

The Role of Nutraceuticals in Preventing and Managing Chronic Diseases

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Abstract: *The increasing global prevalence of chronic diseases such as cardiovascular disorders, diabetes, obesity, arthritis, and cancer presents one of the greatest public health challenges of the 21st century. Conventional medicine primarily focuses on treating symptoms rather than preventing disease onset. Nutraceuticals— bioactive compounds derived from food sources—offer an innovative approach to preventive and therapeutic healthcare.*

They provide physiological benefits, enhance immunity, and reduce the risk of chronic illness through antioxidant, anti-inflammatory, and gene-regulatory mechanisms. This paper explores the definition, classification, mechanisms of action, clinical applications, advantages, limitations, and future directions of nutraceuticals in preventing and managing chronic diseases.

Keywords: Nutraceuticals, chronic diseases, antioxidants, functional foods, preventive medicine, phytochemicals, diet therapy

