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Sommario/riassunto

The book offers a comprehensive exploration of Nutri-Ayur innovations, blending traditional Ayurvedic wisdom with advancements in nutrition and molecular biology. It provides an in-depth overview of foundational, specialized, and emerging knowledge in the field—ranging from core principles of Ayurveda and nutrition to the development and application of Nutri-Ayur products. The first book in which provides a conceptual framework of amalgamating nutritional and ayurvedic biology for the development of Nutri-Ayur products for well-being of human mankind. The opening chapters address major global health challenges, examining their symptoms, causes, and treatment strategies. The volume also introduces nutritional genomics, highlighting how modern genomics technologies are being used to investigate the complex interactions between genes, nutrition, and health outcomes. Subsequent chapters delve into the critical topic of food–drug interactions, analyzing their effects on drug pharmacokinetics and pharmacodynamics, and the potential implications for nutrient bioavailability and nutritional status. The final sections of the book focus on the role and relevance of novel drug delivery systems within Ayurvedic therapeutics, emphasizing their pharmacological and clinical importance. Altogether it serves as a valuable resource for researchers and professionals in Ayurveda, nutrition, food technology, biotechnology, process engineering, and R&D sectors.