



Application of Phytochemicals to enhance the Quality of Life of Women

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Abstract:

Providing the right nutrition plays an important role in human health and wellness. It is for that reason, our biggest investment in nutrition research. Through, the scientific approach can create superior food ingredients and formulation tackle the current and future challenges of human health and meet the ever-evolving nutritional lifestyle. The present study investigates the applications of phytochemicals to enhance the quality of life. Phytochemicals help to design the right diet and daily routine to bring about long-lasting health & wellness, which possess the potential to prevent, alleviate even treat certain chronic diseases. Phytochemical (dietary isoflavones) had a beneficial role in Diabetes, cardiovascular disease, osteoporosis. In addition, there is evidence suggesting that there is a positive effect on Hormone therapy for the relief of menopausal symptoms. Study reveals that there is a significant difference ($p < 0.05$) was noticed, that eating foods rich in phytoestrogens have achieved a greatest relief to menopausal women in reducing menopausal symptoms, decreased LDL Cholesterol levels and enhances the Quality of life.

Keywords: Phytochemicals, Estrogen, Menopause, Cardiovascular diseases, Quality of life.

Biography:

Kusuma Neela Bolla, Completed Ph.D. from AcharyaNagarjuna University and working as an Assistant Professor at Sri Durga Malleswara Siddhartha MahilaKalasala, India since 2012, had published 20 Paper in reputed Nationand InternationalJournals & has serving as an editorial board member of International Journal of Food Science and Nutrition, Food and Agricultural Spectrum Journal as well serving as reviewers of Nutrition Research Reviews.



Recent Publications:

1. Nutritional Benefit of Soybean and Its Advancement in Research, Kusuma Neela Bolla
2. Anti-hyperglycemic effect and glucose tolerance of guajava (Psidium guajava L.) leaf ethanol extract in diabetic rats, Kusuma Neela Bolla
3. Effect on Soyabean consumption on middle aged women, Kusuma Neela Bolla

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