

KEY TO MAINTAINING HEALTHY AGING AND REVELATION OF INTRINSIC ATTRACTIVENESS

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ABSTRACT

The combination of mentioned ingredients in the paper ensure that it provides phytonutrients for nourishing along with other nutritious constituents to support healthy radiance, maintain the aging factors with health and to reveal the intrinsic attractiveness of the consumer. The ingredients present make sure that it improves and support the body's defense system against radical damage. It also helps to support the skin brightness and texture along with its elasticity, especially around the eyes. It contains 100% natural and non-synthetic ingredients.

Index Terms—Benefits, medicine.

INTRODUCTION

The combination of mentioned ingredients helps the consumer to maintain their inner beauty while also preserving the health of the body. As a healthy body promises a much more attractive and radiant appearance.

Benefits of Ingredients**1. Chamomile (flower)**

Chamomile has been widely used for different purposes such as astringent, antioxidant, anti-inflammatory and as healing medicine. It is also used in traditional medicine to treat ulcers, wounds, burns, bruises, eczema, skin irritations, gout, canker sores, sciatica, mastitis, and other diseases. It is also very beneficial for the treatment of skin inflammation, mucous membrane and for respiratory tract, oral cavity, skin, gums, and various other bacterial infections as well. It has mostly been used as a sedative for nerve relaxation and anxiety reduction in order to treat insomnia, nightmares, hysteria, and a variety of other sleep-related difficulties in the form of aqueous extract.^[1]

2. Licorice (root)

Globally, licorice root is used as a natural sweetener. It is also used as a flavoring additive. Its application is not restricted to tobacco, food and cosmetic, it is also used for medicinal purposes. It is used as an herbal remedy to solve numerous health related issues. It is used in China for the treatment of different disorders. It is one the most famous and highly used herbs in conventional Chinese medicine. It is used for the treatment of respiratory diseases and gastric symptoms nowadays.

Different studies report the beneficial effects of the compounds that are present in the licorice root. Glabridin is a compound present in the hydrophobic fraction of licorice extract that has proven to show its effects as antioxidant along with considerable hypoglycemic effects. As per the research and studies, glycyrrhizin is an active primary ingredient present in the licorice root. It offers a wide variety of pharmacological effects and are described as anti-viral, anti-inflammatory, antiulcer and anti-carcinogenic.^[2]

3. Meadowsweet (leaf)

Meadowsweet is a plant that grows above the ground and the part of the plant that grows above the ground is mostly used for medicinal purposes. It is used for the treatment of heartburn, stomach, bronchitis, cold, joint disorders that also includes gout as well as peptic ulcer disease. In the event of bladder infections, it stimulates urine flow to kill bacteria in the human body. It contains tannins, which reduce phlegm and edema, i.e., mucus and inflammation. It contains a minor amount of salicylates, which are similar to aspirin.^[3]

4. Aloe Vera (leaf)

Apart from the various other benefits that aloe Vera provides, such as its healing qualities, anti-inflammation, immune system effect, laxative effects, anticancer and antiviral activity, and antibacterial effect, anti-aging and moisturizing effects are noteworthy. In order to bind moisture in the skin, mucopolysaccharides play a very important role. The aloe is responsible for the stimulation of fibroblast and producing collagen. It also produces the elastin fibers that make the skin less wrinkled and more elastic. It enhances the cohesive effects upon the

epidermal cells as it sticks them together and helps to keep the skin soft. Amino acids usually are the source of skin hardening. Zinc tightens the pores while acting as an astringent. The effects of Aloe Vera as per its moisturizing features have been observed for the treatment of dry skin. Aloe Vera improves the integrity of the skin, decreases the visibility of wrinkles as well as erythema.^[4] It also offers anti-acne benefits.

Aloe Vera also gives protective effect on the skin against the gamma and UV radiations.^[5]

5. Artichoke (*Folia Cynara cardunculus*) (leaf)

Artichoke leaf extracts have been widely utilized in conventional medicine for liver treatment. These therapeutic properties have been linked mostly to the presence of cynarin (1,3-O-dicaffeoylquinic acid) in these extracts. According to various pharmacological assessments, artichoke is capable of exhibiting antibacterial, anti-oxidative, anti-carcinogenic, bile-expelling, LDL oxidation, ability to suppress cholesterol manufacturing, as well as hepatoprotective and urinate actions. It is a large flower with numerous therapeutic ingredients and advantages.^[6]

6. Dandelion (root)

The Arab physicians first used dandelion for medical purposes between the 10th and 11th centuries AD. It was used for the treatment of spleen disorders and liver diseases.^[7] It was also used in North America for making infusions as well as decoctions using the aerial parts and roots of dandelion for curing indigestion and heartburn.^[8] In conventional Chinese medicine, it was for used for the treatment of respiratory tracts. Dandelion was also used for the treatment of multiple disorders such as constipation, liver, eczema, gallbladder, rheumatic pains, and arthritis. Other effects linked to dandelion and its bioactive components include anti-carcinogenic, anti-rheumatic, anti-inflammation, hypoglycemic, and anti-nociceptive properties.^[9]

7. Milk Thistle (seed)

It has been largely used for liver treatment, as a cytoprotectant, prevention, and treatment of cancer. It also works as a supportive treatment for *Amanita phalloides* poisoning. The clinical research is most contradictory and heterogeneous. Apart from minor allergic reactions and gastrointestinal discomfort, there are very rare side effects. Any severe toxicity has been rarely observed or reported. *Silybum marianum* or milk thistle was used largely in Greece for the treatment of gallbladder and liver diseases and for the protection of liver against toxins. It has also been studied to see if it can be utilized as an anti-carcinogen and cytoprotectant. Its active ingredient is silymarin, which is predominantly found in the seeds. Silymarin is recirculated through the enterohepatic system. It results in the higher concentration of liver cells as compared to serum. It is composed of various constituents that are known as

flavonolignans, out of all the most common is the silybin.^[10]

8. Turmeric (root)

Curcuma longa or turmeric is a bright yellow spice and has been used in the Chinese and Indian medicine systems as a powerful medicine. It is used for anti-inflammation for the treatment of a wide range of issues such as hemorrhage, bloody urine, jaundice, flatulence, menstrual issues, colic, chest pain, bruises, and toothache. In addition to all these benefits it has also been reported the curcumin can exert considerable antioxidant effects. Acting as an antioxidant, the curcumin can also neutralize the chemical and radicals that run inside a human body and can cause enormous damage to the cell membranes and healthy cells. This activity plays an important part for the treatment of multiple diseases, including arthritis, where these free radicals are the main cause of damage and joint inflammation.^[11]

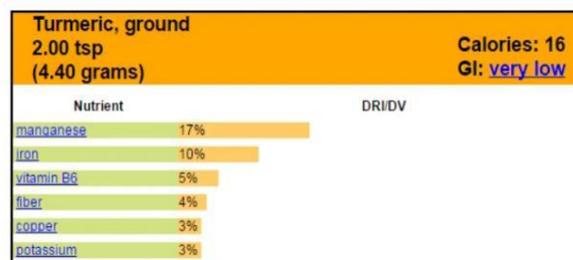


Figure 1: % DV provided by each serving of turmeric.^[11]

9. Green Tea (leaf)

Green tea contains a number of EGCG (Epigallocatechin gallate), EGC (epigallocatechin), EC (epicatechin) and ECG (epicatechin gallate). The flavonoids, serving as antioxidants, act as hypocholesterolemic, cariostatic and anti-carcinogenic. Several studies have shown that green tea can also act as a tonic, hypoglycemic, and prevent atherosclerosis. One of the main ingredients used for its composition is green tea leaves. It contains active caffeine compounds along with theophylline and theobromine. These are also members of the Xanthin chemical compound class. Three of these substances work together to enhance blood flow within the human body via the coronary arteries, relax the bronchi, and act as stimulants for the heart muscle and nervous system.^[12]

10. Magnolia Vine (fruit)

The fruit of *Schisandra chinensis*, often known as the Chinese Magnolia Vine, is well known as a multifunctional plant. A number of different applications and benefits have been reported recently by scientific studies some of which are mentioned as below.

- Hepatoprotective activity
- Anti-inflammatory activity
- Detoxification and antioxidative activity
- Anticancer
- Immunostimulant

- Anti-obesity and antiviral
- Anti-bacterial

Beneficial effects cardiovascular and respiratory system.^[13]

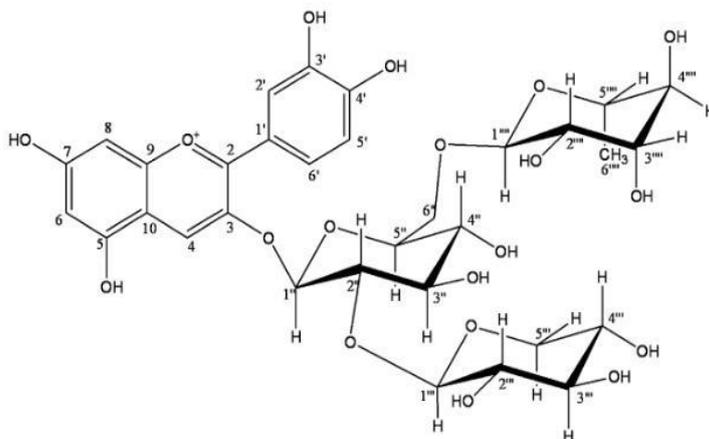


Figure 2: Cyanidin 3-O-xylosylrutinoside (Structure of the fruit).^[14]

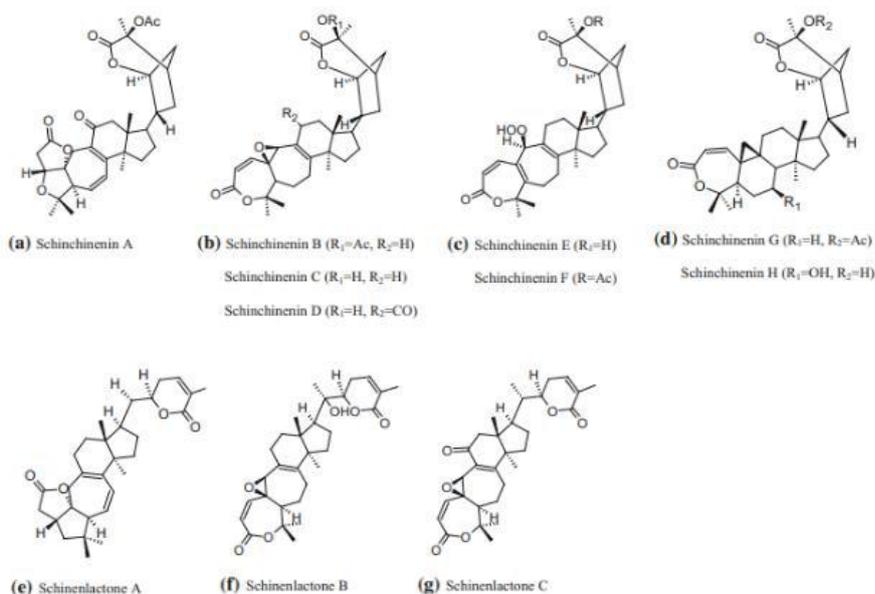


Figure 3: Tripenoids from the fruit identified recently.

11. Water Hyssop (*Bacopa monnieri*) (leaf)

One of the most notable benefits of water hyssop is a reduction in the onset of cognitive impairments as people age, such as Alzheimer's disease and dementia. According to the research, it has been established that its consumption is an excellent approach for promoting the construction of neural connections and lowering oxidative stress in the brain, which enables the mind to stay fit and bright even in old age.^[15]

It helps to increase focus and retention. Some of the organic constituents of water hyssop are responsible for cognitive pathways' stimulation for boosting the cognitive ability in the brain.^[16]

12. Ashwagandha (root)

Several studies have been undertaken to demonstrate the diverse qualities of Ashwagandha, proving that it can be used as a multi-purpose medicinal agent. According to certain studies, the anti-inflammatory properties of dunal, sitoindoside, withaferin, winter cherry, solanaceae, and Indian ginseng have been validated. It is utilized in the formulation of a variety of medicines for the treatment of musculoskeletal diseases such as rheumatism and arthritis. It is utilized as a general energy booster and to increase overall longevity and health.^[17]

13. Siberian Ginseng (root)

It is classified as Araliaceae. It belongs to the same class as Korean ginseng. The Siberian Ginseng is quite different due to the presence of Eleutherosides. It has been claimed that the Siberian Ginseng offers a lot of health benefits such as improvement in memory and learning abilities, enhancement in stress durability and the reduction of Bronchitis' symptoms. Ginsenosides are the active ingredient in it. Ginsenosides Rg3 and Rh2 were found to hinder cancer cell growth in cell model research. It also has neuroprotective properties that have been shown to be beneficial in the treatment of Parkinson's and Alzheimer's diseases.^[18]

14. Lemon (fruit)

Some of the most prominent applications of lemon in the field of medicine are listed below.

- Lemon is famous for treating scurvy that is a disease caused by the deficiency of Vitamin C and it is usually characterized as symptoms of frequent infections such as cold, cough, swollen gums, ulcers in mouth and tongue etc.
- It is popular remedy for skin care. The consumption of lime juice or oil is highly beneficial for skin health if consumed or applied on the skin combined with other essentials. Due to application on skin, it works as a scrub and dusts off the dead cells and cures dandruff as well.
- It also helps in digestion process by breaking the macro sized molecules of food through consumption.

Apart from these there are other benefits of lemon as well such as alleviating constipation, peptic ulcer, respiratory, and urinary disorders.^[19]

15. Strawberry

Several different studies have reported the benefits of consumption of strawberry that includes the prevention of oxidative stress, control and prevention of disorders that may be caused by obesity. It also decreases the risk of heart attack and protects human body against cancer.^[20]

16. Pomegranate

Pomegranate's anti-inflammatory and anti-oxidative effects have been observed, indicating that it includes benefits capable of achieving the desired effects on inflammation. Furthermore, multiple studies suggest that pomegranate has significant effects on chronic inflammatory conditions such as RA (rheumatoid arthritis), IBD (inflammatory bowel disease), as well as cardiovascular and metabolic diseases.

It also has relatively good effects on various types of cancer, including cell cycle, angiogenesis, invasion, and tumor cell proliferation.^[21] The polyphenols play a vital role for the inhibition of two enzymes, aromatase and 17- β -hydroxysteroid dehydrogenase. These are involved in the carcinogenesis of the breast and are responsible for

the conversion of androgen into estrogen as well as the production of estrogen.^[22]

17. Grape Seed (Vitis vinifera)

Grape Seed contains a great deal of lipids, minerals, carbohydrates, proteins, vitamins, and a complex group of polyphenolic compounds that is mainly composed of catechin monomers or their oligomers, trimers and dimers that are called proanthocyanidins. Experiments on rabbits revealed that grape seed extracts have a very powerful influence on the lowering of plasma cholesterol. It was also found that they can also reduce the risk of heart diseases and atherosclerosis.^[23] Proanthocyanidins found in grape seeds are used to treat a variety of cardiovascular problems, including capillary fragility, microangiopathy of the retina, and peripheral chronic venous insufficiency.^[24]

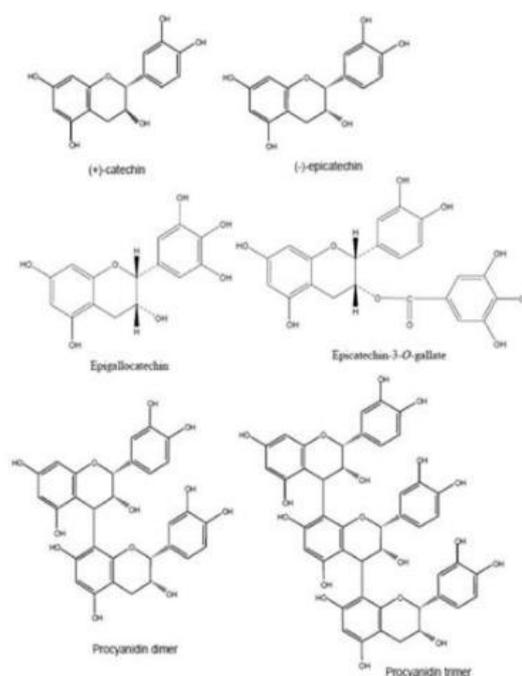


Figure 4: Phenolic compounds' chemical structures present in grape seeds.^[25]

18. Apple (Malus domestica)

Apples are consumed widely. According to research, these are good source of phytochemicals and the risk reduction of cancer, diabetes, cardiovascular diseases as well as asthma have also been linked with apples as per the epidemiological studies. Various lab-scale investigations have also revealed that apples have substantial antioxidant properties, as well as the ability to prevent cancer cell proliferation, lower cholesterol, and reduce lipid oxidation. Apples are composed of a number of different phytochemicals that includes chlorogenic acid, quercetin, phlorizin and catechin. All of these are very strong antioxidants. The phytochemical content of apples varies depending on the variety. It also alters slightly during the maturation and ripening stages of the fruit. They have also shown anti-proliferative activities as per different reports.

19. Rowanberry (*Sorbus aucuparia*) (fruit)

Rowan berries have been shown to have exceptionally high levels of Vitamin C, which helps the human body stimulate the production of white blood cells while also acting as an antioxidant. Vitamin C is used in a variety of processes, including the production of collagen, which aids in the strengthening of muscular tissue and the repair or building of blood vessels.^[26]

20. Avocado (*Persea*)

According to an exploratory clinical investigation conducted on each participant's avocado consumption, the patients were found to have normal cholesterol.^[26] Half of the participants were observed to have a 9 to 43% reduction in cholesterol. While the other participants, were either hypercholesterolemic or diabetic, had experienced neutral effect. But the cholesterol of any of these participants had not increased. In addition to it, none of them gained weight due to its regular consumption.^[27]

Nutrition Facts

Serving Size: 1 drop

Servings per container: 30

Amount Per Serving: %DV %VD

Calories 6

Carbohydrate 2g 1%*

Total Sugars 1g †

Includes 1g Added Sugars 2%*

*Percent Daily Values are based on 2,000 calorie diets.

†Daily value not established

III. CONCLUSION

By consuming the combination of all these beneficial ingredients, the consumer may have beneficial effects. These products ensure that an individual's body is free of any difficulties, including sleep problems. This could help the person to stay active and vibrant. An individual's body defenses will undoubtedly improve as a result of such beneficial effects. This would also help him to have bright and healthy skin. All the benefits of the ingredients described in this paper ensure a healthy human body. By the consumption of these ingredients, the consumers can achieve good skin and other benefits as all the internal issues will be solved. Hence resulting into a healthier and improved version of physical appearance in terms of skin health and appearance and body defenses can be achieved.

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