

Taurine Containing; Tailored Functional Foods & Nutraceuticals - For Good Health

R .C. Gupta

Nagaland University, India

Abstract

Medicine and food have a common origin. A food can be regarded as 'functional' if it is satisfactorily able to demonstrate its beneficial effects on one or more target functions in the body thus improving the state of health and strengthening the well being and or participating in reduction of risk of diseases. Such nutraceuticals in broader term must remain as component of food rather than individually as capsule or in other forms. There is increasing evidence that sulfur amino acids (SAA) play an important metabolic and functional role in human health and disease prevention. It is further observed that SAA also provide elemental Sulfur required for growth and development, and in general, it is source of energy and nutrient needs of various life processes. Taurine has long been placed under such category. To add little more the best-known functional food until now is mother's milk of which taurine is component. It is possible and feasible to modulate target functions via food supplemented with such agents. Taurine supplemented food and formula have provided long range of beneficial effects, almost covering the entire life activities, from vision to brain and smoking to drinking. It has anti diabetic to anti ageing properties. Taurine is also involved in varieties of ways to improve the quality of life to make it more happier and healthier. Some of the taurine analogues also exhibit similarly. Hence taurine such potential require further extension and enlargement but with logistic support. The better prophylaxis of several important diseases will not be possible unless the nutritional quality of the diet can be made much better, than it is often the case as of today, unless we bring the concept of "functional food", in reality such dream; "Quality of Life" will be remain a dream. Looking the success of Taurine therapy; combination of both dietary and pharmacological intervention is best suited approach, now it is time for, "tailored functional food" with multifunctional therapeutic intervention, is perhaps only hope; not to Homo sapiens but to all other animals.

[7th International Conference on Food Safety and Health;](#)
Webinar - June 29-30, 2020.

