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# IIT G organizes conference on nutraceuticals and chronic diseases

India Institute of Technology Guwahati (IIT G) in collaboration with Society for Nutraceuticals and Chronic Diseases, Society for Translational Cancer Research, National Institute of Pharmaceutical Education and Research (NIPER), Guwahati and DBT-AIST Int

By **Kalyani Sharma** | October 16, 2019



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India Institute of Technology Guwahati (IIT G) in collaboration with Society for Nutraceuticals and Chronic Diseases, Society for Translational Cancer Research, National Institute of Pharmaceutical Education and Research (NIPER), Guwahati and DBT-AIST International Centre for Translational and Environmental Research (DAICENTER), Japan organized "Fourth International Conference on Nutraceuticals & Chronic Diseases (INCD)".

Prof. T. G. Sitharam, Director IIT Guwahati and the Chief Patron of INCD-2019 inaugurated the conference in presence of Prof. Bharat B. Aggarwal, Chief Patron, INCD-2019; Prof. Oommen V. Oommen, President, Society for Nutraceuticals and Chronic Diseases; Dr. Ajaikumar B. Kunnumakkara, Organizing Secretary, INCD 2019 and Executive Secretary Society for Nutraceuticals and Chronic Diseases, Prof. Latha Rangan, Chairperson, INCD 2019 and Head, Department of Biosciences and Bioengineering and other delegates from abroad and India.

The word 'Nutraceutical' is the combination of the word's 'nutrition' and 'pharmaceutical'. A Nutraceutical product is a food or fortified food product that not only supplements the diet but also assists in treating or preventing chronic disease, so provides medical benefits. Specific and targeted artificially created drugs have not been found much effective against multi-genic chronic diseases. Also, their extended uses tend to exhibit severe adverse side effects. In contrast, Nutraceuticals have been found to be multi-targeted, highly effective over long-term and exhibit minimal side effects. The Society for Nutraceuticals and Chronic Diseases works towards exploring such facets.

During this meeting several speakers have explained the importance of Nutraceuticals in improving the quality of life in patients with different chronic diseases such as cancer, cardiovascular diseases, obesity, Alzheimer disease, dementia, arthritis, asthma, COPD, Crohn's disease, cystic fibrosis, diabetes etc.

This academic conference witnessed participation from USA, Germany, Japan, Singapore, UK and almost every state of India. A total of 617 participants including international and national scientists, doctors and students came together under one umbrella to explore the scientific basis for the “Role of Nutraceuticals in chronic diseases” and present their research. Multidisciplinary symposium, panel discussions, interactive sessions and lectures were strategically presented by health professionals, scientists and nutritionists.

The discussions revolved around long-term clinical studies and their beneficial and other effects. The venue of the 5th International Conference on “Nutraceuticals and Chronic Diseases” INCD-2020 was declared which will be held at Gujarat Cancer Research Institute, Ahmedabad in September 2020.

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