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**Abstract**

*Neem belongs to family meliaceae and it grows in India . It has many beneficial property not on one part of neem is used as medicine , whole plant is very beneficial. All parts like leaves , barks , twigs , seeds have medicinal and beauty properties in human body . Instead of using supplements as personal food , we can use plant products to replace them , as they have no side effects . personalized food is the personal preferred food which is preferred to prevent , manage the diseases or enhancing or optimizing the health. Neem has many properties like antioxidant , antiulcer , antiinflammatory , anti pyretic , etc which is obtained because of plant extracts. Neem is used to prepare personalized food for example as it is having vitamins and fatty acids which responsible for improving and maintaining the elasticity of skin which reduces wrinkles and finelines and make skin look younger so these can be taken as collagen supplement. Instead of using synthetic medicines we can replace them with natural plant products . neem is enriched with antifungal and antibacterial property which helps in fighting diseases. Making of food as medicine is followed in ancient time now they are considered as nutraceuticals , nutrigenomics or nutritional genomics . they have relation in manipulating gene and improving health benefits by triggering the genes which are responsible for it. Neem flower is used for treating bile disorder and bark used against ulcers (Bandopadhyay , et al., 2004).*

**Keywords**

*Neem botany , neem importance , neem medicinal properties , immunity booster , oral hygiene , as natural tooth paste and acne healer , strong and healthy hair and scalp , general health*