

# ANNUAL PHARMA PRICING & MARKETING CONGRESS

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International Conference on  
**NANOSCIENCE AND TECHNOLOGY**

September 24-25, 2018  
Dubai, UAE



**Rosa Lelyana**

Diponegoro University, Indonesia

## The impact and role of nanoscience on the health benefits and nutritional content of food, drinks and herbs consumed

The development of nanomedicine, nanoscience and nanotechnology is increasingly widespread lately especially in  $\pm 45\%$  of the total market. In addition to the field of medicine, other fields such as herbs, nutrition and even cosmetics begin to glance at the benefits of nanoscience so that the development of the benefits of nanoscience more widespread. But some people even experts in the field of medicine, health, and nutrition have not much to understand the meaning and benefits of nanomedicine, nanoscience and nanotechnology itself for life today. In the field of medicine and health perhaps some people have

been more aware of the benefits of nanoscience for survival today. This is contrary to the facts in the field of nutrition and herbs where most of the people even the experts of nutrition or herbs may not have much to understand the importance of nanoscience for life today. There are many health benefits of nanoscience, nanomedicine and nanotechnology for the development of health benefits, nutrition and herb quality. Therefore, the purpose of this paper is to discuss the benefits and roles of nanomedicine, nanoscience and nanotechnology on the development and safety of foodstuffs, beverages consumed and herbs.

### Biography

Rosa Lelyana is a doctor, researcher and lecturer in Medicine Faculty of Diponegoro University, Indonesia. In addition, she is an editor and reviewer in several international journals. She is a Member of the American Chemical Society and BioLEAGUES. She has been awarded the top 10 best book textbook writers in the Faculty of Medicine, Diponegoro University, and she has books with copyright and ISBN as well as in patent processing related to his research in the field of coffee and health. She focuses on research in medicine / health and nutrition related to coffee, herbs, gout, obesity, anti aging, cosmetic and skin health.

rl3lyana@gmail.com