

# **STUDY ON DETERMINING PATIENT KNOWLEDGE FOR THE USE OF NUTRACEUTICALS**

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# Introduction

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- Nutraceuticals are a new class of natural compounds that have the potential to revolutionize the health and wellness industry. By unlocking the potential of nutraceuticals, we can create innovative products that provide powerful health benefits.
- A dietary supplement is defined as a product taken through oral route that contains a "dietary ingredient" intended to supplement the diet in the United States under the Dietary Supplement Health and Education Act of 1994.



# Epidemiology

- According to a report by KPMG, the nutraceuticals market was projected to be worth approximately \$250 billion by 2018.
- The growth of the nutraceutical industry was predicted to be at about 9.9% CAGR from 2022 to 2023
- **Anticipated Value by 2021:** The nutraceutical market was projected to reach a value of over \$275 billion by 2021.
- **Exceeded Expectations:** However, the market surpassed these projections, with the nutraceutical industry worth an impressive \$372.27 billion by 2022.
- **Continuous Growth:** The market continued to thrive, reaching a value of \$409.12 billion in 2020, showcasing the sustained growth and increasing popularity of nutraceutical products

# Objective

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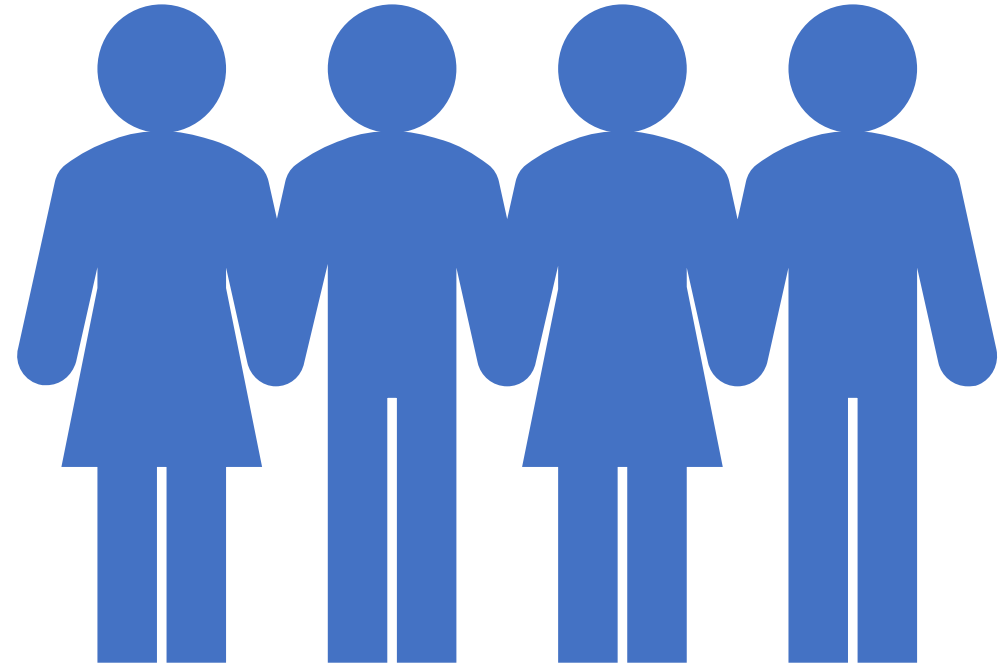
- 1) Determine the patients' baseline degree of awareness of practical foods and Nutraceuticals.
- 2) The study additionally correlates the impact on health while using Nutraceuticals.
- 3) To reconsider the role of Nutraceuticals in disease prevention among patients.



# Research design and Methodology

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- Research type: Primary research
- Study design: Descriptive and Analytical
- Sampling method: Random Sampling
- Study Area: Mumbai, New Delhi, Jaipur.
- Sample size: 100
- Sample selection: The Sample is Collected from different cities in India.
- Data Collection: Quantitative data collection.
- Study Duration: 3 Months



# METHODS AND MATERIALS

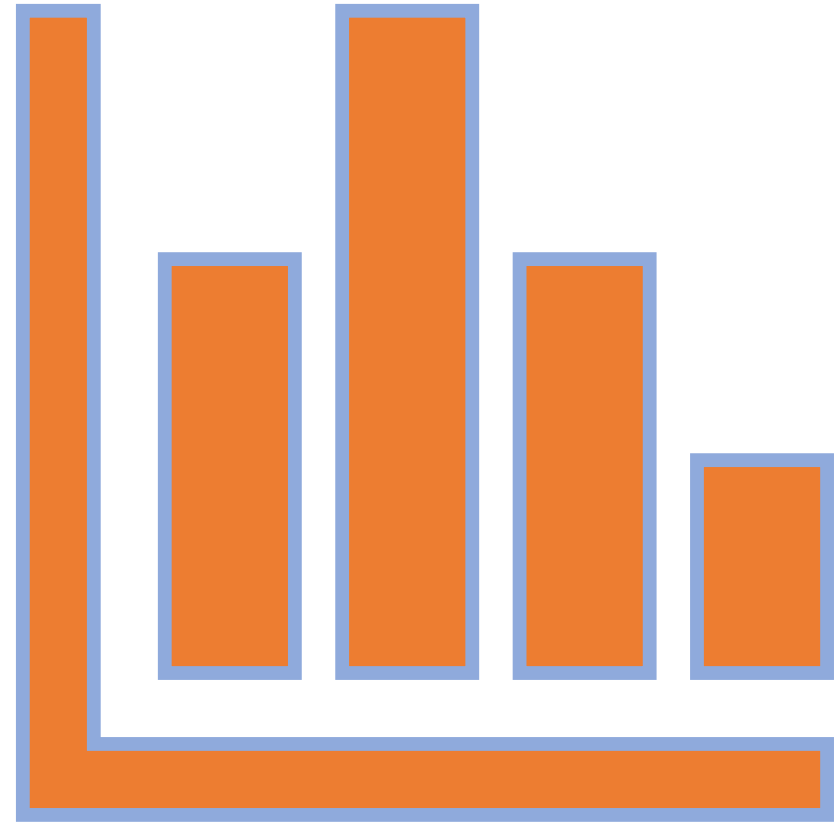
- A Cross-Sectional survey method was conducted for a period of three months (March 2023- May 2023) for a study on the prescription habit of doctors treating diabetes in India. Data was collected from a random selection of doctors using a cross-sectional survey methodology. who treat diabetes in India. The sample size of the study is 70. After collecting the data, the data was analyzed using descriptive statistics

# Inclusion and Exclusion Criteria

- The study covered both male and female patients and was conducted on adults and elderly individuals.
- Subjects were eliminated if they could not recognize the Nutraceuticals, had a mental health issue, or any other ailment or who were unable to participate actively and agreed with the researcher's evaluation.
- Patients who actively participated in the study's conduct additionally inclusion criteria were regarded.



# RESULT and DISCUSSIONS

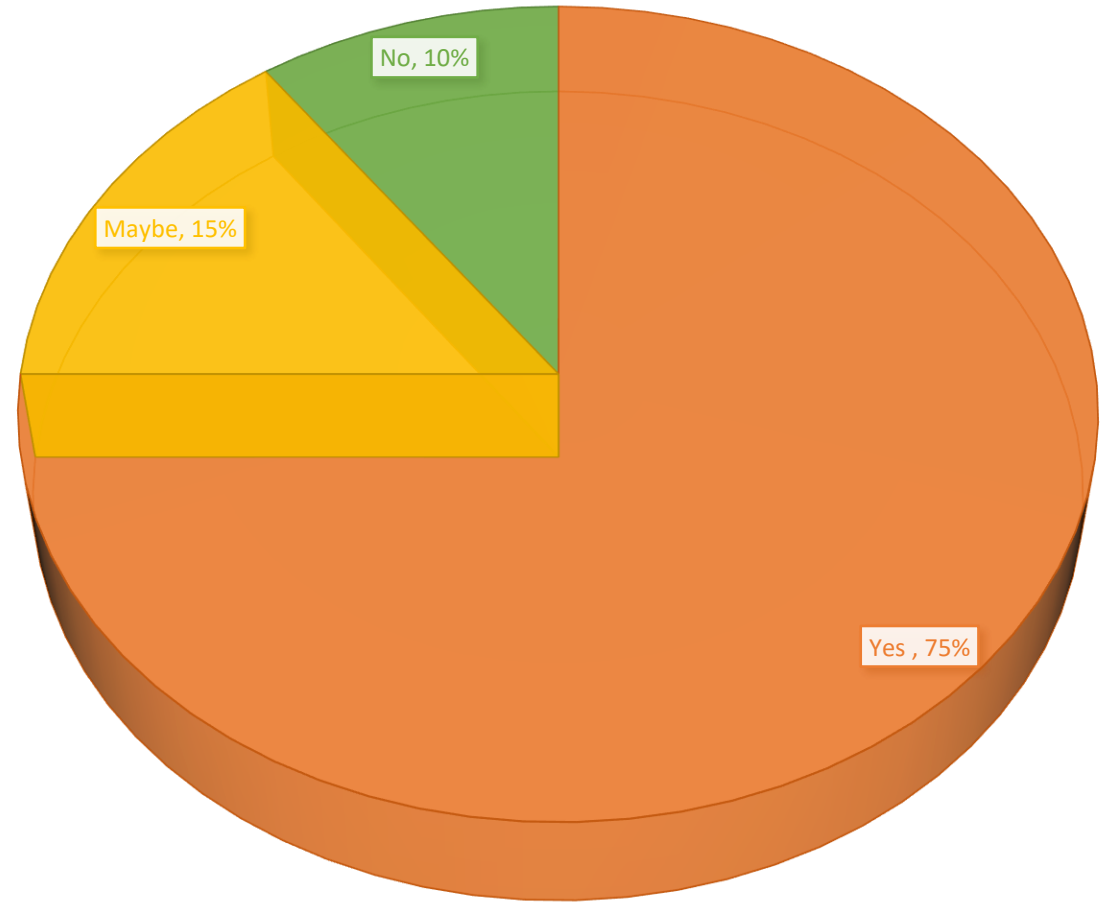


# Knowledge about Nutraceuticals

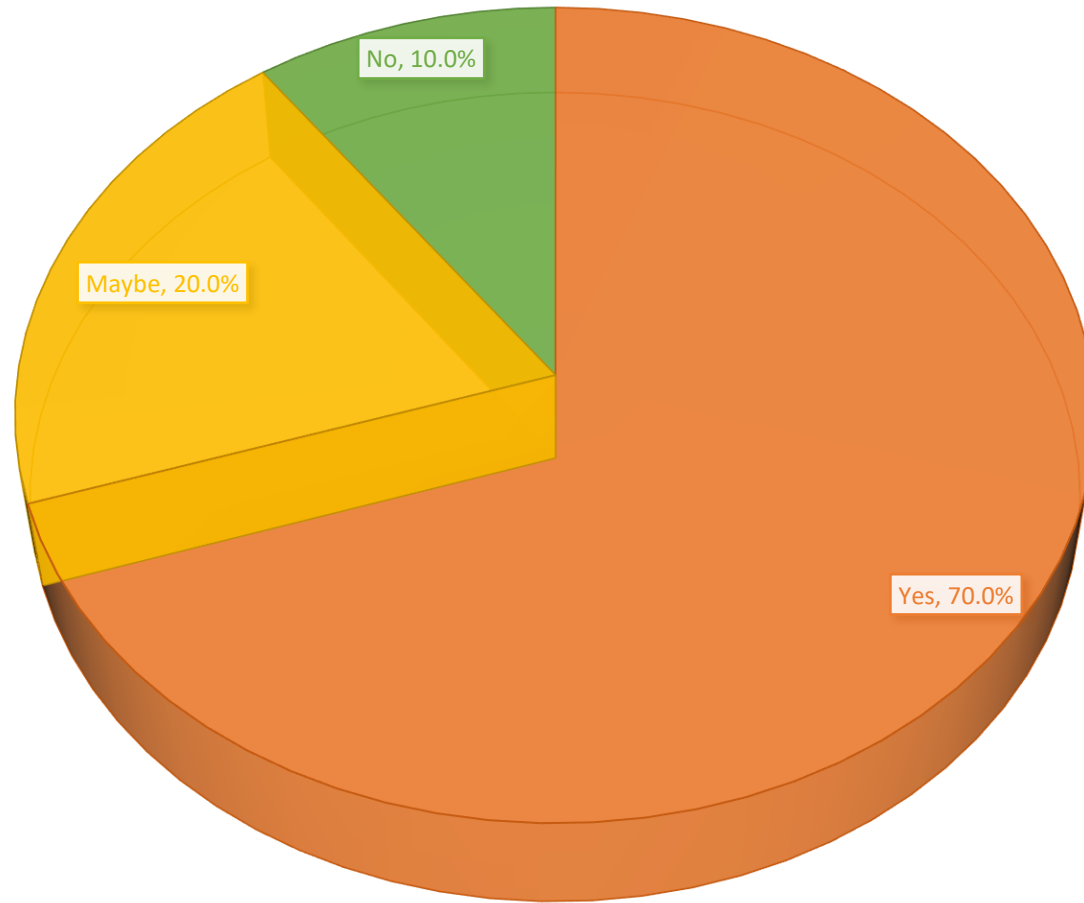
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- The survey's findings revealed that a sizable majority of respondents (76.9%) had a thorough understanding of nutraceuticals. A smaller majority (15.4%) gave their answer as "Maybe," showing some degree of skepticism or imperfect understanding. Finally, a small percentage of respondents (7.7%) indicated "No," indicating a lack of knowledge or unfamiliarity with the idea of nutraceuticals

DO YOU UNDERSTAND WHAT NUTRACEUTICALS ARE?



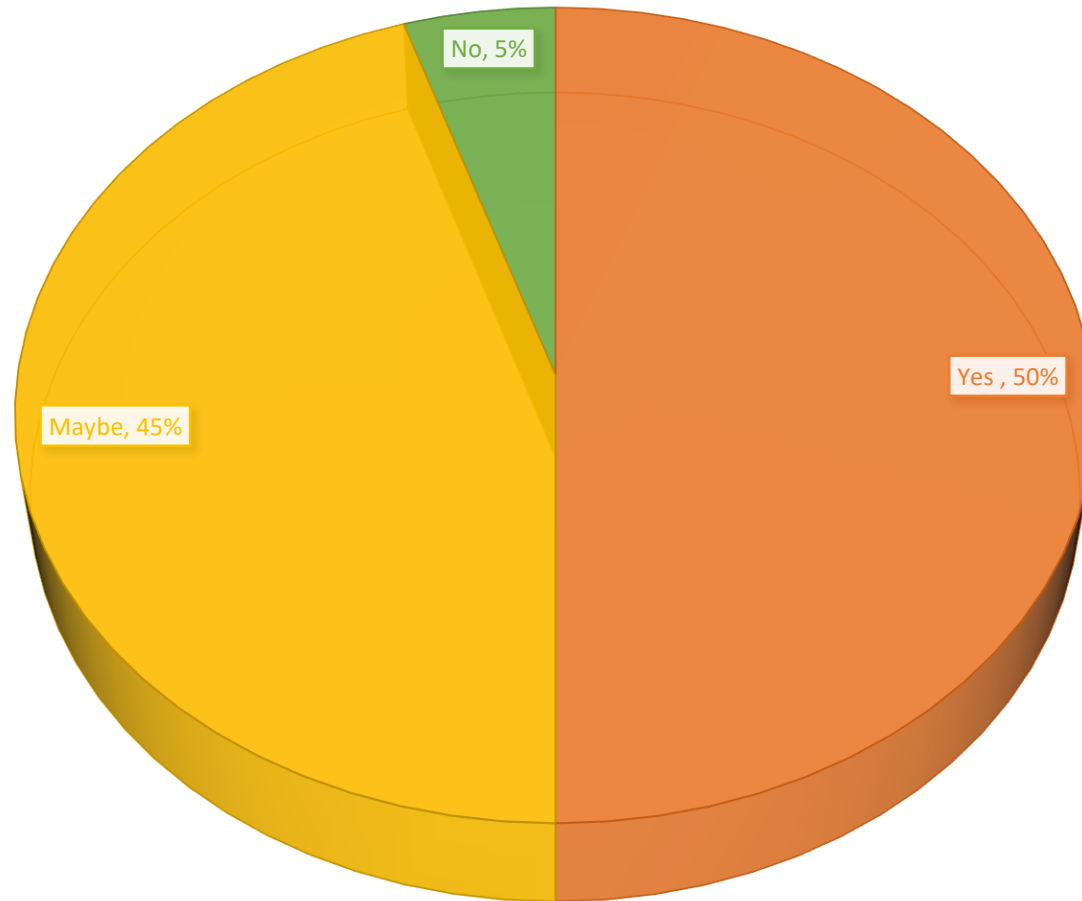
## DO YOU BELIEVE THAT NUTRACEUTICALS ARE BENEFICIAL TO YOUR HEALTH



## Are Nutraceuticals beneficial to your health

- According to the analysis of the survey data, a sizable majority of respondents (70%) think that nutraceuticals provide health advantages. A smaller percentage (10%), on the other hand, had a different opinion, indicating they do not think nutraceuticals are advantageous. Additionally, 20% of respondents gave a response that suggested doubt or conflicting feelings about the possible health benefits of nutraceuticals.

## DO YOU FOLLOW YOUR DOCTOR'S ADVICE WHEN UTILIZING NUTRACEUTICALS



## DO PATIENTS FOLLOW DOCTOR'S ADVICE WHILE UTILIZING NUTRACEUTICALS

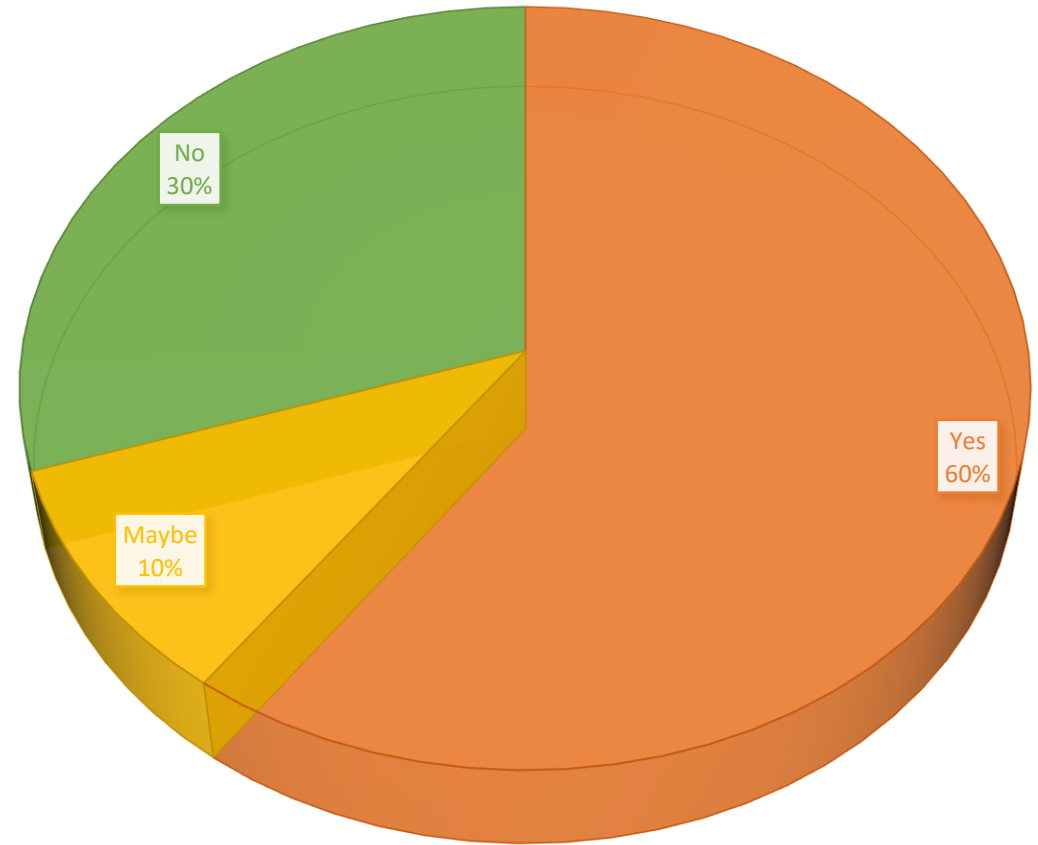
- According to the interpretation of the survey results, the majority of respondents (50%) said they typically heed their doctor's recommendations when using nutraceuticals. A sizable minority (45%) said they occasionally followed their doctor's recommendations, demonstrating a range of adherence to medical advice. A lower number (5%) said they did not follow their doctor's recommendations when using nutraceuticals, suggesting that there was a lack of compliance in this area.

## DO NUTRACEUTICALS HAVE POSITIVE EFFECT ON YOUR BODY

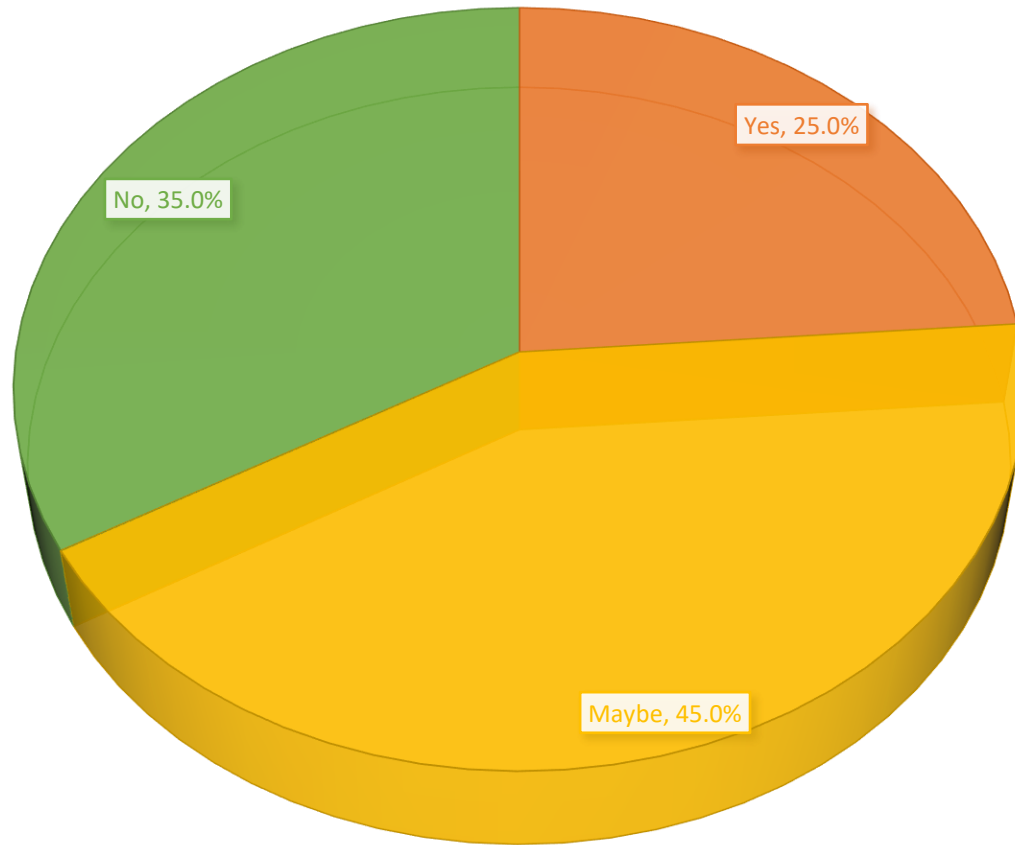
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- According to the analysis of the survey data, 60% of respondents hold the opinion that consuming nutraceuticals has a good impact on their health. A lower percentage (10%) of respondents said "Maybe," showing some degree of doubt or conflicting views regarding the effects of nutraceuticals on health. A significant portion (30%) of respondents indicated a negative belief, indicating that they do not believe nutraceuticals will improve their health.

## DO YOU BELIEVE THAT USING NUTRACEUTICALS HAS A POSITIVE IMPACT ON YOUR BODY



## DO YOU BELIEVE THAT USING NUTRACEUTICALS HAS A NEGATIVE IMPACT ON YOUR BODY



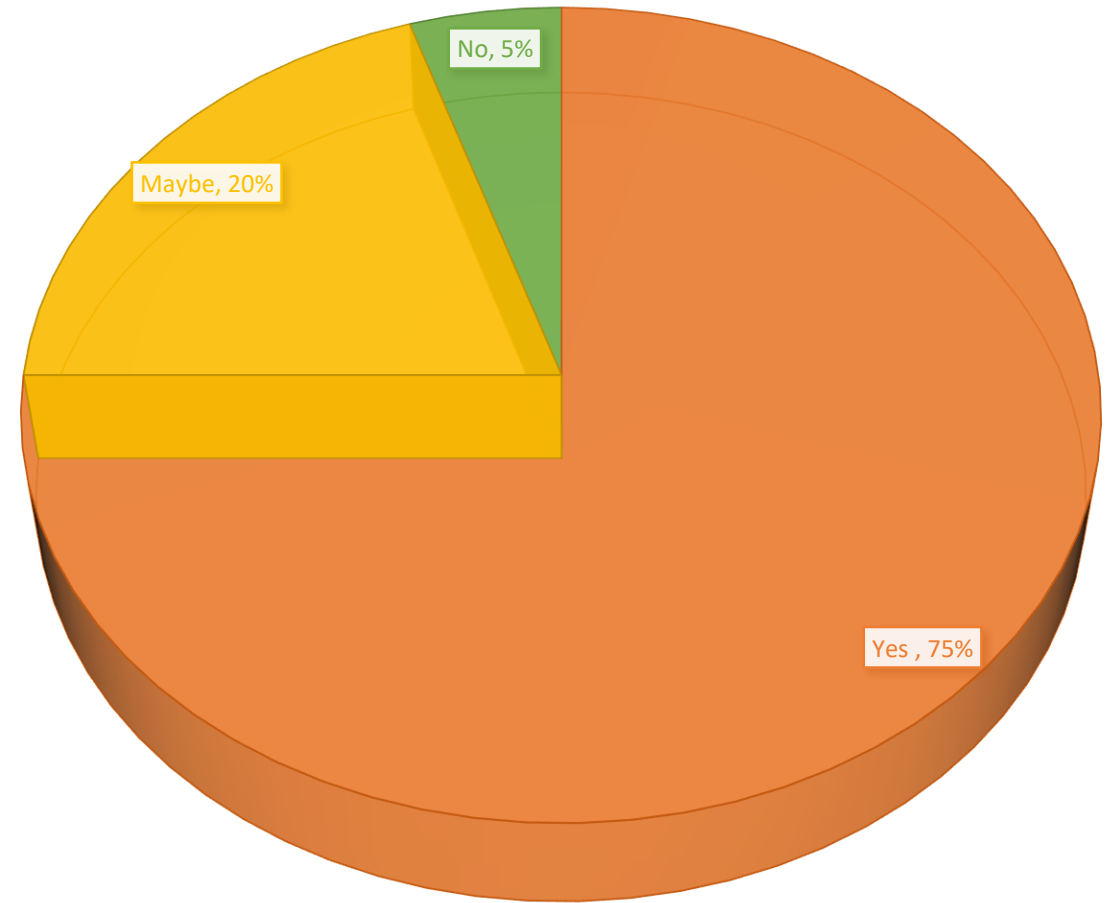
## DO NUTRACEUTICALS HAVE NEGATIVE EFFECT ON YOUR BODY

- According to the interpretation of the survey data, the majority of respondents (60%) think that nutraceuticals have a good impact on their health. Only 10% of respondents gave the option "Maybe," showing some degree of ambiguity or conflicting views on the effects of nutraceuticals on health. A significant portion (30%) gave a contrary opinion, indicating that they do not believe nutraceuticals have a favourable impact on their health.

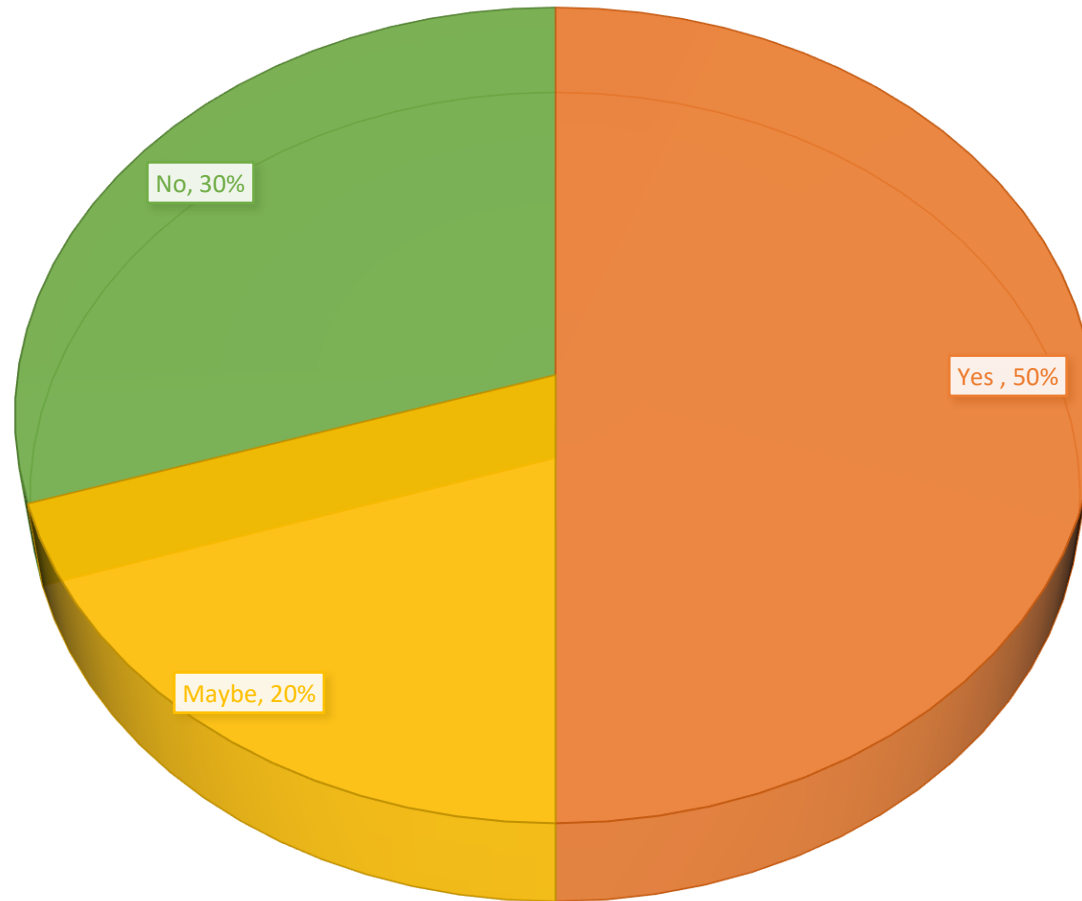
## SHOULD WE USE ACTUAL FOOD INSTEAD OF NUTRACEUTICALS

- According to the analysis of the survey data, a sizable majority of participants (75%) believe that real food should be favoured over nutraceuticals for nutritional absorption. This suggests a preference for using whole food sources rather than supplements. A lower percentage (20%) of respondents said "Maybe," showing some doubt or conflicting views on the need of prioritising actual meals. Only a tiny percentage (5%) of respondents said they thought real food should not be utilised in place of nutraceuticals, suggesting a different point of view.

### DO YOU BELIEVE THAT ACTUAL FOOD SHOULD BE USED INSTEAD OF NUTRACEUTICALS



## DO YOU PREFER LABORATORY RESULTS WHILE USING NUTRACEUTICALS



## SHOULD PATIENTS GO FOR LABORATORY RESULTS HILE USING NUTRACEUTICAL?

- According to the analysis of the survey data, different people have different preferences for laboratory findings when utilising nutraceuticals. About 50% of respondents said they preferred laboratory findings, showing a significant preference for scientific confirmation and evidence. Contrarily, 30% of participants said they preferred other criteria or information sources above laboratory results, suggesting a dependence on such. Another 20% of respondents said "Maybe," expressing doubt or a split decision on whether laboratory results are preferred in the context of using nutraceuticals.

The medical industry's fastest-growing sector is Nutraceuticals, which are replacing the modern concept of medicine.

Various natural products, such as antioxidants and growth simulators, are being extracted and discovered for treating diseases like cardiovascular disorders and cancer.

Nutraceuticals are aiding the shift from curative to preventative care in the healthcare industry.

They offer opportunities for promoting overall health and preventing diseases.

Many patients are unfamiliar with the term, unaware of efficacy, side effects, and proper dosing.

There is a lack of patient counseling and education.

Women are more likely to utilize Nutraceuticals due to specific health challenges they face, such as anemia and hormonal disorders.

India lacks regulations governing the distribution and use of Nutraceuticals.

There is a need for increased awareness, education, and counseling for both consumers and healthcare professionals.

The market for Nutraceuticals in India is projected to keep expanding, even after the recession.

The country's growing economy and population contribute to this growth.

## DISCUSSION

# CONCLUSION

## 1. Lack of Information and Convincing Prescriptions:

- Nutraceuticals are prescribed by the majority of physicians in various organizations.
- However, patients lack proper knowledge about nutraceuticals, leading to less convincing prescriptions.

## 2. Need for Increased Awareness:

- It is essential to raise awareness about nutraceuticals among patients and throughout the healthcare system.
- A comprehensive and coordinated approach is required to address these challenges and achieve better outcomes.

## 3. Evaluating Pharmacoeconomics and Efficacy:

- With the rapid growth of the nutraceutical industry, consumers and patients need a system to evaluate the cost-effectiveness and effectiveness of nutraceuticals.
- Providing information on alternative, cost-effective options is crucial.

## 4. Moderate Knowledge among Informed Group:

- Data from a knowledgeable group within society revealed a moderate level of knowledge about nutraceuticals.
- This highlights the importance of broader education and information dissemination.

## 5. Steps for Attention and Action:

- Appropriate steps should be taken to provide attention to the use of nutraceuticals.
- This includes improving awareness, promoting accurate information, and ensuring informed decision-making.

THANK YOU