	Bamboo shoots
		Pomegranate	Corn
		Raspberries	French beans

Functional and nutraceuticals components in common herbals [9]

Common name	Biological name	Constituent	Uses
Lehsun	Allium sativum (Dried bulbs)	Allin&allicin	Sothahara, medhya,
Sunthi	Zingiber officinale (Rhizomes)	Zingiberene &gingerols	Deepan, pachan, kasahara
Haldi	Curcuma longa (Rhizomes)	Curcumin	Sothahara, kusta.
Pyaj	Allium cepa (Dried bulb)	Allicin &allin	Medhya, balya, sothahara.
Senna	Cassia aungustifolia (Dry	Sennosides	Purgative.

	leaves)		
Bel	Aegle marmelos (Unripe fruits)	Marmelosin	Deepan, pachan, aruchi.

Rasayana as a nutraceutical [10]

Formulations	Uses
Chyavanprash	Balya, kasahara, swasahara
Brahmi rasayana	Medhya
Narasimha rasayana	Vigor and vitality
Phalaghrita	For reproductive health
Arjuna ksheerpaka	Hridaya
Rasonaksheerpaka	Hridaya
Shilajaturasayana	Mademeha

Nutrients as vitamins and their uses [11]

Nutrients (vitamins)	Health benefits
A	Good for body growth, eye disorders.
E	Boosts the immunity.
K	Essential for blood clotting.
C	Good for wounds.
B1	Converts food into energy.
B2	Helps in energy production.
B3	Beneficial for brain.
Folic acid	RBC formation and protect against heart disease.

Categories of dietary supplements [12]

- 1) Ketogenic diets
- 2) Minimally refined grains
- 3) Phytoestrogens
- 4) Several species of edible mushrooms
- 5) Glucosamine sulfate and chondroitin sulfate
- 6) Dairy foods

Importance of nutraceuticals [13] [14]

It maintains the health.
It increases life span.
It avoids the medical condition.
It is useful in diseased condition.
Nutraceuticals is the health supplements.
It is a conventional food.
It boosts immunity.

Ayurvedic supplements available in market

Ayurvedic supplements	Uses
Ashwagandha capsules	Stress, provide strength, diabetes, male infertility.
Guduchi capsules	Enhance memory, improve health, improve voice and complexion.
Vacha capsules	Improve intelligence, voice, memory.
Amalakirasayana	Good for brain, eyes, heart, liver and hairs.

Nutraceuticals forms available in market [15-16]

- 1) Carotenoids
- 2) Dietary fiber
- 3) Fatty acids
- 4) Flavonoids
- 5) Isothiocyanates
- 6) Phenols
- 7) Soy protein
- 8) Sulfides/Thiols
- 9) Phytoestrogens

CONCLUSION:

While compiling this paper I have learnt about the word nutraceuticals. These are very beneficial for our body and have been used since from the ancient period. In ancient period many herbs and formulations are used as a nutraceutical. There are many nutraceuticals are available in the market. Many people used supplements in their daily routine. At last I would like to tell that nutraceuticals are very good for our body; it boosts our immunity and fight against various diseases.

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