

# Chapter 1: Introduction to Herbal Nutraceuticals

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**Abstract:** Herbal Nutraceuticals represent a rapidly growing segment of health-promoting products that bridge the gap between traditional herbal medicine and modern nutrition science. Derived from medicinal plants, these products contain bioactive phytochemicals such as flavonoids, polyphenols, alkaloids, terpenoids, glycosides, and saponins, which confer therapeutic and nutritional benefits. They play a crucial role in maintaining physiological homeostasis, enhancing immunity, and preventing lifestyle-related disorders including diabetes, cardiovascular diseases, and oxidative stress-related conditions. This chapter provides a concise overview of herbal nutraceuticals, encompassing their concept and definition, historical background, major plant sources, classification, biological significance, safety and regulatory aspects, as well as current research trends and future perspectives. By integrating traditional knowledge with modern scientific approaches, herbal nutraceuticals offer a promising avenue for preventive healthcare, functional nutrition, and complementary therapy, emphasizing their relevance in both clinical practice and the nutraceutical industry.

**Keywords:** Nutraceuticals, Herbal, Traditional, Health

## 1.1 Introduction

### Concept and Definition of Herbal Nutraceuticals

Herbal nutraceuticals are products derived from medicinal plants that provide both nutritional value and therapeutic benefits. The term nutraceutical combines “nutrition” and “pharmaceutical”, reflecting substances that support health, prevent diseases, and maintain physiological balance beyond basic nutrition. Unlike conventional herbal drugs, which are primarily used to treat specific illnesses, herbal nutraceuticals are intended for health promotion, disease prevention, and overall wellness [1].