

3rd International Conference on
FOOD SCIENCE AND TECHNOLOGY

November 11-12, 2019 | London, UK



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Plants with special reference to flavonoids and their role in Nutrition and Obesity prevention

The plant kingdom offers a rich source of structural biodiversity in the form of a variety of Natural Products. As we know natural products continue to play an important role especially in & food and pharmaceutical industries. Besides medicament, plants have always been a common source of food and nutrition either as such or as dietary supplements. The unique nutrient richness of every whole, natural food can be showcased in a variety of ways. But there is no better way to highlight the unique nutrient richness of foods than to focus on their flavonoid content. Flavonoid, one of the largest nutrient families known to scientists, covers a large group of naturally occurring, low molecular phenolic compounds found practically in all parts of the plant, include over 6,000 already-identified family members. Many novel flavonoids and biflavonoids have been isolated from medicinal plants. Some of the best-known flavonoids include quercetin, kaempferol, catechins, and anthocyanidins. Obesity is the most prevalent nutritional disease and a growing public health problem worldwide. In this talk the anti-obesity potential of diverse plants such as: Aloe vera, Camellia sinensis, Hibiscus sabdariffa, Hypericum perforatum, Phaseolus vulgaris, Capsicum annuum, Rosmarinus officinalis, Citrus limon, Punica granatum and some other common plants will be discussed. Researchers consider the potential of these plants as natural alternative treatments of some metabolic alterations associated with obesity. Market dietary supplements for obesity frequently contain undeclared /hidden active ingredients that could be harmful to public health; the laboratory experience on this intentional adulteration will be dealt in detail.

Biography

Mohammad Kamil, Ph.D., D.Sc. Chartered Chemist (London); Fellow of Royal Society of Chemistry London, Head TCAM Research, Zayed Complex for Herbal Research & Trad. Medicine, Healthcare Licensing & Medical Education Division, Department of Health –Abu Dhabi, UAE. He is recipient of Commonwealth Award-London; Convention Award of Chemical Society-India; Fellowship from Association of Commonwealth Universities -London; Global award on Unani Medicine and various other prestigious honours & awards. Worked as in charge of Drug lab. MoH India, Professor, Jamia Hamdard University. More than 360 papers and abstracts in reputed journals and conferences are at his credit; chaired a no. of Scientific sessions and presented talks as plenary and invited speaker at various International conferences/symposia. Associated with publication of many books; Author of books and chapters in different books; His research work is cited widely in books e.g. Advance in research, Chapman and Hall, London, New York.

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