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STATISTICAL SURVEY ON NUTRACEUTICALS AND HEALTH CARE

SUPPLEMENTS

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ABSTRACT

Background: Potential health benefits and various constituents from natural sources which can be obtained and prepared into safe and stable formulations for the treatment and diagnosis of various diseases, to know recent advancements in field of nutraceuticals and their role in human nutrition.

Method: A statistical survey is conducted of nutraceuticals and health care supplements, the survey contains information about people taking or not taking health care supplements, the purpose of this survey was just to check the awareness of people about nutraceuticals and their uses.

Results: 55 responses from different people with different ages and occupation. 42.1% people thinks that their health is average, 19.6% from which love to eat outside and enjoy junks food in routine, 21.4% of people take health supplements, 78.6% people do not take nutraceuticals, 37.5% get information about them by reading articles on internet and 31.3% people consults specialist before taking them.

INTRODUCTION

The term 'nutraceutical' was coined from 'nutrition' and 'pharmaceutical' in 1989 by DeFelice and was originally defined as, a food (or part of the food) that provides

medical or health benefits, including the prevention and/or treatment of a disease (Kalra EK, 2003). A nutraceutical may be a naturally nutrient- rich food such as spirulina,

garlic, soy or a specific component of a food like omega-3 oil from salmon.

They are also known as medical foods, nutritional supplements and dietary supplements. It ranges from isolated nutrients, dietary supplements, genetically engineered “designer” foods, herbal products, and processed products such as cereals and soups. They have received considerable interest because of their presumed safety and potential nutritional and therapeutic effects (Rajeseakaran A *et al.*, 2008). The role of dietary active compounds in human nutrition is one of the most important areas of investigation with the findings having wide ranging implications for consumers, healthcare providers, regulators and industry (Bagchi D, 2006). Foods and nutrients play a vital role in the normal functioning of the body. They help to maintain the health of the individual and to reduce the risk of various diseases. Worldwide acceptance of this fact formed a recognition link between "nutrition" and "health", and thus the concept of "nutraceuticals" evolved (Rama CS *et al.*, 2006) [1-4].

OBJECTIVE

The objective behind the study of nutraceuticals is:

- To know about global nutraceutical

market and growing market of nutraceuticals in India, what happened during COVID-19 period and what is going to happen in upcoming years?

- To know whether there is a need to establish nutraceutical research community which is absolutely necessary to convert majority of potential nutraceuticals to established ones for their enormous benefits. To aware and educate people about the relationship between food and health so they can take the benefits of nutraceuticals into their health routine [5].

THE REASONS FOR SHIFT TOWARDS NUTRACEUTICALS:

- Increasing numbers of consumers who are concerned about health.
- Not satisfied with pharmaceutical agents in promoting health, are going for nutraceuticals to improve their health and prevent chronic disease.
- Health care provider recognize the fact that our heavily processed food supply, coming from crops grown with chemical fertilizers, pesticides, herbicides, and often genetically modified seeds, lacks sufficient nutrients necessary for optimum

Health.

- People started believing more in prevention than a cure.
- People suffering from chronic diseases and had found no solution in allopathic medicines.
- Economically challenged patients [6, 7].

METHODOLOGY

The survey contains information about people taking or not taking health care supplements, the purpose of this survey was just to check the awareness of people about nutraceuticals and their uses. I have got all over 55 responses from different people with different ages and occupation. The above image shows that 42.1% (image no.1) people think that their health is average, 19.6% from which love to eat outside and enjoy junk food in routine (image no.2), major of them also loves vegetables but they cannot have them on a regular basis. Since they do not have variety of vegetables and fruits, 21.4% of people take health supplements. 78.6% people do not take nutraceuticals and lack some of the other micronutrient in their diet without any knowledge (image no.3). Some of them have also described their purpose of taking them, some of them are athletes, and some of

them take because of their irregular lifestyle and some to improve their overall health (image no.4). Since everyone is not aware about the proper age to use nutraceuticals most of them think that they are beneficial only for the ones above the age of 20 (image no.6). despite the fact that the nutraceutical market is very vast around the globe with various companies producing variety of nutraceuticals, and advertising their product at a very large extent, most of the people (37.5%) get information about them by reading articles on internet and (31.3%) people consult specialist before taking them (image no. 9). Please go through the information below to get an idea about people's psychology related to these supplements. The people who doesn't use health supplements think that they get enough nutrition from their food which is nearly impossible and about 10.2% people fear from the side effects. Nutraceuticals have zero side effects, taking exceptions in mind. People often think that a steady diet can also work well instead of taking health supplements but that is also very difficult to have in a generation like this which is constantly working. 85.5% of the above people are from age group (18-29) (image no. 17).

1. How do you feel about your current health?

56 responses

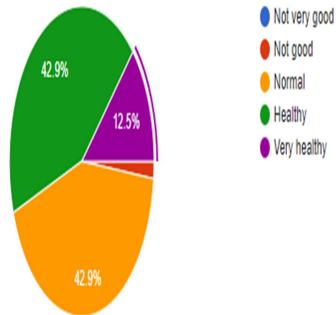


Image no. 1

2. What kind of foods are your favorites?

56 responses

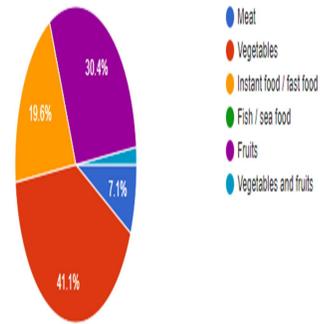


Image No. 2

3. Do you take health supplements ?

56 responses

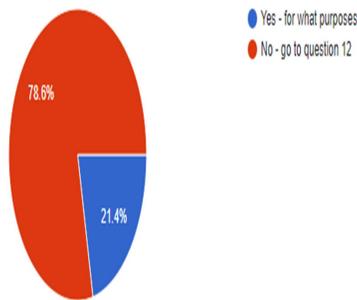


Image No. 3

4. If you answer is yes, please describe your purpose

15 responses



Image No. 4

5. What is the most important reason to take a health supplement?

27 responses

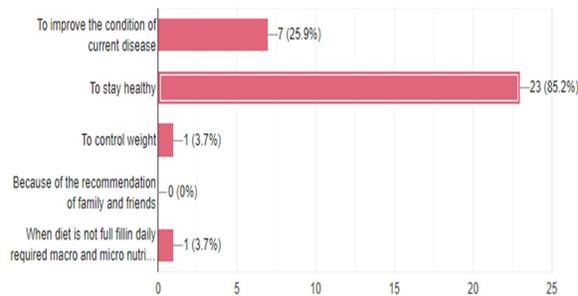


Image No. 5

6. Which age group do you think benefits most from health supplements?

31 responses

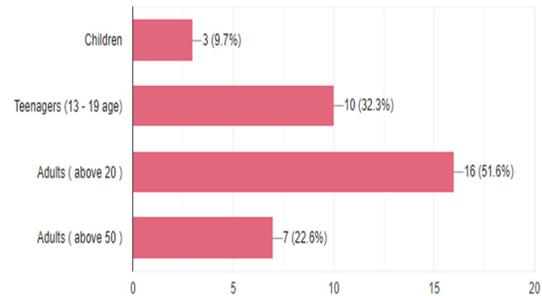


Image No. 6

7. If you buy health supplements and foods, what do you usually consider the most important? Please pick up to 5 things in order of importance.

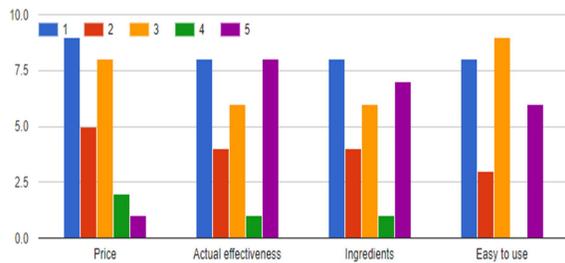


Image No. 7.1

7. If you buy health supplements and foods, what do you usually consider the most important? Please pick up to 5 things in order of importance.

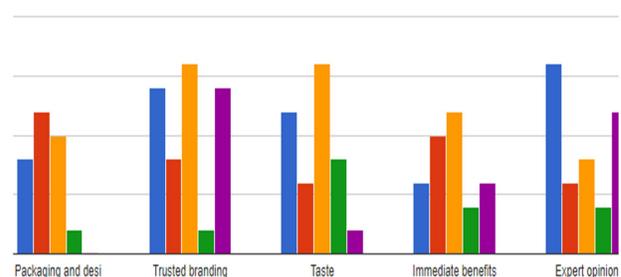


Image No. 7.2

8. Where do you usually get information about health supplements?



32 responses

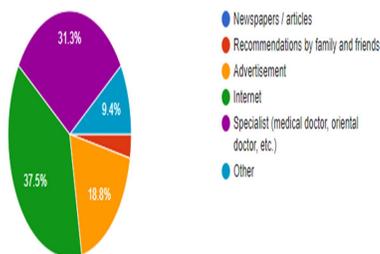


Image No. 8

CRITERIA FOR CHOOSING A SUPPLEMENT

We have already gone through the above information and understood about the general awareness about the products among the people, now we are going to see how they choose a product and what is the main concern of the people regarding the products.

As we can see in the (image no. 10) about 53.3% of people prefer powder form and 43.3% of people prefer pill form which are significantly high between other forms. 50% of people choose a product by brand, and 80% of people see the nutritional value and content of the product (image no. 11).

9. What type of product do you buy when you buy health supplements?

30 responses

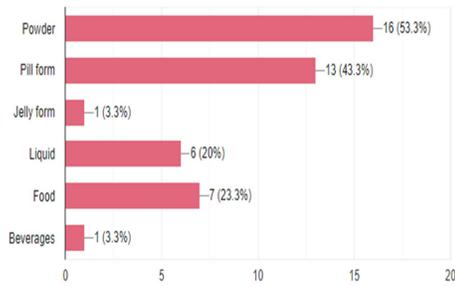


Image No. 9

10. How often do you buy health supplements?

31 responses

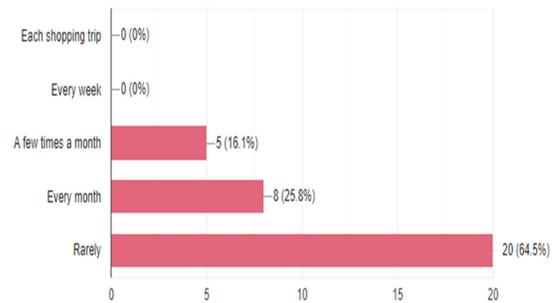


Image No. 10

11. What criteria do you have when choosing health supplements? (select all that apply)

30 responses

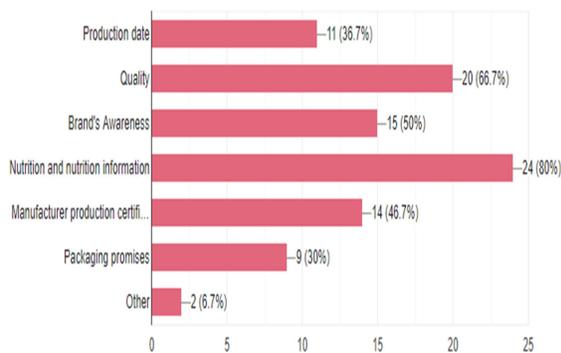


Image No. 11

12. If you don't take any health supplements, what's the most important reason you don't?

49 responses

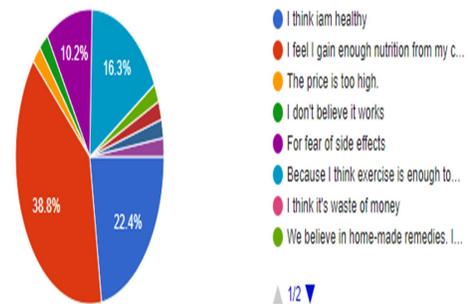


Image No. 12

13. Do you think a steady diet of health supplements can even cure diseases?

54 responses

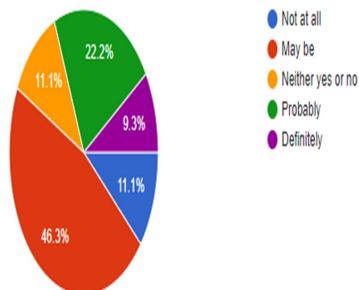


Image No. 13

14. Do you think a steady intake of health supplements can reduce the incidence of serious illnesses?

54 responses

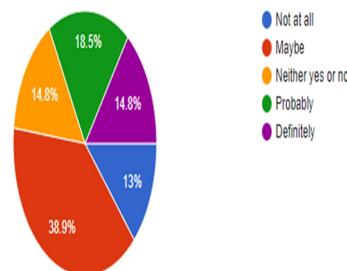


Image No. 14

15. Demographics

55 responses

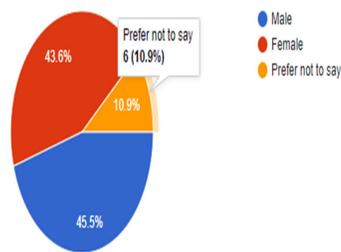


Image No. 15

16. What's your age?

55 responses

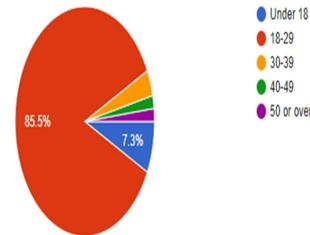


Image No. 16

17. What is your occupation ?

55 responses

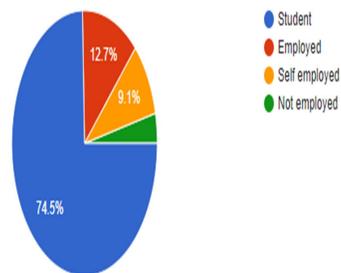


Image No. 17

Link for The Above: Graphical Representation: - <https://forms.gle/onNLdEMskw8cdYJM6>

CONCLUSION:

Nutraceuticals provide all the essential substances that should be present in a healthy diet for the human. From the above it can be concluded that various constituents from natural Sources can be obtained and prepared into various safe and stable formulations for the treatment and diagnosis of various diseases.

The above survey shows about how much the people are concerned about their health, more than 78% of people do not take health supplements because they think that

they are healthy enough, micronutrients are most neglected substances but they are as important as oxygen to us.

We cannot neglect the fact that the people are aware about the supplements, 85.2% people know the value of these supplements.

We are living in the generation of internet; it provides useful information and promoting awareness about the nutraceuticals and healthcare supplements. 37.2% people have got an idea about these from internet and other sources like social media and advertisements.

Recent advancement has shown promising results and their role in human nutrition is one of the most important areas of investigation, with wide-ranging implications for Consumers, health-care providers, regulators, food producers and distributors. The global market is currently experiencing period of growth post recession even after effect of recession fades, the market for nutraceutical is likely to remain in the growth Phase which is driven by emerging market of countries like India, China, Brazil etc.

Awareness and education among people about the relationship between food and health has led to increase in demand of nutraceuticals. With the rapidly increasing interest in the nutraceutical revolution, there is a need to establish a vibrant nutraceutical research community which is absolutely necessary to convert majority of potential nutraceuticals to established ones, thereby, delivering their enormous benefits.

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