

Antioxidants

*Nature's Defense
Against Disease*



Edited by

**Rakesh K. Sindhu, Inderbir Singh
and M. Arockia Babu**

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Contents

Preface	xxiii
1 Basics of Antioxidants and Their Importance	1
<i>Shuchi Goyal, Divya Thirumal, Sumitra Singh, Dinesh Kumar, Inderbir Singh, Gautam Kumar and Rakesh K. Sindhu</i>	
Abbreviations	2
1.1 Introduction	2
1.2 Generalization of Antioxidant	3
1.3 Reactive Oxygen Species (ROS) and Free Radicals	5
1.4 Importance of Antioxidant in Medicine	8
Conclusion	13
References	14
2 Antioxidants in Cancer Prevention	21
<i>Asad Ur Rahman and Pharkphoom Panichayupakaranant</i>	
2.1 Introduction	21
2.2 Free Radicals	23
2.2.1 Types of Free Radicals	24
2.2.2 Sources of Free Radicals	25
2.2.3 Free Radical Roles in Cancer Development	25
2.3 Antioxidants	26
2.3.1 Antioxidants from Fruits	26
2.3.1.1 Apple	27
2.3.1.2 Banana	31
2.3.1.3 Berries	31
2.3.1.4 Grapes	31
2.3.1.5 Kiwi	32
2.3.1.6 Orange	32
2.3.1.7 Papaya	32
2.3.1.8 Pomegranate	33
2.3.1.9 Watermelon	33
2.3.2 Antioxidants from Vegetables	33
2.3.2.1 Tomato	34
2.3.2.2 Chili	36
2.3.2.3 Potato	38
2.3.2.4 Vegetables from Cruciferae Family	39

2.3.2.5	Vegetables of the Cucurbitaceae Family	39
2.3.2.6	Beetroot	40
2.3.2.7	Beta-Carotene from Fruits and Vegetables	41
2.3.2.8	Lutein and Zeaxanthin from Fruits and Vegetables	41
2.3.3	Antioxidants from Herbs and Spices	42
2.3.3.1	Garlic	42
2.3.3.2	Onion	42
2.3.3.3	Turmeric and Curcumin	43
2.3.3.4	Clove and Eugenol	44
2.3.3.5	Black Pepper and Piperine	45
2.3.3.6	Fenugreek	47
2.3.3.7	Ginger and Gingerol	47
2.3.4	Antioxidants from Vitamins and Minerals	48
2.4	Roles of Antioxidants in Cancer Prevention	52
2.5	Can Antioxidant Supplements Help to Prevent Cancer?	55
2.6	Pharmacokinetics of Antioxidants	59
2.7	Safety Assessment	61
2.8	Antioxidants can be Pro-Oxidants	62
2.9	Quality Control of Antioxidant Supplements	63
2.10	Conclusions	63
	References	64
3	Antioxidants in Inflammatory Diseases	83
	<i>Sayed Mohammed Firdous, Sourav Pal, Subhajit Mandal and Rakesh K. Sindhu</i>	
3.1	Introduction	84
3.2	Inflammatory Disease: An Overview, Definition and Classification of Inflammatory Diseases	85
3.3	Pathogenesis of Inflammation, Role of Oxidative Assault in Inflammatory Disease Development	86
3.3.1	Pathogenesis of Inflammation	86
3.3.2	Role of Oxidative Assault in Inflammatory Disease Development	87
3.4	Introduction to Antioxidants, Definition and Classification of Antioxidants, Mechanisms of Antioxidant Action, Sources of Dietary Antioxidants	87
3.4.1	Classification of Antioxidants	88
3.4.2	Mechanisms of Antioxidant Action of Antioxidant	88
3.4.2.1	Scavenging Free Radicals	88
3.4.2.2	Metal Chelation	89
3.4.3	Mechanism of Metal Chelation	89
3.4.3.1	Binding Affinity	89
3.4.3.2	Chelation Process	89
3.4.3.3	Preventing ROS Formation	89
3.5	Enzymatic Activity	90
3.5.1	Mechanism of Enzymatic Activity	90
3.5.1.1	Significance in Cellular Defense	90

3.6	Sources of Dietary Antioxidants	91
3.6.1	Fruits and Vegetables	91
3.6.2	Nuts and Seeds	91
3.6.3	Whole Grains	92
3.6.4	Herbs and Spices	92
3.6.5	Tea and Coffee	93
3.6.6	Dark Chocolate	93
3.6.7	Fatty Fish	94
3.7	Mechanisms of Oxidative Assault in Inflammatory Disease	95
3.7.1	Generation of ROS and RNS	95
3.7.2	Sources of Oxidative Assault in Inflammatory Disease	95
3.7.3	Cellular Targets of Oxidative Damage in Inflammatory Disease	96
3.8	Antioxidants and Inflammatory Disease	97
3.8.1	Antioxidants and Regulation of Inflammatory Signaling Pathways (MAPK Pathways Like ERK, JNK, and p38 MAPK)	97
3.8.2	Antioxidants and Modulation of Immune Cell Function (Shifting Macrophages from M1 to M2)	98
3.8.3	Antioxidants and Oxidative Assault Reduction	99
3.9	Antioxidants in Specific Inflammatory Diseases	100
3.9.1	Rheumatoid Arthritis (RA) and Antioxidant Interventions	100
3.9.1.1	Therapeutic Antioxidants for Rheumatoid Arthritis	101
3.9.2	Inflammatory Bowel Disease and Antioxidant Therapies	102
3.9.2.1	Enzymatic and Extracellular Antioxidant for IBD	105
3.9.2.2	Hormonal Therapy for IBD	106
3.9.3	Atherosclerosis and the Role of Antioxidants	106
3.9.3.1	Enzymatic ROS Generation in Atherosclerosis	108
3.10	Therapeutic Strategies Targeting Oxidative Assault	109
3.11	Challenges and Future Directions	110
3.12	Conclusion	112
	References	113
4	Antioxidants in Cardiovascular Disease: Molecular Interaction and Therapeutic Implications	127
	<i>Sayed Mohammed Firdous and Sourav Pal</i>	
4.1	Introduction	128
4.2	Oxidative Assault and Cardiovascular Health	129
4.2.1	The Consequences of Oxidative Assault on the Physiology of the CVDs	129
4.2.2	Pathological Implications of Oxidative Assault in CVDs	130
4.2.2.1	NADPH Oxidases (NOX)	130
4.2.2.2	Endothelial Dysfunction	131
4.2.2.3	Mitochondrial Oxidative Assault	132
4.3	Oxidative Assault and Association with CVDs	133
4.3.1	Myocardial Ischemia-Reperfusion (I/R) Injury and Oxidative Assault	133
4.3.2	Heart Failure (HF) and Oxidative Assault	134
4.3.3	Atherosclerosis and Oxidative Assault	136

4.3.4	Atrial Fibrillation (AF) and Oxidative Assault	137
4.3.5	Hypertension and Oxidative Assault	138
4.4	Antioxidants and Their Sources	139
4.4.1	The Antioxidant Potential of Nuts	139
4.4.2	<i>Morus alba</i> -Induced Endothelial Vasorelaxation	140
4.4.3	White Mulberries Induced Increased eNOS Expression	141
4.4.4	<i>Hylocereus polyrhizus</i> -Induced Lipid-Lowering Activity	141
4.4.5	Chinese Wild Rice (<i>Zizania latifolia</i>) and North American Wild Rice (<i>Zizania aquatica</i>) Mediated	141
4.4.6	The Antioxidant Potential of Rice Bran Protein Hydrolysate	141
4.4.7	<i>Nepeta deflersiana</i> Mediated Antioxidant Potential	142
4.4.8	Antioxidant Potential of Nutritional Molecules	142
4.5	Potential Antioxidant-Based Experimental Interventions	143
4.6	Conclusion	144
	References	144
5	Antioxidant Therapy: A Promising Avenue for Regulating Inflammation in Psoriasis	153
	<i>Seema Joshi and Dharmesh Trivedi</i>	
5.1	Introduction	153
5.2	Pathogenesis of Psoriasis	155
5.3	Understanding Antioxidants	156
5.4	The Potential of Antioxidant Therapy in Psoriasis	157
5.5	Clinical Trials and Evidence-Based Findings	158
5.6	Future Perspectives and Challenges	159
5.7	Conclusion	160
	References	161
6	Antioxidants in Infectious Disease Management	169
	<i>Kenneth C. Ugoeze and Oluwatoyin A. Odeku</i>	
6.1	Introduction	169
6.2	Phytochemicals	170
6.3	Antioxidants	170
6.3.1	Classification of Antioxidants	171
6.3.2	Synthetic vs. Natural Antioxidants	173
6.3.3	Oxidative Stress	174
6.3.4	Characteristics of Antioxidants	175
6.3.5	Mechanism of Action of Antioxidants	175
6.3.6	Relevance of Antioxidants to Health	175
6.3.7	Some Undesirable Health-Related Effects of Antioxidants	176
6.4	Disease and Causes of Death	176
6.4.1	Infectious Disease	177
6.4.2	Coronavirus Disease (COVID-19)	178
6.4.2.1	Transmission of SARS-CoV-2	178
6.4.2.2	Clinical Manifestations of COVID-19	178
6.4.2.3	Treatment/Management of COVID-19	179
6.4.3	Ebola Virus Disease (EVD)	179

6.4.3.1	Transmission of Ebola Virus	179
6.4.3.2	Clinical Features of EVD	180
6.4.3.3	Treatment of EVD	180
6.4.4	Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome (HIV/AIDS)	180
6.4.4.1	Transmission of HIV	181
6.4.4.2	Symptoms of HIV/AIDS	181
6.4.4.3	Treatment of HIV	181
6.4.5	Diphtheria	181
6.4.5.1	Transmission of Diphtheria	181
6.4.5.2	Treatment of Diphtheria	182
6.4.6	Influenza	182
6.4.6.1	Transmission of Influenza	182
6.4.6.2	Treatment/Management of Influenza	182
6.4.7	Measles	183
6.4.7.1	Symptoms of Measles	183
6.4.7.2	Transmission of Measles	183
6.4.7.3	Prevention/Treatment of Measles	183
6.4.8	Mumps	183
6.4.8.1	Symptoms of Mumps	184
6.4.8.2	Transmission of Mumps	184
6.4.8.3	Treatment for Mumps	184
6.4.9	Rubella	184
6.4.9.1	Transmission of Rubella Virus Disease	184
6.4.9.2	Symptoms of Rubella Virus Disease	184
6.4.9.3	Treatment of Rubella Virus Disease	185
6.4.10	<i>Haemophilus influenzae</i> Infections	185
6.4.10.1	Causes of <i>H. influenzae</i> Infections	185
6.4.10.2	Transmission of <i>H. influenzae</i> Infections	185
6.4.10.3	Symptoms of <i>H. influenzae</i> Infection	185
6.4.10.4	Treatment of <i>H. influenzae</i> Infection	186
6.4.11	Sexually Transmitted Diseases	186
6.4.12	Salmonella	186
6.4.12.1	Transmission of Salmonella	186
6.4.12.2	Symptoms of Salmonellosis	187
6.4.12.3	Treatment of Salmonellosis	187
6.4.13	Cholera	187
6.4.13.1	Transmission of Cholera	187
6.4.13.2	Symptoms of Cholera	187
6.4.13.3	Treatment of Cholera	187
6.4.14	Hepatitis	188
6.4.14.1	Types of Hepatitis, Causes, Symptoms and Treatment	188
6.4.14.2	Hepatitis A	188
6.4.14.3	Hepatitis B	188
6.4.14.4	Hepatitis C	188
6.4.14.5	Hepatitis D	189

6.4.14.6	Hepatitis E	189
6.4.14.7	Hepatitis F and G	189
6.5	Bases of Use of Antioxidants in the Management of Infectious Diseases	189
6.6	Sources of Antioxidant Beneficial in the Management of Infectious Diseases	191
6.6.1	Resveratrol	192
6.6.2	<i>Pinus Pinaster</i> Bark Extract	192
6.6.3	<i>Camellia sinensis</i>	193
6.6.4	<i>Allium cepa</i>	194
6.6.5	<i>Allium sativum</i>	194
6.6.6	<i>Aloe vera</i>	195
6.6.7	<i>Andrographis paniculata</i>	195
6.6.8	<i>Azadirachta indica</i>	196
6.6.9	<i>Curcuma longa</i>	196
6.6.10	<i>Glycyrrhiza glabra</i>	197
6.7	Conclusion	198
	Acknowledgement	198
	References	199
7	Role of Antioxidant Therapy in Respiratory Disease Management	219
	<i>Bidisha Bhattacharya, Naina Devi, Sanshita, Ameya Sharma, Vivek Puri, Sandeep Kumar, Rakesh K. Sindhu and Inderbir Singh</i>	
7.1	Introduction	219
7.1.1	Oxygen and its Evolution	220
7.1.2	Free Radicals	221
7.1.2.1	Free Radicals and Oxidative Stress	221
7.1.2.2	Role in Respiratory Diseases	221
7.1.2.3	Antioxidants and Respiratory Diseases	222
7.1.2.4	Potential Benefits	222
7.1.2.5	Limitations and Considerations	222
7.1.3	Defense Mechanism	222
7.1.3.1	Scavenging Reactive Oxygen Species (ROS)	222
7.1.3.2	Regeneration of Antioxidant Enzymes	223
7.1.3.3	Inhibition of Inflammatory Responses	223
7.1.3.4	Stabilization of Cell Membranes	223
7.1.3.5	Enhancement of Immune Function	223
7.2	Respiratory Diseases	223
7.2.1	Asthma	224
7.2.1.1	Etiology of Asthma	224
7.2.1.2	Pathophysiology of Asthma	224
7.2.2	Chronic Obstructive Pulmonary Disease (COPD)	225
7.2.2.1	Etiology of COPD	226
7.2.2.2	Pathophysiology of COPD	226
7.2.3	Idiopathic Pulmonary Fibrosis (IPF)	227
7.2.3.1	Etiology of IPF	228
7.2.3.2	Pathophysiology of IPF	228

7.2.4	Lung Cancer	229
7.2.4.1	Etiology of Lung Cancer	229
7.2.4.2	Pathophysiology of Lung Cancer	229
7.2.5	Pulmonary Arterial Hypertension	230
7.2.5.1	Etiology of Pulmonary Arterial Hypertension	230
7.2.5.2	Pathophysiology of Pulmonary Arterial Hypertension	231
7.2.6	Bronchitis	232
7.2.6.1	Etiology of Bronchitis	232
7.3	Antioxidants and Their Therapies for Respiratory Diseases	232
7.3.1	Supplements	234
7.3.1.1	Vitamin D	234
7.3.1.2	Vitamin A	234
7.3.2	Herbal Antioxidants	235
7.3.2.1	Curcumin	235
7.3.2.2	Nigella sativa	235
7.3.2.3	Resveratrol	236
7.3.2.4	Saffron	236
7.3.3	Thiol Antioxidants	236
7.3.4	Nrf2 Activators	237
7.3.5	Radical Scavengers	238
7.3.5.1	Vitamin C	239
7.3.5.2	Vitamin E	240
7.3.6	Enzymatic Redox Sensor	240
7.4	Barriers to Pulmonary Delivery	241
7.4.1	Mechanical Barrier	241
7.4.2	Chemical and Immunological Barrier	242
7.4.3	Behavioral Barrier	242
7.5	Novel Approaches for Antioxidant Drug Delivery	242
7.6	Future Perspectives and Conclusion	244
	References	244
8	Antioxidants in Aging	257
	<i>Harpreet Singh, Sourav Mohanto, Adrija Bhunia, Bhuvnesh Kumar Singh, Kanupriya Chauhan, Arvind Kumar, Amrita Mishra, Arun Kumar Mishra and Alankar Shrivastav</i>	
8.1	Introduction	257
8.2	Mechanisms of Action of Various Antioxidant	261
8.2.1	Enzymatic Antioxidants	261
8.2.2	Non-Enzymatic Antioxidants	262
8.2.3	Metal-Binding Proteins and Their Role in Redox Regulation	263
8.3	Antioxidants in the Diet	264
8.3.1	Analysis of Antioxidant-Rich Foods	264
8.3.2	Nutritional Supplements and Their Effectiveness in Aging	266
8.4	The Role of Antioxidants in Cellular Senescence	267
8.4.1	Cellular Senescence and its Contribution to Aging	267
8.4.2	Antioxidant Interventions to Counteract Cellular Senescence	267

8.4.3	Implications for Age-Related Diseases and Longevity	268
8.5	Antioxidants and Age-Related Neurodegenerative Diseases	269
8.5.1	Oxidative Stress and its Link to Neurodegeneration	269
8.5.2	Impact of Antioxidants to Reduce Oxidative Stress that Leads to Neurodegeneration	270
8.6	Antioxidants and Skin Aging	270
8.6.1	The Impact of Oxidative Stress on Skin Health and Aging	270
8.6.2	Anti-Aging Cosmetic Products Containing Antioxidants	271
8.7	Lifestyle Factors and Antioxidant Defense	272
8.7.1	The Influence of Exercise on Antioxidant Capacity	272
8.7.2	Effects of Stress and Sleep on Oxidative Stress Levels	273
8.7.3	Smoking, Alcohol, and Their Impact on the Body's Antioxidant System	273
8.8	Recent Advancements in Antioxidants Research in Aging and Age-Related Diseases	274
8.8.1	The Potential of Personalized Antioxidant Interventions	274
8.8.2	Novel Antioxidant Compounds and Their Development	275
8.8.3	Outlook for Antioxidant Research in Aging and Age-Related Diseases	275
8.9	Conclusion	277
	References	277
9	Antioxidants Against Neurological Disorders	285
	<i>Jasjeet Kaur Narang, Anmol Dogra, Tajpreet Kaur, Ramandeep Singh Narang and Amrit Pal Singh</i>	
9.1	Introduction	285
9.2	Sources of Antioxidants	288
9.3	Relationship Between Oxidative Stress and Neurological Illnesses	288
9.4	Role of Antioxidants in Neurological Diseases	289
9.5	Therapeutic Strategies Using Antioxidants for Treatment of Neurological Disorder	289
9.5.1	Alzheimer's Disease	289
9.5.1.1	Curcumin	296
9.5.1.2	Class A Scavenger Receptor Activator XD4 (W20/XD4-SPIONs)	301
9.5.1.3	Pomegranate Seed Oil/Extract	301
9.5.1.4	Resveratrol	302
9.5.1.5	Apolipoprotein E	304
9.5.1.6	Huperzine A	305
9.5.1.7	Quercetin and Rosmarinic Acid	306
9.5.1.8	Thymoquinone	308
9.5.1.9	Memantine	309
9.5.1.10	Tacrine	310
9.5.1.11	Green Tea and Epigallocatechin-3-Gallate	311
9.5.1.12	Rivastigmine	312
9.5.1.13	Piperine	312
9.5.1.14	α -Bisabolol	313

9.5.1.15	Vitamin D-Binding Protein	313
9.5.1.16	Zinc	313
9.5.1.17	Osthole	314
9.5.1.18	Morin Hydrate	314
9.5.1.19	Genistein	315
9.5.1.20	Melatonin	315
9.5.1.21	Berberine	315
9.5.1.22	Galantamine Hydrobromide	316
9.5.1.23	Estradiol	316
9.5.1.24	Basic Fibroblast Growth Factor	316
9.5.1.25	Silica	317
9.5.1.26	Sialic Acid	317
9.5.1.27	Ceria Dioxide	318
9.5.1.28	Erythropoietin	318
9.5.1.29	A β Generation Inhibitor S1 (PQVGHL Peptide) and Curcumin	318
9.5.1.30	Ligustrazine Phosphate	319
9.5.1.31	Naringenin	319
9.5.1.32	Donepezil	320
9.5.1.33	Sesamol	320
9.5.1.34	Ginsenoside Rg3 and Thioflavin T	320
9.5.2	Parkinson's Disease	321
9.5.2.1	Resveratrol	321
9.5.2.2	Ropinirole	323
9.5.2.3	Naringenin	324
9.5.2.4	Curcumin	325
9.5.2.5	Tannic Acid and Ferulic Acid	325
9.5.2.6	Cerium Oxide	326
9.5.2.7	N-Acetylcysteine	327
9.5.2.8	Selegiline	327
9.5.2.9	Catalase	328
9.5.2.10	Pramipexole Dihydrochloride	328
9.5.2.11	Ceria Dioxide	328
9.5.2.12	Dopamine	329
9.5.2.13	Gallic Acid	329
9.5.2.14	Hydroxytyrosol	330
9.5.2.15	Graphene Oxide	330
9.5.2.16	β -Carotene	330
9.5.2.17	Polydopamine (PDA) with Selenocystine	331
9.5.3	Huntington's Disease	331
9.5.3.1	Rosmarinic Acid	332
9.5.3.2	Curcumin	332
9.5.3.3	Selenium	333
9.5.3.4	Fisetin	334
9.5.3.5	Poly(trehalose)	334
9.5.3.6	Thymoquinone	334

9.5.3.7	Boehmite	335
9.5.3.8	Ginger	335
9.5.3.9	Manganese	336
9.5.4	Amyotrophic Lateral Sclerosis (ALS)	336
9.5.4.1	Curcumin	337
9.5.4.2	Riluzole	338
9.5.4.3	FM19G11	338
9.5.4.4	Cerium Oxide	339
9.5.4.5	Mesoporous Silica	339
9.5.5	Multiple Sclerosis	340
9.5.5.1	Pomegranate Seed Oil	340
9.5.5.2	Selenium-Crocin	341
9.5.5.3	PEG-HCC	341
9.5.6	Trigeminal Neuralgia	342
9.5.6.1	Capsaicin	343
9.6	Clinical Trials of Nanoformulations Containing Antioxidants Against Neurological Disorders	348
9.7	Conclusion	349
	References	349
10	Role of Antioxidants for the Treatment of Metabolic Disorders	369
	<i>Sanshita, Mayank Sharma, Payal Dande, Piyush Ghode, Atul A. Shirkhedkar, Amit Chaudhary and Inderbir Singh</i>	
10.1	Introduction	370
10.1.1	Metabolic Disorders	370
10.1.2	Classification of Metabolic Disorders	370
10.1.2.1	Inherited Metabolic Disorders (IMDs)	370
10.1.2.2	Acquired Metabolic Disorders (AMDs)	372
10.1.3	Clinical Features of Metabolic Diseases	373
10.2	Correlation of Metabolic Disorders and Oxidative Stress and ROS	373
10.3	Role of Oxidative Stress in Metabolic Disorders	374
10.3.1	Obesity	375
10.3.1.1	Prevalence of Obesity	375
10.3.1.2	Risk Factors for Obesity	375
10.3.1.3	Diagnosis	375
10.3.1.4	Complications	376
10.3.1.5	Treatment and Prevention	376
10.3.1.6	Role of Oxidative Stress in Obesity	376
10.3.2	Diabetes	377
10.3.2.1	Prevalence	377
10.3.2.2	Risk Factors	377
10.3.2.3	Diagnosis	377
10.3.2.4	Complications	377
10.3.2.5	Role of Oxidative Stress in Diabetes	378
10.3.3	Cardiovascular Diseases	378
10.3.3.1	Prevalence	379

10.3.3.2	Risk Factors	379
10.3.3.3	Diagnosis of Cardiovascular Diseases	379
10.3.3.4	Complications	380
10.3.3.5	Management Strategies	380
10.3.3.6	Role of Oxidative Stress in Cardiovascular Diseases	381
10.4	Role of Antioxidants in Metabolic Disorders	381
10.5	Conclusion	382
	References	399
11	Hepatoprotective Potential of Antioxidants in Medicinal Plants	411
	<i>Sayed Mohammed Firdous, Sahabaj Ali Khan and Amritangshu Maity</i>	
11.1	Introduction	411
11.1.1	Overview of Liver Function and Importance	412
11.1.2	Oxidative Stress and Liver Damage	413
11.1.3	Role of Antioxidants in Liver Protection	413
11.2	Understanding Antioxidants	415
11.2.1	Definition of Antioxidants	415
11.2.2	Mechanisms of Antioxidants	415
11.2.2.1	Use of Preventive Antioxidants	415
11.2.2.2	Neutralizers of Free Radicals	417
11.2.2.3	Inhibitors of Enzymes that Generate Free Radicals	417
11.2.2.4	Lipid Peroxidation Protection	418
11.2.2.5	Prevention of Damage to DNA	418
11.2.3	Types of Antioxidants and Their Sources	419
11.2.4	Interplay Between Free Radicals and Antioxidants	420
11.3	Role of Nano-Antioxidants in Liver Function	420
11.3.1	Antioxidants Encapsulated in Nanoparticles (NP-Antioxidant)	420
11.3.2	Using Antioxidants to Treat Liver Disorders	421
11.3.3	Benefits of Antioxidant Treatment Mediated by Nanocarriers	421
11.4	Medicinal Plants with Hepatoprotective Properties	421
11.4.1	<i>Silybum marianum</i> (Milk Thistle)	421
11.4.1.1	Phytochemical Composition	421
11.4.1.2	Hepatoprotective Mechanisms	422
11.4.1.3	Experimental and Clinical Evidence	422
11.4.2	Curcuma Longa (Turmeric)	422
11.4.2.1	Active Constituents	422
11.4.2.2	Antioxidant Effects on the Liver	423
11.4.2.3	Preclinical and Clinical Studies	423
11.4.2.4	Curcumin Nanoformulations	423
11.4.2.5	<i>In Vitro</i> Studies of Curcumin Nanoformulations	424
11.4.2.6	<i>In Vivo</i> Studies of Curcumin Nanoformulations: Kinetics and Efficacy	424
11.4.2.7	Clinical Trials	424
11.4.3	<i>Phyllanthus niruri</i> (Stonebreaker)	424
11.4.3.1	Phytochemicals in <i>Phyllanthus niruri</i>	424

11.4.3.2	Hepatoprotective Mechanisms	425
11.4.3.3	Evidence from Studies	426
11.4.4	Other Medicinal Plants with Hepatoprotective Potential	426
11.4.4.1	<i>Andrographis paniculata</i> (King of Bitters)	426
11.4.4.2	<i>Picrorhiza kurroa</i> (Katuki)	427
11.4.4.3	<i>Glycyrrhiza glabra</i> (Licorice)	427
11.5	Clinical Studies on Medicinal Plants and Liver Diseases	427
11.5.1	Non-Alcoholic Fatty Liver Disease (NAFLD)	427
11.5.2	Alcoholic Liver Disease (ALD)	430
11.5.3	Viral Hepatitis	431
11.5.4	Drug-Induced Liver Injury (DILI)	431
11.6	Challenges and Limitations in Utilizing Medicinal Plants as Hepatoprotective Agents	433
11.6.1	Standardization and Quality Control	433
11.6.2	Herb-Drug Interactions	433
11.6.3	Dosage and Formulation Issues	434
11.7	Future Perspectives and Research Directions	434
11.7.1	Unexplored Medicinal Plants with Hepatoprotective Properties	434
11.7.2	Combination Therapies with Antioxidants and Conventional Medications	435
11.7.3	Nanotechnology and Delivery Systems for Enhanced Efficacy	435
11.8	Conclusion	435
	References	436
12	Antioxidant Effects of Medicinal Plants for the Treatment of Epilepsy	441
	<i>Sayed Mohammed Firdous, Shouvik Mallik and Bijoy Paria</i>	
12.1	Introduction	442
12.1.1	Background	442
12.1.2	Significance of Antioxidant in Epilepsy Treatment	443
12.2	Epilepsy: An Overview	443
12.2.1	Definition and Classification	443
12.2.2	Pathophysiology of Epilepsy	445
12.3	Oxidative Stress in Epilepsy	446
12.3.1	Mitochondrial Oxidative Stress and Epilepsy	447
12.3.1.1	Mitochondrial ROS Homeostasis	447
12.3.2	Role of Mitochondrial Oxidative Stress in Epilepsy	447
12.3.2.1	mtDNA Damage	447
12.3.2.2	Mitophagy	448
12.3.2.3	Apoptosis	449
12.3.2.4	Inflammation	449
12.3.3	Implication of Oxidative Stress in Epileptogenesis	450
12.4	Mechanisms of Antioxidant Effects in Medicinal Plants	454
12.4.1	Scavenging of Reactive Oxygen Species (ROS)	454
12.4.1.1	Enzymatic Antioxidants	455
12.4.1.2	Nonenzymatic Antioxidants	456
12.4.2	Inhibition of Lipid Peroxidation	457

12.4.3	Enhancement of Endogenous Antioxidant Defense Systems	459
12.5	Medicinal Plant with Antioxidant Effect on Epilepsy Treatment	460
12.5.1	Flavonoid-Rich Medicinal Plant	461
12.5.2	Phenolic Compounds in Medicinal Plants	463
12.5.3	Alkaloids as Antioxidant in Epilepsy	463
12.5.3.1	Therapeutic Efficacy of Berberine (BBR) in Epilepsy	463
12.5.3.2	Therapeutic Potential of Montanine in Epilepsy	464
12.5.4	Therapeutic Efficacy of Piperine in Epilepsy	464
12.6	The Synergy Between Antioxidants and Conventional Antiepileptic Drugs (AEDs)	465
12.6.1	Mechanistic Interactions Between Antioxidants and AEDs	465
12.6.2	Clinical Evidence of Combined Therapy	465
12.7	Challenges and Future Direction	466
12.7.1	Standardization of Herbal Preparation	467
12.7.1.1	Need for Standardization	467
12.7.1.2	The Standardization and Quality Control of Herbal Crude Drugs is a Crucial Aspect in Ensuring Their Reliability and Efficacy	467
12.7.2	Identification of Active Compound	470
12.7.2.1	Techniques of Isolation and Purification of Bioactive Molecules from Plants	470
12.7.2.2	Purification of Bioactive Molecule	470
12.7.2.3	UV-Visible Spectroscopy	471
12.7.2.4	Infrared Spectroscopy	471
12.7.2.5	Nuclear Magnetic Resonance Spectroscopy	472
12.7.2.6	Mass Spectroscopy for Chemical Compound Identification	472
12.7.3	Personalized Treatment Approaches	472
12.7.3.1	Precision Therapy	473
12.7.3.2	Drug Use	474
12.8	Conclusion	475
12.8.1	Summary of Key Findings	475
12.8.2	Implications for Epilepsy Management	475
12.8.2.1	Epilepsy and Oral Contraceptives	475
12.8.2.2	Pregnancy and Epilepsy	476
12.8.2.3	Breast Feeding	476
12.8.2.4	Epilepsy in Children	476
12.8.3	Future Perspectives and Recommendations	476
	References	477
13	Antioxidants and Obesity	491
	<i>Parul Sood, Gagandeep Kaur, Komal Thapa, Kiran Sharma and Rakesh K. Sindhu</i>	
13.1	Introduction	491
13.2	Pathological Role of Oxidative Stress in Obesity	493
13.2.1	ROS and Thermogenesis	493

13.2.2	ROS and Mitochondrial Dysfunction	493
13.2.3	ROS and Hormonal Imbalance	494
13.2.3.1	ROS and Leptin Resistance	494
13.2.3.2	ROS and Decreased Level of Adiponectin	495
13.2.4	ROS and Altered Iron Metabolism in Obesity	495
13.2.5	ROS and Altered Gut Microbiota in Obese Patients	495
13.3	Obesity Regulating Diverse Chemical Groups as Natural Antioxidants from Plant Sources	496
13.3.1	Alkaloids	496
13.3.2	Carotenoids	496
13.3.3	Catechins	497
13.3.4	Flavonoids	497
13.3.5	Isoflavones	497
13.3.6	Polyphenols	498
13.3.7	Vitamins	499
13.4	Nano Herbal Formulations with Anti-Obese Effects	499
13.4.1	Liposomes	499
13.4.2	Solid Lipid Nanoparticles (SLNs)	500
13.4.3	Polymeric and Magnetic Nanoparticles	500
13.4.4	Nanosized Micelles	501
13.4.5	Gold Nanoparticles	501
13.4.6	Phytosomal Nanocarriers	501
13.5	Clinical Trials	502
13.6	Conclusion and Future Perspectives	502
	References	503
14	Antioxidants in Hypertension	511
	<i>Bharath Harohalli Byregowda, Farmiza Begum, Chaman Bala, Yogendra Nayak, Rakesh K. Sindhu and Gautam Kumar</i>	
14.1	Introduction	512
14.2	Pathophysiology of Hypertension	513
14.2.1	Oxidative Stress-Induced Hypertension	513
14.2.2	Neurohumoral System-Induced Blood Pressure	515
14.2.3	Endothelial and Vascular Smooth Muscle in Hypertension	516
14.2.4	Decreased Nitric Oxide Synthesis in Hypertension	516
14.3	Contribution of Antioxidants in Managing Hypertension	517
14.3.1	Oxidative Stress Encounter	517
14.3.2	Antioxidative Strategies for Modulating Neurohumoral Activity in Hypertension	518
14.3.3	Restoration of Endothelial Dysfunction	519
14.3.4	Protection Against Vascular Damage	519
14.3.5	Reducing Inflammation	520
14.3.6	Antioxidants for Managing High Blood Pressure: Recent Research Findings	520
14.4	Antioxidant Therapy in Hypertension	521
14.4.1	Vitamins	521

14.4.2	Carotenoids	524
14.4.3	Polyphenols	525
14.4.4	Flavonoids	525
14.4.5	Other Antioxidants	525
14.5	Antioxidants to Treat Neurohumoral System-Induced Hypertension	526
14.6	Translating Antioxidant Research into Hypertension Management: Preclinical to Clinical	526
14.7	Future Scope and Conclusion	527
14.8	Acknowledgement	528
	References	528
15	Antioxidants and Rheumatoid Arthritis	537
	<i>Chaman Bala, Bharath Harohalli Byregowda, Farmiza Begum, Yogendra Nayak, Rakesh K. Sindhu and Gautam Kumar</i>	
15.1	Introduction	537
15.2	Oxidative Stress and Rheumatoid Arthritis	538
15.3	Antioxidants in the Management of Rheumatoid Arthritis	540
15.3.1	Antioxidant Supplements	541
15.3.2	Dietary Plant Materials	542
15.4	Mechanisms of Antioxidants in the Prevention of Rheumatoid Arthritis	544
15.5	Conclusion and Future Perspectives	545
	References	545
16	Antioxidants in Skin Disorders	551
	<i>Satyender Kumar, Dil Prasad Subba, Seema, Sayed Mohammed Firdous, Oluwatoyin A. Odeku, Sandeep Kumar and Rakesh K. Sindhu</i>	
16.1	Introduction	552
16.2	Importance of Antioxidants in Combating Free Radicals	553
16.3	Types of Antioxidants	553
16.3.1	Natural Antioxidants	553
16.3.2	Synthetic Antioxidants	554
16.4	Antioxidants Relevance to Skin Health	554
16.4.1	Neutralization of Free Radicals	554
16.4.2	Cellular Protection	555
16.4.3	Reduction of Inflammation	555
16.4.4	Collagen Preservation	556
16.4.5	Defense Against Environmental Stressors	557
16.4.6	Prevention of Premature Aging	557
16.4.7	Support for Skin Repair	558
16.4.8	Overall Skin Health	558
16.5	Clinical Studies and Evidences	561
16.5.1	Green Tea Polyphenols in Acne	561
16.5.2	Coenzyme Q10 in Wrinkle Reduction	561
16.5.3	Selenium Products for Skin Care	562
16.5.4	Antioxidant Supplementation in Dermatitis	562
16.6	Incorporating Antioxidants in Skincare	563

16.7	Challenges and Future Directions	564
16.7.1	Challenges	564
16.7.1.1	Bioavailability	564
16.7.1.2	Individual Variability	565
16.7.1.3	Topical vs. Systemic Benefits	565
16.7.2	Future Directions	565
16.7.2.1	Advanced Delivery Systems	565
16.7.2.2	Personalized Skincare	566
16.7.2.3	Combination Therapies	566
16.8	Targeted Solutions for Specific Conditions	566
16.8.1	Robust Clinical Trials	566
16.8.2	Educational Initiatives	566
16.8.3	Environmental Sustainability	566
16.9	Conclusion	566
	References	567
17	Antioxidants and Toxicity	573
	<i>Ritu Sanwal, Vichitra Kaushik, Brijendra Singh, Nittan Kumar and Atul Kaushik</i>	
17.1	Introduction	574
	References	583
18	Exploring the Therapeutic and Pharmaceutical Potential of Antioxidants	587
	<i>Sumanta Bhattacharya</i>	
18.1	Introduction	587
18.2	Roles of Antioxidants in Medical Science	588
18.3	Technological Requirements in Improving the Therapeutic Potential of Antioxidants	590
18.4	Economic Implication of the Therapeutic Potential of Antioxidants	593
18.5	Environmental Implication of the Therapeutic Potential of Antioxidants	595
18.6	Industrial Consideration of the Therapeutic Potential of Antioxidants	596
18.7	Quality Control in the Application of Antioxidants	598
18.8	Legal Considerations of the Application of Antioxidants	600
18.9	Roles of Antioxidants in the Implication of Policies and Governance in Healthcare Sector	601
18.10	Roles of Stakeholder's Interest in Analyzing the Therapeutic Potential of Antioxidants	603
18.11	Health and Safety Consideration of the Application of Antioxidants	605
18.12	Challenges of the Application of Antioxidants	606
18.13	Future Perspective	608
18.14	Conclusion	610
	References	610

19 Regulatory Aspects of Antioxidants	613
<i>Kiran Kumar Bellapu, Tejaswini Mergu, Nikhil Vinod Shirsath, Pooja Anil Shende, Pavankumar Yashvantrao Vasu, Deepak Jindal, Parul Grover, Saurabh Srivastava, Rakesh K. Sindhu and Sandeep Kumar</i>	
19.1 Introduction	613
19.2 Antioxidants Classification	614
19.3 Importance of Regulations in the Approval of Antioxidants	616
19.4 Regulatory Aspects of Antioxidants in Food	616
19.5 Toxicological Aspects	617
19.6 Antioxidant Labeling	619
19.7 Antioxidants Used as Excipients in Formulations	620
19.8 Excipient Data Required to be Submitted in Regulatory Dossier	621
19.9 Antioxidants Used to Treat Diseases	623
19.10 Clinical Trial Status of Antioxidants	626
19.11 Antioxidant-Based Clinical Trials for Alzheimer's and Moderate Cognitive Impairment	627
19.12 Conclusion	627
References	628
Index	629

Preface

Free radicals, also known as reactive oxygen species (ROS), are formed in the human body as by-products of normal cellular processes. These reactive molecules, particularly capable of damaging cellular components such as DNA, lipids, and proteins, can initiate a process called oxidative stress. Leading experts from various disciplines have contributed chapters to this book, exploring a wide range of topics, including the role of antioxidants in the management of cancer, gastrointestinal disorders, skin conditions, cardiovascular diseases, and rheumatoid arthritis.

Antioxidants serve as a crucial defense mechanism against oxidative stress, acting as free radical scavengers that neutralize these harmful molecules before they can cause cellular damage. These chemicals may be synthesized endogenously within the body or derived exogenously from natural sources such as fruits, vegetables, whole grains, and nuts. This book delves into the role of antioxidants in preventing and managing a variety of diseases and critically examines current research on the effects of nutritional antioxidants on specific disease states.

This book is intended for a broad audience, including healthcare professionals seeking a deeper understanding of the relationship between antioxidants and disease prevention, nutritionists and dietitians looking to incorporate this knowledge into clinical dietary plans, and individuals interested in making informed dietary choices for better health. By providing a thorough and evidence-based exploration of this field, we aim to empower readers to adopt proactive strategies for long-term health and well-being.

As editors, we believe this book will serve as a milestone for future research and development in the study of antioxidants and their health benefits. We extend our gratitude to all the contributors, whose dedication and expertise have enriched this volume, and to Martin Scrivener and Scrivener Publishing for their support and publication.

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Basics of Antioxidants and Their Importance

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Abstract

Fast living leads to an overabundance of free radicals in the body, which ultimately leads to mortality and a reduction in life expectancy by damaging cells, tissues, and organs. Consuming antioxidants aids in scavenging free radicals to ward off both acute and persistent illnesses. Antioxidants are essential that reducing the reactive mechanisms and the negative consequences of reactive oxygen species (ROS) throughout the chain supply and individual physiology. ROS are crucial for neuronal signaling, differentiation, tissue homeostasis, and longevity. In this overview, we go over the many forms of ROS, how they affect the function of cells, and whether they promote or inhibit cancer development. ROSs' detrimental impacts and their significance in the initiation of pathology are explored. A crucial part of these defense strategies is played by antioxidants. It is generally recognized that the inclusion of phenolic chemicals, particularly phenolic acids and flavonoids, is associated with antioxidative and pharmacologic effects. Antioxidants are now a crucial component of sophisticated health care. Antioxidants, whether they be organic or artificial, can help combat many diseases early on and works best when they are present in high concentrations. They affect how adequately the therapy responds. In addition to its usage in nutritious dietary supplements, emphasis is being placed on utilizing them as natural substitutes for synthetic versions to improve food durability and prevent degradation by oxidation throughout manufacturing and preservation. In purpose to support technological improvement in this domain, this overview summarizes relevant and widely recognized findings on the efficient significance of organic and synthesized antioxidants with associated therapeutic value.

Keywords: Antioxidants, ROS, free radicals, pathology, importance, applications

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Abbreviations

RON	reactive oxygen and nitrogen species
ET	electron transfer
HTD	hydrogen atom donation
EDTA	ethylenediaminetetraacetic acid
CA	citric acid
Vit C	Vitamin C
Vit B	Vitamin B
Vit A	Vitamin A
MDA	malondialdehyde
8-OHdG	8-hydroxy-2'-deoxyguanosine levels

1.1 Introduction

Imagine your body as a bustling city, with millions of residents busily going about their daily activities. In this city, just like in any vibrant community, there is a natural process of wear and tear. As time passes, structures deteriorate, and waste accumulates. However, to maintain the city's vitality and ensure its residents' well-being, there are diligent workers known as "antioxidants." Antioxidants, pivotal in cellular protection, counteract the harm induced by unstable molecules termed free radicals. These radicals, through oxidative reactions, instigate cellular damage, potentially culminating in conditions like cancer. Antioxidants engage with free radicals, stabilizing them and thwarting potential harm. Key antioxidants encompass beta carotene, carotenoid, vit A, B, C, as well as various polyphenols [1]. An antioxidant has the ability to slow down or prevent different compounds from oxidizing, which is the chemical process by which ions move from one material to an oxidation agent. This decay procedure births liberated, setting off detrimental chain reaction within cells [2, 3]. Antioxidants step in, oxidizing themselves and removing the free radical intermediates that cause these chain reactions to stop. Interestingly, several antioxidants—such as polyphenols, thiols, and ascorbic acid—also function as reducing agents [4]. While oxidation reactions are vital for life, their immoderation can prove deleterious. Consequently, organisms, both flora and fauna, maintain intricate antioxidant defense systems. These include a range of enzymes, including catalase, superoxide dismutase, and several oxidoreductases, as well as antioxidants, including glutathione, vitamin C, and vitamin E [5]. Free radical damage can be brought on by low antioxidant levels or malfunctioning antioxidant enzymes, which may cause damage or even death to cells [6]. Given the potential implication of Free radical damage in numerous human ailments, extensive research explores the utility of antioxidants in pharmacology, particularly in treating stroke and neurodegenerative disorder [7]. Nonetheless, whether oxidative stress acts as the cause or consequence of diseases remains unclear. Antioxidants are extensively utilized in dietary supplements, aiming to sustain health and avert conditions like cancer and coronary heart disease. While early studies suggested potential health benefits of antioxidant supplements, subsequent large clinical trials failed to validate such advantages and instead hinted at potential harm with

excessive supplementation. Additionally, antioxidants find broad industrial applications, functioning as chemicals in food and Corrective and inhibiting condensation in latex and petrol [8, 9]. Chemists have long acknowledged the ability of antioxidants to mitigate oxidation caused by free radicals, essential for maintaining stability in various substances, including lubrication oils and plastics. Human biological processes, encompassing respiration, metabolism, digestion, and energy conversion, generate reactive oxygen and nitrogen species (RONS), which can manifest as free radicals or readily generate them [10]. RONS, at moderate concentrations, play pivotal roles in biological pathways but can cause considerable damage at elevated levels, leading to disruptions in cellular signaling and Free radical damage [11]. This imbalance can lead to irreversible alterations in cell compounds, affecting cellular health and contributing to major chronic ailments such as cancer, cardiovascular, liver, and neurological disorders. Antioxidant defense mechanisms encompass a spectrum of approaches, including inhibiting free radical production, scavenging free radicals, converting free radicals into less dangerous substances, postponing the emergence of more hazardous species and halting the spread of chains reactions, bolstering the endogenous antioxidant defense system through synergistic action, and chelation. These multifaceted mechanisms collectively contribute to cellular resilience against Free radical damage and its detrimental moment [12].

1.2 Generalization of Antioxidant

Antioxidants is compounds that protect cells from oxidative damage caused by free radicals and reactive oxygen species (ROS). Oxidative stress resulting from an inequality between the production of these harmful molecules and the body's ability to neutralize them has been linked to various chronic diseases, including cardiovascular diseases, cancer, neurodegenerative disorders, and aging [13]. The main types of antioxidants are those that use a single electron transfer (ET) mechanism or hydrogen atom donation (HAT) to eliminate free radicals. Antioxidant catalysts that are prooxidant are neutralized by secondary antioxidants [14]. These include compounds that deactivate reactive species like singlet oxygen (beta-carotene) or chelate prooxidant metal ions (such iron and copper), such as (EDTA) and citric acid (CA) [10]. Mechanism of antioxidants -Scavenging Free Radicals: Antioxidants, through various enzymes and molecules, can neutralize free radicals by donating electrons [15]. This process mitigates the harmful chain reactions initiated by free radicals.

Enzymatic Scavengers: as reverse fibrosis, catalase, and GPx1, act as the first line of defense against free radical damage, reverse fibrosis. For example, catalyzes the dismutation of superoxide radicals into less harmful species.

Non-enzymatic Antioxidants:

- Non-enzymatic antioxidants encompass a wide range of molecules, including vit (e.g., vitamin E,C), lignans (e.g., flavonoids and resveratrol), and trace elements (e.g., selenium and zinc). These antioxidants exert their effects by quenching ROS directly or indirectly [16].

4 ANTIOXIDANTS

Chelation of Metal Ions:

- Some antioxidants, like metal-binding proteins and chelators, combat oxidative stress by binding to metal ions (e.g., iron and copper) that catalyze the formation of highly reactive radicals. This prevents metal-mediated ROS generation [17].

Regulation of Transcription Factors:

- Some antioxidants activate transcription variables, like the nuclear factor erythroid 2-associated factor 2 (Nrf2), to modify how cells react to oxidative stress. Nrf2 controls the expression of numerous antioxidant genes, enhancing the body's overall antioxidant capacity [18].

Mitochondrial Protection:

Mitochondria are major sources of ROS production. Antioxidants, particularly those targeted to the mitochondria, reduce mitochondrial ROS generation and maintain mitochondrial function [19].

The mechanisms of action of natural antioxidants and oxidative processes. When polyunsaturated lipids are exposed to light, heat, ionizing radiation, metal ions, or metalloprotein catalysts, a free radical chain reaction is set off, which causes the autoxidation of the lipids in food. Oxidation can also be initiated by the enzyme lipoxygenase. Photooxidation can occur when exposed to light, and high-temperature thermal oxidation—which occurs when food is cooked, grilled, or fried—produces polar and polymeric compounds. The oxidation that happens to food most frequently is called autoxidation. The initiation (creation of lipid free radicals), propagation, and termination (generation of nonradical products) reactions are part of the traditional route of autoxidation, as shown in Figure 1.1 [20].

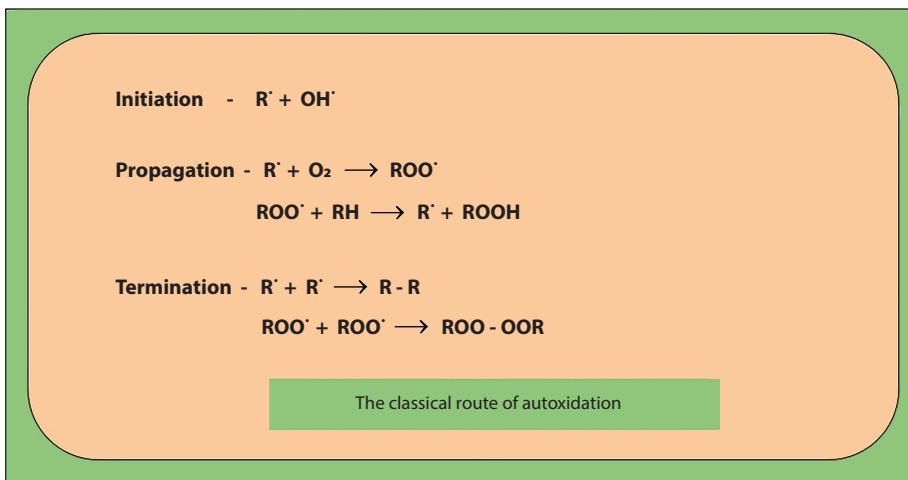


Figure 1.1 Autoxidation process [20].