



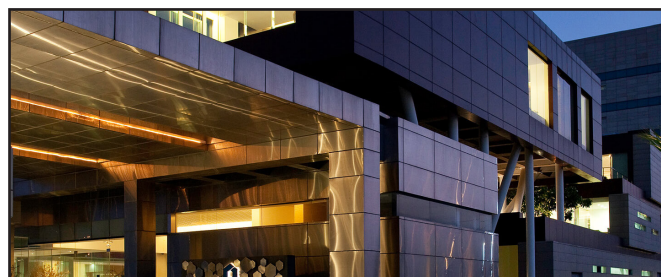
How to raise efficacy of Nutraceuticals

Prof Dr Rakesh Kumar Khandal

President R&D and Business Development, Indian Glycols limited

Abstract:

Efficacy of Nutraceuticals has always been a challenge due to several factors that come into play at both molecular as well as at cellular level. Most of the research studies are concerned with the medicinal effects of bio-active chemicals derived from special foods. Emphasis is also on safety aspects of such products having properties of preventing maladies. Nutraceuticals are expected to render effects similar to Pharmaceuticals, but due to the fact they are not regulated the way the latter are, understanding of efficacy vs safety is the key. The present paper deals with the key aspects pertaining to the factors that help enhance bio-availability of nutraceuticals so as to achieve maximum possible efficacy. A detailed survey of literature which provides leads for future to ensure well being of consumers would be in the focus. The traditional knowledge from ancient texts and practices prevailing in India would be the focus to highlight the ways by which benefits of nutraceuticals can be rendered. Role played by food matrix will also be discussed. How role played by food matrix will also be discussed. How one can take advantage of these practices is the objective of this presentation. How certain exotic foods such as Millet can be used as the carrier of Nutraceuticals is also highlighted. The objective is to bring the established practices in Indi-



an Households to the scientists from across the world so that prevention remains as a potent tool for health care rather than curing.

Biography

Prof Dr R K Khandal, a fellow of Royal Society of Chemistry, London, has been working since 2015, as President R&D and Business Development in India Glycols Limited, a company of its kind in the world. He is Former: a) Vice Chancellor UP Technical University (2012-2015) and b) Director, Shriram Institute for Industrial Research, Delhi (2001-2012). He started his career as Lecturer, Indian School of Mines, Dhanbad, at an age of < 25 yrs. Unanimously elected (2010-2012 and 2012-2014) President of WAITRO (World Association of Industrial & Tech. Organizations); a UN body.

5th International Conference on Nutraceuticals | June 15-16, 2020 | Melbourne, Australia

Citation: Rakesh Kumar Khandal: How to raise efficacy of Nutraceuticals; Nutraceuticals 2020; June 15-16, 2020; Melbourne, Australia