

Recommendations & Future Scope

Recommendations:

- A database on quantification of Indian food for phytoestrogenic content needs to be developed, which helps to get an idea of amount of food to be consumed to get phytoestrogenic benefits.
- Since our Indian population has a cultivation of Yams and being available, accessible to all populations, this needs to be propagated in massive scientific forums at national and International level.

Future Scope:

- Studies on quantification of phytoestrogen and assessing its impact at genomic level may give an important outbreak in the world of Nutraceuticals.
- Detailed studies with identified phases of menstrual cycles and then effect of phytoestrogen consumption at hormone level are recommended.
- A role of gut micro-flora in bioavailability of phytoestrogen from foods needs to be explored.