

## Commentary

# Flavonoids – World Healthiest Gift for the Benefit of Human Health

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## ABSTRACT

Flavonoids are one of the major nutrient families recognized to scientists, and comprise over 6,000 already recognized family members. A number of the best-recognized flavonoids include quercetin, kaempferol, catechins, and anthocyanidins. It is well-known for its antioxidative activity, free radical scavenging capacity, coronary, hepatoprotective, anti-inflammatory and anticancer activities. Some flavonoids also exhibit potential antiviral activities. There has been rising attention in the research on flavonoids from plant sources because of their resourceful fitness benefits reported in a variety of epidemiological studies. Study on the health aspects of flavonoids for humans is growing speedily.

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**T**HE SOLE NUTRIENT wealth of whole natural foodstuff can be showcased in a variety of ways. Flavonoids are rather a notable group of phytonutrients that fall into the chemical group of polyphenols. They are mainly well-known for their wealthy variety of colour, providing pigments including the deep blues of blueberries and rich reds of raspberries. Flavonoids are extremely bioactive and play a broad diversity of different roles in the wellbeing of humans<sup>1</sup>. It is vital to keep in mind that the flavonoid nutrient family unit is one of the major nutrient families recognized to scientists.

Over 6000 sole flavonoids have been recognized and each varied cluster of phytonutrients has five fundamental flavonoid chemical subgroups. A lot of these flavonoids are found in plants that are habitually enjoyed in appetizing cuisines all over the globe. We find more flavonoids from plants than animals, and in particular,

vegetables and fruits are predominantly nutrient rich in this kind of phytonutrient<sup>2</sup>. Though, it needs to get through a broad diversity of flavonoids that comprise all of the diverse types – apples, lettuce, peaches, celery, onions, turnip, chilli, watermelons, peppers, strawberries, grape, plum, lemons etc.

Flavonoids are best recognized for their antioxidant and anti-inflammatory wellbeing benefits as well as the hold up to the cardiovascular and nervous systems<sup>3</sup>. They also assist support detoxification of potentially tissue harmful molecules. It is as well claimed to be linked with declining the danger of a certain kind of cancers, including lung and breast cancer. Owing to their well recognized antioxidant and anti-inflammatory properties, flavonoids would be likely to lower the danger of certain cancer as chronic oxidative stress and chronic unnecessary inflammation can put individuals at a greater danger of developing cancer<sup>4</sup>. In this antioxidant background, it is also value pointing out the potentially sole relationship between flavonoids and vitamin C. Current studies have exposed the capability of flavonoids to influence transportation of vitamin C around the body, and also assist to control the role of an enzyme called ascorbate oxidase,

which converts vitamin C into non vitamin type. This individuality of the association makes sense to us as a lot of foods are high in both flavonoids and vitamin C.

A lot of study on flavonoids as anti-inflammatories has involved their capability to block the production of messaging molecules that encourage inflammation. Of course, since a lot of trouble in the cardiovascular system involves problems with inflammation and oxidative stress, the anti-inflammatory and antioxidant benefits from food flavonoids provide straight hold up to our body system<sup>5</sup>. In the blood, flavonoids have been revealed to guard LDL cholesterol molecules from oxygen-related damage which in turn helps to lower the risk of atherosclerosis. In conclusion, flavonoids have significantly beneficial role in human health.

## REFERENCES

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