

2nd Global Summit on

Herbals & Natural Remedies

October 17-19, 2016 Kuala Lumpur, Malaysia

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Commercializing breadfruit (Buah Sukun) as nutraceutical for food and nutrition

Breadfruit has potential for food and nutrition security and sustainable production in the tropics, especially in Caribbean and ASEAN countries but it is under-utilized and commercial production is limited. It is rich source of nutrients and used as replacement for wheat and possess medicinal properties hence it has potential to be sold as nutraceutical. *Artocarpus altilis* (Family: Moraceae) is commonly referred to as breadfruit as the texture of the moderately cooked ripe fruit flavors like potato or similar to freshly baked bread. In Malaysia, breadfruit is called Buah Sukun and its popular Malaysian recipe is Halwa Sukun. Other recipes include boiled breadfruit in coconut milk, breadfruit curry, Sukun chips, Sukun fritters (Cekodok Sukun), soup and fish cakes. Over 130 phytochemicals, especially flavonoids and polyphenols are identified in various parts of breadfruit plant. Nutritional compositions includes protein, carbohydrate, fat, calcium, phosphorus, K, iron, niacin, thiamine and vitamin C. Keeping above information in consideration nutraceutical product of soft gel capsules for breadfruit powder extract can be prepared and characterize for its marker compounds and antioxidant potential. It can be used as main source of antioxidant and will have application in treatment of oxidative stress caused by diabetes, inflammation, cancer and many such diseases. It can also be replacement for wheat flour, gluten free, GMO free without trans-fat.

Biography

Mukesh S Sikarwar is currently working as a Senior Lecturer in Faculty of Pharmacy, AIMST University, Malaysia. He received his PhD in Pharmacy from K L E University, Belgaum India in the year 2011. His current area of research is herbal antioxidants, anti-diabetics and antihyperlipidemics, novel drug delivery in herbal drugs, formulation and evaluation of herbal drugs and food safety. He has more than 10 years of experience in mentoring students in Pharmacognosy and Chemistry. He has published 53 research and review papers in various peer reviewed international and national journals and also serving as reviewer for many international journals. He has presented 23 research papers in various national and international conferences. He is a life member of APTI, Asian Council of Science Editors, and annual member of Society for Ethnopharmacology, India.

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