

Can pomegranate consumption delay brain ageing?Jinu K V,¹ Archana R,² Kumar Sai Sailesh,¹ Mukkadan J K³¹LIMSAR, India.²Saveetha Medical College, India.³Little Flower Medical research Center (LFMRC), India**Abstract**

Aging is believed to be a first-order risk factor for most neurodegenerative disorders. Natural products, including fruits, vegetables play a key role in maintaining the quality of human life. Pomegranate is one of the oldest, edible fruit with high nutritional values. Pomegranate probably originated in Iran and Afghanistan. Pomegranate tree is long-lived and fruits, bark, roots and leaves of the tree have medicinal benefits. Pomegranate is very rich in various polyphenols which are responsible for most of the functional properties of the fruit. The medicinal properties of various parts of Pomegranate include anti-ageing, anti-cancer, anti-diabetic, cardio protective, lipid-lowering, gastro-protective, hepato-protective, anti-trichomonal, ant-nociceptive, anti-diarrheal, anti-viral effects and beneficial effects against neurodegenerative diseases like Alzheimer's and Parkinson's disease. Pomegranate delay brain ageing by reducing accumulation of amyloid plaques in the hippocampus, preventing neuronal tissue loss, modulating GABA and glutamate levels, inhibiting acetylcholine esterase and inhibiting lipid peroxidation in the brain. Hence, we recommend adoption of regular pomegranate consumption as a goal in maintaining a healthy life style.

Key words: Brain aging, Pomegranate**Biography**

Jinu K V completed M.Sc in Medical physiology from KMC, Manipal in 2012. She is pursuing PhD in Medical Physiology under the guidance of Dr R Archana, from Saveetha University, Chennai.