



The Therapeutic Value of Nutraceuticals for Maintaining Human Health

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DESCRIPTION

Natural goods and foods that promote health have a lot of attention from the public as a result of recent advancements in the medical and nutrition sciences. People began consuming more fruits, vegetables, nutritional supplements, nutraceuticals, phototherapeutics, and other plant foods to improve their quality of life. Over the past few years, people have been more interested in using nutraceuticals and phytonutrients for a variety of medicinal purposes. The significance of nutraceuticals and its application in treating a variety of illnesses are highlighted in this article.

Industrialization and evolving workplace cultures have forced individuals into a variety of fast eating cultures with more rapid and pleasant meals but lower nutrient amount and quality, which has radically altered human lifestyles over the past few decades. Due to the increased usage of different chemicals, heavy metals, electromagnetics, and other potentially hazardous man made materials, industrialization has concurrently generated air and water pollution, soil and food contamination, and soil contamination. Incidences of diabetes, obesity, cancer, vascular diseases, physiological issues, and other degenerative diseases that cause significant immunological dysfunction have increased as a result of these issues.

Regarding the management, delivery, and cost of their medical treatment, consumers are extremely concerned. Disease-treatment and management strategy that is prevalent in modern medicine. Maintaining the normal operation of the human body depends critically on getting enough nutrients from a variety of foods. Natural goods and meals that promote health have drawn a lot of attention from the public and health professionals in recent years thanks to developments in nutrition and medical sciences. With this tendency, new ideas like nutraceuticals, nutritional treatment, phytonutrients, and phototherapy have emerged.

A food or food component that has medical or health advantages, such as the prevention or treatment of disease, is referred to as a nutraceutical. It is possible for nutraceuticals to

include processed foods including cereals, soups, and beverages as well as isolated nutrients, herbal items, dietary supplements, and diets. Any non-toxic food extract supplement with medical benefits for both the treatment and averting disease is referred to as a nutraceutical. Natural functional/medical foods or bioactive phytochemicals that promote health, fight disease, or have therapeutic effects are also referred to as nutraceuticals. Refer to organic functional/medical foods or bioactive phytochemicals that have benefits for your health, the prevention of disease, or medicine. Depending on their focus, these nutraceuticals typically contain vitamins, lipids, proteins, carbs, minerals, or other essential components.

Based on their chemical compositions and biological activities, these nutraceuticals are employed in nutritional therapy. The phrases for disease treatment and prevention and given with the goal to improve the health and wellbeing of animals are also included in our definition of nutraceutical. In essence, a dietary supplement, nutraceutical, or other feed becomes a medicine when it is employed to cure or prevent disease. A variety of products, including those from the food industry, the herbal and dietary supplement market, the pharmaceutical industry, and the recently integrated pharmaceutical/agribusiness/nutrition conglomerates, contain nutraceuticals. With the emergence of numerous nutraceuticals, achieving an ideal or maximum state of nutrition and health is turning into a more difficult task. The majority of currently utilized nutraceuticals are known to be essential nutrients for the human body, but many aspects of their use, including dosage, drug-drug interactions, nutraceutical drug interactions, and their impact on people with certain medical conditions, are still unknown. Plant biotechnologists have worked very hard to modify plants and crops to increase their nutritional content for upholding a healthy human body. The agro-food sector has a chance to add value and grow both domestically and internationally thanks to functional foods and nutraceuticals. The ageing population, rising health care expenses, improvements in food technology and nutrition, as well as a growing consumer understanding of the relationship between diet and health, are the main factors driving the industry.

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Received: 01-Aug-2022, Manuscript no: JFPT-22-17929, **Editorial assigned:** 05-Aug-2022, PreQC no: JFPT-22-17929 (PQ), **Reviewed:** 19-Aug-2022, QC no: JFPT-22-17929, **Revised:** 26-Aug-2022, Manuscript no: JFPT-22-17929 (R), **Published:** 02-Sep-2022, DOI: 10.35248/2157-7110.22.13.948

Citation: Akmakjian J (2022) The Therapeutic Value of Nutraceuticals for Maintaining Human Health. J Food Process Technol. 13:948

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