



**IJPPR**

INTERNATIONAL JOURNAL OF PHARMACY & PHARMACEUTICAL RESEARCH  
An official Publication of Human Journals

ISSN 2349-7203




Human Journals

**Review Article**


March 2022 Vol.:23, Issue:4

© All rights are reserved by Prajkta S. Raykar et al.

## A Review on: “Herbal Nutraceutical”



**IJPPR**  
INTERNATIONAL JOURNAL OF PHARMACY & PHARMACEUTICAL RESEARCH  
An official Publication of Human Journals



ISSN 2349-7203

**Prajakta S. Raykar<sup>1\*</sup>; Vaibhav V. Kakade<sup>2</sup>**

*Department of Pharmacology  
Ahmednagar, MH, India*

**Submitted:** 20 February 2022  
**Accepted:** 25 February 2022  
**Published:** 30 March 2022

**Keywords:** Nutraceuticals, Herbal Nutraceuticals, current status.

### ABSTRACT

Nutraceuticals are food or health of food that provides medical or health benefits including the prevention & treatment of disease. The most rapidly growing segment of the industry were dietary supplements (19.5% per year). Nutraceuticals refers to food having a medicinal effect on the health of human beings. It consists of food supplements, herbal products, probiotics & medical food meant for prevention & treatment of diseases. Nutraceutical has an advantage over the medical because they avoid side effect have naturally dietary supplement. Herbal Nutraceuticals having more beneficial to the human body in form of a pharmaceutical product.



HUMAN JOURNALS

[www.ijppr.humanjournals.com](http://www.ijppr.humanjournals.com)

## **INTRODUCTION:-**

Nutraceuticals are food or part of a food that provides medical or health benefits including the prevention and or treatment of diseases.

Nutraceuticals means- nutritive + Pharmaceuticals: a food material which provides the health benefits.

Greek physician Hippocrates (known as the father of medicines) said let food be your medicine.

The philosophy behind is focused on prevention other words used in the context are dietary supplements, function food multi-function food etc.

Function food is ordinary food that has components, ingredients that incorporate it in to give them a specific medicinal or health benefit moreover nutrition effect.

### ➤ **Health Benefits**

- Avoid the side effect.

### ➤ **Classification:-**

- On the basis of natural sources, they can be classified as products.

### ➤ **Nutraceuticals as per the chemical group.**



**CLASSIFICATION OF  
NUTRACEUTICAL**

Traditional

Non-Traditional

Chemical Constituent	Probiotic Microorganism	Nutraceutical Enzyme
-------------------------	----------------------------	-------------------------

Fortified Nutraceutical	Recombinant Nutraceutical
----------------------------	------------------------------

A) Nutrients:- Such As Vitamin, Amino Acid with Nutraceutical  B) Herbal Such As Carotenoids	Transform The Toxic Flora Of Intestine Into A Host Friendly Colony Of Bacillus Bulgariacals	A) Hemicellulose Enzyme B) Pancreolip Ase Panore Ase Juuse	Fortified Food Obtained Formula Agriculing Breecling Nutrients E.G. Cereals Calcium	Food Achieved Through Biotechnology Or Genetic Engineering Such As Bread Alcohol.
---	--	--	--	--



No.	Nutrients	Health Benefits
1	Vitamin A	Essential Growth Development & In The Treatment.
2	Vitamin K	Essential For Blood Clotting
3	Folic Acid	Protects Against Heart Disease
4	Calcium	Bones, Teeth & Maintaining Bones Strength Important In Nerve, Muscle & Glandular Function.

**Category Of Nutraceuticals:-**

The food products used as nutraceuticals can be categorised as dietary fibre, pre biotics, prebiotics, polyunsaturated fatty acid.

Herbs or botanical products as concentrates or extracts – Herbals.

- Category Based on Natural Source
- Vitamins

- Protein
- Fat
- Mineral

#### **Non-Traditional Nutraceuticals:-**

They are the food resulting from an agricultural, breeder, to boost the nutritional value they add up the nutrients & ingredients.

#### **Traditional Nutraceuticals**

- a) Based on chemical constituents
  - Nutrients – vitamin amino acid
  - Herbal Aloe, Garlic
- b) Probiotic micro-organisms
- c) Nutraceuticals

#### **Non-traditional Nutraceuticals**

- a) Fortified Nutraceuticals
- b) Recombinant + Neutraceutical



#### **Aloe vera**

##### **1. Introduction:-**

Aloe vera is a short-stemmed plant that belongs to the genus 'Aloe'. The name a 'vera is derived from the Arabic word "ALLOEH" which mean "shining bitter substance kihile vera in Latin mean "true" 2000 year ago. The plant attains a smaller height 60-100cm spread by fleshy leaf offsets.

The flowers are a problem in summer on a spike up to 70-90 tall each flower being pendulous with yellow tubular corolla. The plant is used in the preparation of consumer products including beverages, skin lotion, cosmetics or Ointments for minor burn & sunburn. It is grown mainly in the dry region of Africa, Asia, Europe & America.

## **2. Medical Use:-**

As the aloe vera has Thick and muscular leaves it grows directly from root. Its extract contains glucosides the main component of aloe is a light yellow glucoside called 'Barbiloine', in addition, it contains resin & is fragrant.

Its yellow juice from a few varieties found carcinogenic to humans as well as vera is used as a moisturizer to keep facial skin tissue soft and shining & it acts as an anti-irritant to reduce chafing of nose.

## **3. Anti-inflammatory:-**

The use of Mucilaginous leaf gel of aloe vera is to treat inflammatory based disorders.

Immunomodulatory effects-Alovera shows immunomodulatory properties and their fractions on the response of macrophages against *Candida albicans*.

## **4. Antioxidants:-**

Aqueous leaf extract aloe vera showed antioxidant activity it also reduces oxidative stress caused due to diabetics.

## **5. Antidiabetic:-**

Alovera has great ethnomedicinal value local healers use its extract to treat diabetes mellitus.

## **6. Antimicrobial:-**

Fresh aloe vera gel is used against multidrug-resistant bacteria in infected leg ulcers and skin moisturizers.

## **7. Anticancer:-**

Aloe amodin shows antineoplastic activity which is present in the aloe vera. It inhibits invasion and the metastasis of high metastatic breast cancer MDA-MB-231 cells.

## **GARLIC (*Allium sativum*)**

### **1. Introduction:-**

Garlic is a species of bulbous flowering plant in the onion genus *Allium*. Its close relatives include the onion, Leek, Welsh onion, Shallot, chive, and Chinese onion. It is native to central Asia and northeastern Iran and has long been a common seasoning worldwide, with a history of several thousand years of human consumption and use. It was known to ancient Egyptians and has been used as both a food flavouring and traditional medicine. China produces 76% of the world's supply of garlic.

### **2. Medicinal uses:-**

Garlic is most commonly used for conditions related to the heart and blood system, these conditions include high blood pressure, high levels of cholesterol or other fats in the blood and hardening of the arteries.

### **3. Nutraceuticals use:-**

#### **a) Antidiabetic:-**

Garlic seems to modestly reduce premeal blood sugar levels in people with or without diabetes. If a diabetes person takes it for at least 3 months it seems to work best.

#### **b) Cardiovascular treatment:-**

Hardening of the arteries: Garlic helps to reduce the problem of aged people like they lose the ability to flex and stretch. Garlic helps to reduce this effect.

#### **c) Anticancer effects:-**

Some research suggests that having garlic as part of the diet may reduce the risk of developing prostate cancer.

#### **d) Antimicrobial effect:-**

Garlic has been used for centuries in various societies to combat infectious diseases. Historically, it is believed that Louis Pasteur described the antibacterial effect of garlic in 1861 for the first time, although no reference is available.

**e) Current status of Nutraceuticals:-**

Nutraceuticals food or food components that help in the treatment and prevention of disease are made from herbal raw material.

**REFERENCES:**

1. Brower v nutraceutical: poised for a healthy slice of the health care market, not + biotechnology 1998: 26: 728-31 [pubmeal][goole scholar]
2. Trumbo pr Ellwood kc. Supplementary calcium & risk reduction hypertension Nutr. Rev 2007 65: 78: 87
3. Shilpa enaudhanpriyatam cl a v. powar. Mahesh n. pratapawar Nutraceuticals. A review world journal of pharmacy and pharmaceutical, science vo16. Issue 8, 201] 681-688.
4. <https://www.ncbinlmhih.gov.pmg>
5. ravikant up adhyay, nutritional, 1 therapeutic & pharmaceutical potential of aloe vera a review international journal of green pharmacy, May 2018[suppl] 12 [1] ssi-557
6. HTTP: w.w.w.medicalnewstoday.Com [article] 318591
7. sign rudraprtapgangandharpp H.V mruthunjaya k, ginger a potential nutraceutical, an updated review, international journal of pharmacognosy & phytochemical research review & 2017 9191: 1227 – 1238
8. Chauhan et al. Current concepts & prospects of herbal neutral concepts & prospects of herbal nutraceutical: a review, Journal of advanced pharmaceutical technology & research available from w.w.w. ncbi. Nim. Nih. Gov.
9. Bayanetal garlic: a review of potential therapeutic effect Avicenna journal of phytomedicine. 2014 Jan-Feb 4 [1]1-14
10. Sanin R. Sharms, m, sign R, kumar s, nutraceutical review, international research journal pharmacy, 3 (4) 2012 95: 99
11. Polthurmp, palthur 55, suresh kc. Nutracutical concept & regular y scenario.
12. <http://11vm.cfsanfdd.gov/vadms/dietsuppntmul>