

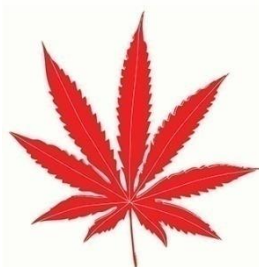


Conference Abstract
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Conference Abstract

POTENTIAL NUTRACEUTICAL EFFECT OF POLYPHENOLS AGAINST CARDIOVASCULAR DISORDER

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ABSTRACT

Nutraceutical is a food or its part which provides health and medical benefits. It is effective in the management of disorders or prevention of medicine. Globally, the leading cause of death is cardiovascular disease. The important contributors to cardiovascular risk are dietary factors. The effects of other cardiovascular risk factors are dyslipidemia, obesity, hyperlipidemia, diabetes mellitus and hypertension. The protective effects against the development of CVD have been demonstrated for several foods and dietary supplements. The polyphenol compounds act as nutraceuticals which is associated with the disease prevention triggered by oxidative stress. The potential efficacies of polyphenols include lignans, stilbenes, flavonoids and phenolic acids. The stanols, sterols and phytosterols are existing in a variety of plant products comprising numerous cereals, fruits, vegetables, seeds and nuts. The phytochemicals in legumes, cereal, vegetables and fruits are polyphenols. It is also found in beverages manufactured from plant products such as coffee, wine, cocoa and tea. In grapes, the phenolic compound includes flavonols, flavanols, anthocyanins, stilbenes (resveratrol) and phenolic acids. The sterols or stanols decrease LDL-C through up regulation of hepatic LDL receptors, reduction in intestinal cholesterol absorption and reduced production of endogenous cholesterol. In cocoa products, flavanols are concomitant with upgrading of lipid profile. The consumption of Polyphenols includes flavonoid rich vegetables and fruits which help in lowering the blood pressure.

KEYWORD: