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Effect of Omega-3 Fatty Acid on Memory

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Omega -3 fatty acids are long chain, polyunsaturated fatty acid of plants and marine origin because these essential fatty acid can not be synthesized in the human body, they must be derived from dietary source. Omega -3 fatty acid are vital for normal metabolism but some of potential health benefits of supplementation are controversial. There is tentative evidence that marine omega polyunsaturated fatty acids reduce the risk of breast cancer but this is not conclusive on human. Omega 3 fatty acids on rats inhibit the development of premalignant and malignant lesions which may be due to anti-inflammatory, antioxidant, anti-proliferative and anti-angiogenic properties. Omega-3 fatty acids are components of fats in foods we eat. Alpha-linolenic acid, eicosapentaenoic acid and decosathexaenoic acid are three types of omega -3 fatty acid. Omega -3 polyunsaturated fatty acids have essential role in brain development function and beneficial effects of omega -3 PUFA. Treatment have consistently been demonstrated in a variety of hippocampal-dependent tasks. Omega -3 fatty acids prevent against heart diseases, diabetes and also against dementia and Alzheimer's disease and slows ageing and reduces depression levels, risk of cancer and improves blood cholesterol level and bone strength. Omega fatty acids are seem to be "panacea" for good health, found in fishes such as salmon , herring, soybean, pumpkin seeds, spinach, walnuts and salad greens omega fatty acids can be easily included in your diet. Many clinical studies shows about omega that it has good anti inflammatory property.