

**FEW FACTS ABOUT PHYTOESTROGENS**

Phytoestrogens mainly belongs to phenolic group of compounds known as flavonoids. Foods which are having highest phytoestrogen content include nuts, oil seeds, soy products, cereals, legumes etc. The highest concentrations of isoflavonoes are found in soybean products. In recent years soya food preparations are widely used for many of their beneficial effects like, as a good substitute for protein and as it is claimed to have cholesterol lowering effects.

But there are controversial reports regarding their health benefits. Excessive consumption these phytoestrogens may cause decrease in male infertility and reproductive capability by causing alterations in the hypothalamo-pitutory-gonadal axis. Phytoestrogens have been indicated for centuries in the treatments of menstrual and menopausal problems in women. So phytoestrogens may be beneficial in healthy females. Females with breast cancer should be aware of potential risks of using phytoestrogen rich soya products. So be moderate with the consumption of soya products.

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