

Medicinal Foods

M. Fawzi Mahomoodally*

Department of Food and Nutrition, Anna University, Guindy, Chennai, India

Abstract

Medicines are designed to cure or avoid distinct symptoms of diseases. However, medication most is the last solution when prevention or treatments through miscellaneous ways are available. One of the most promising ways is via utilization of healthy food products. From the food technology point of view, foods are absorbed for three main reasons: nourishment (providing basic nutritional requirements of body), hedonism (enjoyment during the consumption) and trade (economics of purchasing and selling). Amongst, the first and the last aspect can be provided and supported by supplements (as a type of drug products) and drugs, whilst pleasure is solely achievable via consumption of foods.

Keywords: Medication • diseases • Drugs • Food

Introduction

Many nutrients in food build up health and protect your body from disease. Eating whole, nutritious foods is important because their unique material work synergistically to create an effect that can't be replicated by taking a supplement.

Vitamins and Minerals

Numerous supplements in food advance wellbeing and shield your body from infection. Eating entire, nutritious food sources is significant in light of the fact that their remarkable substances work synergistically to make an impact that can't be repeated by taking an enhancement. In spite of the fact that your body just necessities modest quantities of nutrients and minerals, they're fundamental for your wellbeing. In any case, Western eating regimen - high in prepared nourishments and low in entire food sources like new produce - are commonly insufficient in nutrients and minerals. Such lacks can significantly build your danger of sickness (1Trusted Source). For instance, lacking admissions of nutrient C, nutrient D, and folate may hurt your heart, cause resistant brokenness, and increment your danger of specific malignancies, individually (2Trusted Source, 3Trusted Source, 4Trusted Source).

Beneficial plant compounds

Nutritious nourishments, including vegetables, natural products, beans, and grains, bring various useful mixes, for example, cell reinforcements. Cancer prevention agents shield cells from harm that may somehow or another lead to illness (5Trusted Source).

fiber

Fiber is a fundamental piece of a sound eating regimen. It advances legitimate assimilation and disposal as well as feeds the gainful microbes in your gut (10Trusted Source). In this way, high-fiber nourishments like vegetables, beans, grains, and organic products help ensure against sickness, decline aggravation, and lift your insusceptible framework (11Trusted Source). Then again, low-fiber consumes less calories are related with an expanded danger of ailments, including colon disease and stroke (12, 13Trusted Source, 14Trusted Source, 15Trusted Source).

Protein and healthy fats

The protein and fat in entire, nutritious nourishments assume different basic parts in your body. Amino acids - the structure squares of protein - help insusceptible capacity, muscle amalgamation, digestion, and development, while fats give fuel and help retain supplements (16Trusted Source, 17Trusted Source). Omega-3 unsaturated fats, which are found in food sources like greasy fish, help direct aggravation and are connected to improved heart and safe wellbeing (18Trusted Source).

Food Should not be used as a replacement for medicine

Despite the fact that moving to a better dietary example can surely forestall illness, it's basic to comprehend that food can't and ought not supplant drug drugs.

How to cite this article: Mahomoodally, MF. "Medicinal Foods." *J Exp Food Chem* 7 (2021): e115.

*Address for Correspondence: M. Fawzi Mahomoodally, Department of Food and Nutrition, Anna University, Guindy, Chennai, India; E-mail: um.ca.mou@gmail.com

Copyright: © 2021 Mahomoodally MF. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received 04 January 2021; Accepted 18 January 2021; Published 25 January 2021