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On
**Biosciences Innovations for Global Sustainability
in Health and Environment**
"ICBIGSHE - 2K26"

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Organized by
**DEPARTMENTS OF BIOCHEMISTRY, BIOTECHNOLOGY
AND NUTRITION & DIETETICS**



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A REVIEW ON MAJOR PHYTOCHEMICALS BENEFITS FOR ENVIRONMENT & HUMAN HEALTH

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ABSTRACT

Phytochemicals are bioactive compounds present in plants. These include carotenoids, polyphenols, flavonoids, isoprenoids, polyphenols, and carotenoids. Scientific studies have established a relationship between the consumption of phytochemicals and its beneficial impact on human health. They play a major role as antioxidants, anti-inflammatory agents, modulating metabolic functions and as immune boosters. They are helping in mitigating oxidative stress and prevention of diseases such as diabetes, obesity, cancer and cardiovascular problems. Nowadays, foods containing phytochemicals are also used as a constituent i.e. functional foods and the concentrated form of phytochemicals i.e. nutraceuticals are used as a preventive measure or cure for many diseases. The health benefits of these phytochemicals depend on their purity and structural stability. This is the reason for popularization of these phytochemicals in nutraceutical industry. Phytochemicals are also reported to be used in environment as an eco-friendly pest control, bioremediation, and for understanding plant adaptation to climate change.

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