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## Nutraceuticals for geriatrics

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Geriatrics<sup>®</sup> is a medical practice that addresses the complex needs of older patients and emphasizes maintaining functional independence even in the presence of chronic disease. Treatment of geriatric patients requires a different strategy and is very complex. Geriatric medicines aim to promote health by preventing and treating diseases and disabilities in older adults. Development of effective dietary interventions for promoting healthy aging is an active but challenging area of research because aging is associated with an increased risk of chronic disease, disability and death. Ageing populations are a global phenomenon. The most widespread conditions affecting older people are hypertension, congestive heart failure, dementia, osteoporosis, breathing problems, cataract, diabetes to name a few. Besides, decreased immunity is also partially responsible for the increased morbidity and mortality resulting from the infectious agents in the elderly. Nutritional status is one of the chief variables that explains differences in both the incidence and pathology of infection. Elderly people are at increased risk for micronutrient deficiencies due to a variety of factors including social, physical, economic, and emotional obstacles to eating. Thus there is an urgent need to shift priorities to increase our attention on ways to prevent chronic illnesses associated with aging. Individually, people must put increased efforts into establishing healthy lifestyle practices, including consuming a more healthful diet. The present review thus focuses on the phytochemicals of nutraceutical importance for the geriatrics.

## Biography

Charu Gupta (Gold Medal; ICAR-NET, GATE qualified), Assistant Professor, Amity Institute of Herbal Research & Studies, Amity University with over 8 years of experience in teaching and research at University level. She has published around 30 research and review papers in SCI journals, authored 4 books and 70 abstracts in both national and international conferences. During her tenure at Amity, she has filed several patents related to the medicinal plants and microbiology. Her research interests are in probiotics & utilization of agro-industrial wastes for production of value added products.

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