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Educational Qualification: **M. Pharmacy (Pharmaceutical Analysis)**

Year of Registration: **2018**

Project Supervisors: **Dr. Krishnaveni Nagappan**

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Research Abstract

Hippocrates, the father of medicine, believed he could treat most of his patients by modifying their diets. In Ayurveda food is considered as medicine. Many of the Indian food recipes are designed based on Ayurvedic principles. If food is responsible for the development of a healthy individual, it should also play a significant part in the manifestation of a disease. Food is considered as a natural healer. But Indian food recipes lack in evidence-based characterization for their scientific claims.

The present study aims to establish the scientific evidence based on the nutrikinetic profile of the selected bioactive compounds isolated from functional foods of Indian origin for the manifestation of the disease condition chosen.

Fellowships: Govt: Indian Council of Medical Research – Senior Research Fellowship, 2019.

Awards

Achieved first place in “**Tamilnadu Pharmaceutical Welfare Trust**” during my M. Pharmacy.

Way Forward

A post-doctoral position which supports my research towards nutrikinetics.