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Effects of anti-oxidants on oxidative stress

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This study looked at reducing oxidative stress and free radicals using oral antioxidants. Malondialdehyde (MDA) is widely used as a biomarker for assessing oxidative stress in biomedical fields and in many health problems such as cancer, psychiatry, chronic obstructive pulmonary disease, asthma, or cardiovascular diseases. Lipid peroxidation is a chain phenomenon resulting in the formation of various active compounds that result in cellular damage and another

mechanism involved in oxidative stress. Oxidative stress status was determined using the urinary malondialdehyde test. Preliminary conclusion suggests that oxidative stress in the body can be reduced with appropriate oral antioxidants. However future research has to determine to what extent the digestive system and the stress hormonal systems can impact the oxidative status.

Biography

Sundardas Dharmadas Annamalay is a Naturopathic Physician, Homeopath and Acupuncturist practicing for the last 28 years in Singapore. He has accredited in Australia as a Naturopath and in Singapore as an Acupuncturist. His clinical interests include children's learning disabilities (ADD/ADHD, Autism, Infections), Allergies, Women's Health Musculoskeletal Pain and Healthy Aging. He is currently Professor of Naturopathic Medicine to the Youngson Institute of Natural Science. He is also a visiting professor to the Open International University for Complementary Medicine (Sri Lanka) and certified by the American Board of Anti-Aging Health Professionals in Anti-ageing Medicine. He is the CEO of Sundardas Naturopathic Clinic and has published 8 books.

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