



Crucial Role of Nutraceuticals in the Immune System

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Abstract:

The world is fighting against the pandemic. We have taken precautionary measures like hand washing, wear a masks, social distancing, sanitizing, Wear a visor; Considering the current pandemic of COVID-19 where no effective preventive and curative medicine is available, a healthy immune system is one of the most important weapons. There are several vitamins and trace elements which are essential for the normal functioning of the immune system. Furthermore, supplementation of these have shown positive impact on enhancing immunity in viral infections. But what about our immunity, we have come up with a nutraceuticals in this topic. Among trace elements, selenium and zinc have also shown favorable immune-modulatory effects in viral respiratory infections. Supplementation of Vitamin A, D and Zn and selenium, vitamins, minerals, fiber, and prebiotics & probiotics, beta 1,3/1,6 glucan and Echinacea, they boost the immunity of human body system may be beneficial for both prevention and treatment of viral infections while exact mechanisms behind some of their benefits are unclear, research continues to uncover beneficial relationships between these and the immune system. With innovative ingredients such as these, formulators have an arsenal of immune-boosting ingredients to use in product development. Here is a look at some reported immune-enhancers.

Nutraceuticals are present in most of the food ingredients with varying concentration. Concentration, time and duration of supply of nutraceuticals influence human health. Manipulating the foods, the concentration of active ingredients can be increased. Diet rich in nutraceuticals along with regular exercise, stress reduction and maintenance of healthy body weight will maximize health and reduce disease risk. Nutraceuticals, including dietary supplements and functional foods, are a \$152 billion world market. The percentage of those aged 65 years and older using nutraceutical products is higher than for any



other age group and has doubled in recent years. Aging is associated with decreased immunity, increased morbidity and mortality resulting from infectious agents, and poor nutritional status. Deficiencies in vitamin E, vitamin B6, folate, zinc, and selenium.

Biography:

Nirav R Soni is currently an Assistant Professor in the department of quality assurance at A-one pharmacy college (Gujarat Technological University), Anasan, Ahmedabad, India. He has completed M.Pharm in Quality Assurance (QA) in the Gujarat Technological University (GTU). He has completed research and writing thesis on "Bioanalytical Method development and validation of metaxalone in human plasma by LC-MS/MS." He has qualified National Exam Graduate Pharmacy Aptitude Test (GPAT)-2013 and got 2.0 lakh stipend from AICTE. Also, he has done extra activities related to research like 'Industrial Problem Solving Ability' (IPSA) and "Research and Review" paper publication in high impact factor and peer reviewed international journal and Extra courses related to "Analytical chemistry" like "Advance chromatographic method including HPLC and GC." and "Bioanalytical department instrument LC-MS/MS". He got "BEST STUDENT OF THE YEAR" during his academy. He had one year research experience in bioanalytical department, designation: Jr. Scientist and published two books at "International level" publication LAP publishing house, Germany and another had PMIP publication (Pharmamedix).

Publication of speakers:

1. Soni Nirav R, "To Study The Herbalism Of Thyme Leaves", Int. Journal Of Pharmacy & Industrial Research (Ijpir);2(3):252-258,2012.

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