

# 3<sup>rd</sup> International Conference and Exhibition on **Biowaivers, Biologics & Biosimilars**

October 27-29, 2014 Hyderabad International Convention Centre, Hyderabad, India

## **The omega-3 fatty acids serves as alternate safe new pharmacological treatment for cardio vascular diseases which effectively decreases the mortality**

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Now a days about 40% of total world population are estimated to be suffering with cardiovascular diseases therefore the drugs available present in the market possess a number of adverse effects in order to minimize the present adverse effects here is the omega 3 fatty acids from fish and fish oils can protect against coronary heart disease. This article reviews the evidence regarding fish oils and coronary disease and outlines the mechanisms through which fish oils might confer cardiac benefits. Omega 3 fatty acids from fish and fish oils can protect against coronary heart disease. Both health professionals and the public are increasingly interested in their role in the prevention and management of coronary heart disease. In this era of multiple pharmacological treatments for cardiovascular disease many believe that simple dietary interventions or nutritional supplements may be a more natural and acceptable method of providing benefits. Several areas of uncertainty remain. The optimal intake of omega 3 fatty acids is not firmly established, nor is their mechanism of action fully understood. Some studies have produced conflicting results, and concerns have been increasing about environmental contamination of certain fish. This article provides the current evidence regarding fish oils and cardiovascular disease, their possible mechanism of action, and potential future developments and Omega 3 polyunsaturated fatty acids. So we can expect in future that omega-3 fatty acids would serve as medicine without adverse effects as a well as easily available at low cost.

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