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**Astaxanthin: A new way to fight against Alzheimer's disease****Dheeraj Nagore and Prachi Pawar**  
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Even though the precise molecular mechanisms responsible for aging of the brain cells at the end of the day landed upon significant alterations in some cognitive domains and neurodegenerative diseases are still being unexplained. Astaxanthin is a reddish pigment that belongs to a group of compounds called as carotenoids. It occurs naturally in some algae and causes the pink or red color in salmon, trout, lobster, shrimp and other seafood. This compound dramatically grabs the popularity since last few decades and many researchers are loved to study the molecule for the Alzheimer's and other related neurodegeneration. Results from the many research studies are reported and suggest a neuroprotective property which covers anti-inflammatory, anti-apoptotic and anti-oxidant effects as well as the prospective action to support neural plasticity. These promising mechanisms of actions involve Astaxanthin as a promising therapeutic agent in the treatment of neurodegenerative disease. It is believed that nutritional supplementation of Astaxanthin for 12 weeks improved psychomotor speed and processing speed, as measured by the CNSVS test, which is related to the ability to comprehend, and accomplish multifarious tasks rapidly and precisely. Research studies have also confirmed that Astaxanthin can easily cross the blood-brain barrier to safeguard the brain from acute injury and chronic neurodegeneration. Astaxanthin is an outstanding candidate for managing neurological diseases. It is necessary to continue further assessments through all facets of Astaxanthin's protective action and essential mechanisms, which may ultimately result to get Astaxanthin as a novel neuroprotective agent in the treatment of Alzheimer's dementia.

**Biography**

Dheeraj Nagore is currently a Senior Manager at Ari Healthcare Pvt. Ltd. in India. He did his MBA in Pharmaceutical Management from National Institute of Business Management, a unit of Kingstern Education. He has 10 years of experience in managing regulatory audits. He has developed more than 200 analytical methods and much toxicity profile along with validations in all categories like classical, ayurvedic, herbal and nutraceuticals. He is an expert in vendor development of different type of API and its evaluation and standardization. He has published more than 31 research papers in national and international scientific journals.

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