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Astaxanthin: A potent antioxidant!

Astaxanthin (reddish pigment) carotenoid is a newer antioxidant which occurs naturally in certain algae and many of sea foods and possesses potent cancer chemopreventive properties. It's comparatively found to be more effective than other antioxidants. 3 Astaxanthin has a unique structure due to the presence of a keto and hydroxyl on each end of the molecule which contributes to the enhanced antioxidant property. It is 550 times stronger than vitamin E, and 6,000 times stronger than vitamin C. Studies have shown decreased DNA damage and enhanced immune response in human subjects consuming Astaxanthin the immunomodulatory, antioxidative, and anti-inflammatory and chemopreventive properties of astaxanthin, a bioactive natural supernutrient carotenoid, can cast its shadows for

preventing a myriad of diseases like cataract, diabetes, and inflammatory neurodegenerative and cardiovascular diseases and maintenance of optimum health in futurity.

Biography

Smriti Jagdhari Golhar(MDS) is working as an Assistant Professor in Department of Oral Medicine and Radiology, Vidhya Shikshan Prasarak Mandal's Dental College & Research Institute, Nagpur, Maharashtra. She has published her research work and Case Reports in International and National Journals. Her extensive research focuses on Myofascial Pain Dysfunction Syndrome and Cervical pain, morphological type of soft palate in Obstructive Sleep Apnoea patients, Awareness of Oral Cancer in General Population and role of Astaxanthin in the management of Oral Submucous Fibrosis. She has reviewed research articles in esteemed journals.

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