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**INDO AMERICAN JOURNAL OF
PHARMACEUTICAL SCIENCES**Available online at: <http://www.iajps.com>**Review Article****FLAVONOIDS THEIR CHEMISTRY, SPECTRA STUDIES AND
USES -A REVIEW****Farooq Ahmad Mir*¹ and Daljeet Singh Manhas²**¹Department of Chemistry, Govt. Degree College, Gurez, Jammu &Kashmir (India).²Department of Chemistry, Govt. College for Womens, Gandhi Nagar, Jammu (India)**Abstract:**

Since flavonoids are directly associated with human dietary ingredients and health, there is need to evaluate structure and function relationship. The bioavailability, metabolism, and biological activity of flavonoids depend upon the configuration, total number of hydroxyl groups, and substitution of functional groups about their nuclear structure. Fruits and vegetables are the main dietary sources of flavonoids for humans, along with tea and wine. Most recent researches have focused on the health aspects of flavonoids for humans.

Keywords: *human dietary, bioavailability, biological activity, bioavailability***Corresponding author:**

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INTRODUCTION:

Flavonoids consist of a large group of polyphenolic compounds having a benzo- γ -pyrone structure and are ubiquitously present in plants. They are synthesized by phenylpropanoid pathway. Available reports tend to show that secondary metabolites of phenolic nature including flavonoids are responsible for the variety of pharmacological activities [1, 2]. Flavonoids are hydroxylated phenolic substances and are known to be synthesized by plants in response to microbial infection [3]. Their activities are structure dependent. The chemical nature of flavonoids depends on their structural class, degree of hydroxylation, other substitutions and conjugations, and degree of polymerization [4]. Recent interest in these substances has been stimulated by the potential health benefits arising from the antioxidant activities of these polyphenolic compounds. Functional hydroxyl groups in flavonoids mediate their antioxidant effects by scavenging free radicals and/or by chelating metal ions [5, 6]. The chelation of metals could be crucial in the prevention of radical generation which damage target biomolecules [7, 8].

Chemistry of Flavonoids

Flavonoids are a group of natural compounds with variable phenolic structures and are found in plants. In 1930 a new substance was isolated from oranges. At that time it was believed to be a member of a new class of vitamins and was designated as vitamin P. Later on it became clear that this substance was a flavonoid (rutin) and till now more than 4000 varieties of flavonoids have been identified [13]. Chemically flavonoids are based upon a fifteen-carbon skeleton consisting of two benzene rings (A and B as shown in Figure 1) linked via a heterocyclic pyrane ring (C). They can be divided into a variety of classes such as flavones (e.g., flavone, apigenin, and luteolin), flavonols (e.g., quercetin, kaempferol, myricetin, and fisetin), flavanones (e.g., flavanone, hesperetin, and naringenin), and others. Their general structures are shown in Figure 1. The various classes of flavonoids differ in the level of oxidation and pattern of substitution of the C ring, while individual compounds within a class differ in the pattern of substitution of the A and B rings [14].

Six-member ring condensed with the benzene ring is either a α -pyrone (flavonols and flavanones) or its dihydroderivative (flavonols and flavanones). The position of the benzenoid substituent divides the flavonoid class into flavonoids (2-position) and isoflavonoids (3-position). Flavonols differ from flavanones by hydroxyl group at the 3-position and a C2–C3 double bond [15-17]. Flavonoids are often hydroxylated in positions 3, 5, 7, 2, 3', 4', and 5'. Methyl ethers and acetyl esters of the alcohol group are known to occur in nature. When glycosides are formed, the glycosidic linkage is normally located in positions 3 or 7 and the carbohydrate can be L-rhamnose, D-glucose, glucorhamnose, galactose, or arabinose [18].

Spectra studies of flavonoids

Studies on flavonoids by spectroscopy have revealed that most flavones and flavonols exhibit two major absorption bands: Band I (320–385 nm) represents the B ring absorption, while Band II (250–285 nm) corresponds to the A ring absorption. Functional groups attached to the flavonoid skeleton may cause a shift in absorption such as from 367 nm in kaempferol (3,5,7,4'-hydroxyl groups) to 371 nm in quercetin (3,5,7,3',4'-hydroxyl groups) and to 374 nm in myricetin (3,5,7,3',4',5'-hydroxyl groups) [19-21]. The absence of a 3-hydroxyl group in flavones distinguishes them from flavonols. Flavanones have a saturated heterocyclic C ring, with no conjugation between the A and B rings, as determined by their UV spectral characteristics [22-25]. Flavanones exhibit a very strong Band II absorption maximum between 270 and 295 nm, namely, 288 nm (naringenin) and 285 nm (taxifolin), and only a shoulder for Band I at 326 and 327 nm. Band II appears as one peak (270 nm) in compounds with a monosubstituted B ring, but as two peaks or one peak (258 nm) with a shoulder (272 nm) when a di-, tri-, or o-substituted B ring is present. As anthocyanins show distinctive Band I peak in the 450–560 nm region due to hydroxyl cinnamoyl system of the B ring and Band II peaks in the 240–280 nm region due to the benzoyl system of the A ring, the colour of the anthocyanins varies with the number and position of the hydroxyl groups [26-28].

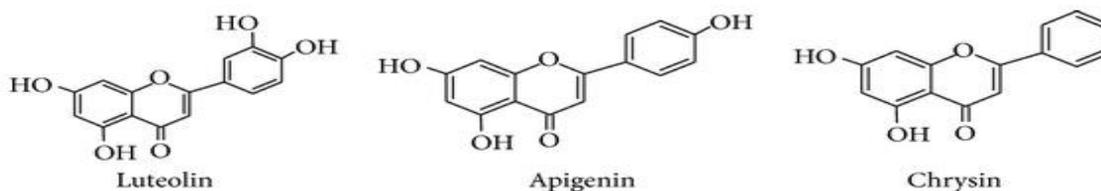


Fig 1: Structure of some flavonoids

Flavonoids and their daily use:

Flavonoids are the most common and widely distributed group of plant phenolic compounds, occurring virtually in all plant parts, particularly the photosynthesising plant cells. They are a major coloring component of flowering plants. Flavonoids are an integral part of human and animal diet. Being phytochemicals, flavonoids cannot be synthesized by humans and animals [29-31]. Thus flavonoids found in animals are of plant origin rather than being biosynthesized in situ. Flavonols are the most abundant flavonoids in foods. Flavonoids in food are generally responsible for colour, taste, prevention of fat oxidation, and protection of vitamins and enzymes [32]. Flavonoids found in the highest amounts in the human diet include the soy isoflavones, flavonols, and the flavones. Although most fruits and some legumes contain catechins, the levels vary from 4.5 to 610 mg/kg [33]. Preparation and processing of food may decrease flavonoid levels depending on the methods used. For example, in a recent study, orange juices were found to contain 81–200 mg/L soluble flavanones, while the content in the cloud was 206–644 mg/L which suggest that the flavanones are concentrated in the cloud during processing and storage. Accurate estimation of the average dietary intake of flavonoids is difficult, because of the wide varieties of available flavonoids and the extensive distribution in various plants and also the diverse consumption in humans.

CONCLUSION:

Variety of flavonoids found in the nature possesses their own physical, chemical, and physiological properties. Structure function relationship of flavonoids is epitome of major biological activities. Medicinal efficacy of many flavonoids as antibacterial, hepatoprotective, anti-inflammatory, anticancer, and antiviral agents is well established. These substances are more commonly used in the developing countries. Therapeutic use of new compounds must be validated using specific biochemical tests. With the use of genetic modifications, it is now possible to produce flavonoids at large scale.

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