

Antioxidants in Indian Culture: A Comprehensive Study

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Abstract: *Antioxidants play a pivotal role in maintaining health by neutralizing free radicals, which can cause cellular damage and contribute to chronic diseases. Indian culture, with its deep-rooted traditions in Ayurveda and natural medicine, has long recognized the importance of antioxidants, integrating them into daily life through diet and traditional remedies. Indian cuisine is rich in antioxidant sources, including spices such as turmeric (curcumin), which is renowned for its anti-inflammatory and antioxidant properties. Other commonly used spices like cumin, coriander, and cloves are also potent antioxidants. Indian fruits like amla (Indian gooseberry), rich in vitamin C, and vegetables such as spinach and fenugreek, contribute significantly to the antioxidant intake. Herbal teas and infusions, particularly those made from Tulsi (holy basil) and ginger, are traditional remedies known for their antioxidant benefits. Ayurvedic practices emphasize the balance of the body through diet, which includes consuming antioxidant-rich foods to maintain health and prevent disease. Rituals and customs, such as the use of turmeric in cooking and religious ceremonies, further highlight the cultural importance of antioxidants in promoting longevity and well-being. In recent years, scientific research has increasingly validated the health benefits of these traditional practices, leading to a growing global interest in the antioxidant-rich elements of Indian culture. As modern science continues to explore these natural sources, the cultural wisdom embedded in Indian traditions remains a valuable asset in the global pursuit of health and wellness. This abstract underscores the integral role of antioxidants in Indian culture, blending traditional knowledge with contemporary scientific understanding to highlight their significance in promoting health and preventing disease..*

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