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Grape Seed Extract: A Mini Review On It as A Nutraceutical

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ABSTRACT

Medicinal fruits have been catching attention as these fruits are playing a significant role in maintaining and healthy life and as well as curing diseases if an individual is suffering from some. People are increasingly concerned about their health so, seeking methods to preserve their health and one of the methods that is helpful in achieving this desiring goal is the consumption of nutraceuticals.

The term “nutraceutical” is a combination of two words “nutrition” and “pharmaceutical” that was first introduced in the year 1989 by Stephen DeFelice, MD, a researcher and the chairperson of the foundation for innovation in medicine.

Vitis venifera, a perennial woody climbing tree belonging to vitaceae family is also commonly known as grapes and draksha in hindi. This fruit when ripened can be put into use as laxative and purgatives, diuretics, appetizer, blood diseases and many more. The flowers of this plant works as expectorant and haematinic and also found to be useful in bronchitis. The fruit seeds and its skin contain several active components i.e., flavonoids, anthocyanins, proanthocyanidins, polyphenols, procyanidines.

Grape seed extract has proven to be the jackpot health supplement as it gives a complete health benefit to the consumer. Grapes in both natural form and the extract has provided evidences with the suitable approach in treating different diseases. In this review we have summarised the effects on human body of grape seed extract in treating different diseases and its use in daily routine life as a nutraceutical.

Keywords: Nutraceutical, Diseases, Vitis vinifera, Grape seeds.

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