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A REVIEW ON BIOLOGICAL ROLES OF ANTIOXDITANTS

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ABSTRACT:

A bi g price has paid inn terms of poiso nous derivative when life forms on planet switched from using energy which is without oxygen to energy with oxygen which are know n as freeerevolutioneries. All on thesee beget severe cellullar and DNA spoilage contriibuting too deteorat ion of bone. Nasty towel conformation Enzyme conking Atheerosclerosis .Antioxditants are the resistance to this freeerevolutionaries .It's honoredtheat antioxidant havee the capability to servee ass kind protection .

Introduction:

FREEE Revolutionaries

Freee revolutionaries are formed when oxygen is metabolizedd in the human body and are non organicspecries that retain an unmatched negatron in the external patch. That's why freee revolutionaries largly reply with gluten, cellulose . These freee revolutionaries attack the nearaest solid patch, taking its negatron.

I) ANTIOXIDANT

To fight the dangerous goods of freee revolutionaries like oxygen radicals and nitrogen radicals, antioxidant resiatance medium operates to filter these o2 radicals and N2 radicals . Antiooxidants, togther with the substsances that are able of either reducing oxygen radicals or preclluding their conformation, form a impo reducings bufffer and have impact on the cap ability of the oxygen metabolitiess. All reducer, therreby form defensive mechanisms, which maintain the smallest possible Some of the response in the the body that prod uce freee revolutionary involve essence ions. Some antioxidants simiilar as tannnins in wallnut , brew and hetrocyclic compounds , essence ions.

Antioxidant Food

The folloowing is a list of the most well-known antioxidants, and the foods in which they're found.

- Minerals
- Zinc
- Oysters, pork, eggs, beans
- Beef, lean
- Chicken heart
- Egg yolk
- Fish
- Herring
- Lamb
- Maple syrup
- Milk
- Molasses, black-strap
- Oysters
- Pork
- Sesame seeds
- Soybeans
- Sunflower seeds
- Turkey

- Wheat bran
- Wheat germ
- Whole-grain products
- Yeast
- Manganese

Avoca dos, Barley, Bea ns, Blackbertries, Bran, Buckwheat, Chestnuts, Cloves, Coffee, Ginger, Hazelnmuts (filberts), Oatmeal, Peanuuts, Peas, Pecans, Seaaweed, Spin ach

OXIDATIVE STRESS

In most of which are aldehydes, like malondialdehyde (MDA), 4-hydroxynonenal (HNE), etc8.Oxid ative stress cauusesserio us cell damage leading to a variety of human diseases like Alzheimer's diseases, Parkinson's diseases, artherosclerosis, cancer, liver damage, rheumatoid arthritis, immunological incompetence, neurodegenerative disorders, etc.

ANTIOXIDANT & TOXIC CHEMICALS ~

The consumption of alcoholi c beverages is known to cause acute and/or chronic toxicity to a number of tissues including those of the nervous system, liver, gastrointerstinal track and cardiovascular system. Ethanol is responsible for mytochondrialdamagye, hepatic lipid accumulation and oxidative damage to macromolecules. It has been demonstrated that this damage can be blocgked to some extend by the use of nutritional antioxidants. Vitamin C has been shown to protect against drugs such as chemotherapeutic agents, digitalis, benzene, barbiturates, aspirin and a numeber of biological toxin including botulinum toxin, tetantus toxin8.

ANTIOXIDENTS AND ALZHEIMER'S

Some Reseafrchershypotheesize that free radial upset the delicate membrane machiinery that regulates what wa s into an out of the cell such as calcium. The body has certain line of differrence against oxygen free radicals. Enzymes like superoxidesrdismutase (SOD) and catalase can disarm the damaging oxygen molecule. Acetyl- L carnitinemray also show Alzheimers by redutcing.

CONCLUSION:

The imbaalancebetween ROSs and antioxidant defengse systems may increease the oxidative burdren and lead to the damaage of macromolecules. Antioxyidants, which can scavenge the free radical, have an importtant role in bioloogical system and their use is implicated in the prevention of cacncer, hearttdiseaeses, ageingg, etc. Human mechan ism has an inherrentmechanism to redtuce the free radical induceddinjugry by enzytmatic or non-enzymatic metho ds. Since herbds are known to exertt antioxidant activitvy and are consideered to have less or no toxic effects, they wourld be the best alternative methood when the noermalleevel of antioxidant defentsemecheanismfaitl.

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