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Physiological effect and role of dietary folic acid in regenerative medicine: Review

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Abstract

Globally, there are several chronic and risk diseases like Alzheimer's, Parkinson's, coronary heart disease, high blood pressure, and congenital anomalies. Generally, the treatment of these diseases is very costly. However, many researchers recognize the ways of their treatment by less cost with low potential toxicity. Researchers have been looked to the dietary sources and find the complex link between the food, especially the essential vitamins and the diseases. Folic acid or pteroylglutamic acid is active than a synthetic drug. Folic acid is one of the eight a water-soluble vitamins B. It is tremendously necessary for several activities in the body such as DNA synthesis, normal erythropoiesis with red blood cell maturation, inhibition of neural tube defects, depressing high homocysteine levels, nutritional regulation of the methionine cycle, reduce hematological indications, neurological, cancer diseases, and physiological condition of nutritional stress. Folate, vitamin B12, and vitamin B6 are working as a substrate in the methylation cycle. Using folic acid (folacin) supplement daily at a standard dose is essential to reduce the level of serum homocysteine. It is chiefly governing blood pressure, blood sugar, obesity, and control body weight. This review aims to study the applications of folic acid supplementation and its benefit to the body. Additionally, to recognize the improvements in lifestyles with using these supplements.

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