

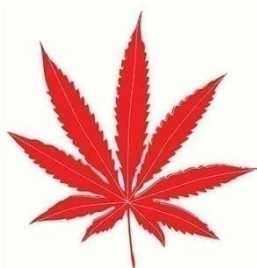


Conference Abstract
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Conference Abstract

POMEGRANATE AS NUTRACEUTICAL SOURCE ROLE IN HUMAN HEALTH

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ABSTRACT

Pomegranate (*Punica granatum*), member of the family Punicaceae. It originates from Middle

East and becomes popular as a nutraceutical source. It is most historic fruit tree domesticated for its innumerable health benefits. Due to its great importance, it is used as food medicine for

curing numerous diseases. The objective of this study is to analyze the health benefits of whole fruit (juice, extract, seed) in various chronic diseases. In Pomegranate, variety of phytochemicals like catechin, procyanidins, phenolic acids, alkaloids, triglycerides are present but major class of phytochemicals are polyphenols. Polyphenols are most abundant in fruit as compared to other parts of the plant. The therapeutic potential of these bioactive compounds as an antioxidant, anti-inflammatory, anticancer, cardiovascular health management, anti-diabetic effect, hormone balance, antiwrinkle effects, hypertension and prevention of Alzheimer's disease as well as antibacterial, antiviral and rheumatoid arthritis. It was concluded that the fruit and juice have high antioxidant activity as compared to other fruits as well as antioxidant beverages available in the market. Various technologies have been used by nutraceutical industry to extract and analyze various phytochemicals and antioxidants in pomegranate to be used against various diseases.

Keywords: Procyanidins, hypertension, catechin, antioxidant, polyphenols.