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A Review on Role of Nutraceutical in Alzhemer's Disease

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Abstract: *Nutraceuticals are the products derive from food sources with extra health benefits. They can prevent malignant processes. The term 'nutraceuticals' combines two words 'nutrients (a nourishing food component) and 'pharmaceuticals'(a medical drug) The philosophy behind nutraceuticals is according to Hippocrates " Let food be your medicine". Categories of nutraceuticals are dietary supplements, functional food, medicinal food, pharmaceuticals. Advance age is often characterized by a declined in large spectrum of cognitive abilities including reasoning, memory, perceptual speed and language. Alzheimer's disease (AD) is the most common and feared from dementia representing circa 70% of all dementia cases and displaying a dramatic epidemics due to the enormous growth of the aged population worldwide. It is still unclear which factors lead to molecular cascade of neurode generation in AD, but along with genetic environmental factors vascular pathology and risk factor have been recently shown to play crucial role in AD pathogenesis .AD impacts dramatically on everyday life of older adults, being one of the main cause of disability in old age. There is clear evidence that a diet rich in specific nutritional food group (fruit, fish, vegetables) can reduce the incidence and prevalence of some of the main clinical outcomes, such as neurodegenerative disorders, cardiovascular diseases, diabetes, cancer. This specific nutritional food group are rich in micronutrients and vitamins are beneficial for health. The Mediterranean diet is characterized by a high consumption of plant food, fish olive oil as primary source of monounsaturated fat and moderate intake of wine. In this article, we focus our attention on group of substance proposed to prevent or treat Alzheimer's disease.*

Keywords: Dementia, antioxidant vitamin, Cognitive impairment, Alzheimer's disease, prebiotics, probiotics, dietary fibres, human diet.

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