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Mohammad Kamil

Zayed Complex for Herbal Research and Traditional Medicine, UAE

Plants with special reference to flavanoids and their role in nutrition and obesity prevention

The plant kingdom offers a rich source of structural biodiversity in the form of a variety of natural products. As we know natural products continue to play an important role especially in food and pharmaceutical industries. Besides medicament, plants have always been a common source of food and nutrition either as such or as dietary supplements. The unique nutrient richness of every whole, natural food can be showcased in a variety of ways. But there is no better way to highlight the unique nutrient richness of foods than to focus on their flavonoid content. Flavonoid, one of the largest nutrient families known to scientists, covers a large group of naturally occurring, low molecular phenolic compounds found practically in all parts of the plant, include over 6,000 already-identified family members. A large number of novel flavonoids and biflavonoids have been isolated from medicinal plants. Some of the best-known flavonoids include quercetin, kaempferol, catechins and anthocyanidins. Obesity is the most prevalent nutritional disease and a growing public health problem worldwide. In this talk the anti-obesity potential of diverse plants such as *Aloe vera*, *Camellia sinensis*, *Hibiscus sabdariffa*, *Hypericum perforatum*, *Phaseolus vulgaris*, *Capsicum annuum*, *Rosmarinus officinalis*, *Citrus limon*, *Punica granatum* and some other common plants will be discussed. Researchers consider the potential of these plants as natural alternative treatments of some metabolic alterations associated with obesity. Market dietary supplements for obesity frequently contain undeclared/hidden active ingredients that could be harmful to public health, the laboratory experience on this intentional adulteration shows that Plants play a untrivial role in public Health which is free from Adulteration contamination when compared with modern medicines. Hence plants with special reference to flavonoids helps and prevents us from mutation especially in obesity prevention.

Biography

Mohammad Kamil is a Fellow of Royal Society of Chemistry London, Head TCAM Research, Zayed Complex for Herbal Research and Traditional Medicine, Healthcare Licensing and Medical Education Division, Department of Health, Abu Dhabi, UAE. He was the recipient of Common Wealth Award-London, Convention Award of Chemical Society-India; Fellowship from Association of Common Wealth Universities-London, Global award on Unani Medicine. He has worked as Incharge of Drug laboratory, MoH India, Professor Jamia Hamdard University. He has more than 360 papers and abstracts in reputed journals and conferences.

drkamil55@hotmail.com

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