



Life Coverage: Nutritional Requirement & Eating Disorders



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Short Communication

Eating disorder is a survival intuition. It is one of the most agreeable behavior for most in all life stages. Eating food satisfies hunger and eating nutritious food promotes health. Food brings myriad images in mind. Crying of an infant stimulates the mother's milk (IgA), aroma of food change directs the person towards food and sight of appealing food creates enticing want to eat. This indicates that eating behavior is governed by the brain. Though, it is largely prejudiced by many physical, physiological and psychological states of the body and other environmental factors. Convenience of food may be physical but hunger is an irresistible physiological need. Mood, self-body image and sensory appeal which govern the appetite may be psychological desires. Further peer, media and ambience of dining determine the eating behavior. This is all normal. However, too much deviation in food availability, health status or mood of the person may lead to dislike or indulgence in food. This may be a temporary stage. Aversion or indulgence of food over a long period of time and which may need a health interference is cause of anxiety. This phenomenon is measured as eating disorder. The body may be demanding and due to which brain signals are altered adversely affecting secretion of digestive juices and sufficient enzymes to ingest, digest and metabolize food. Hence person reacts very in a different way to the stimuli of food. Lack of concentration, vertigo (fainting), obesity or thinness is common features in these cases. There is risk of type 2 diabetes, high blood pressure, high blood cholesterol levels and even hospitalization.

Following are the types of reactions which are considered in eating disorders

Orthorexia nervosa: Orthorexia is a very grave eating disorder, particularly if it is accompanied by co-occurring psychiatric or addictive disorders, and important weight loss or dietary imbalance. Like anorexia nervosa, bulimia nervosa, and other eating disorders, orthorexia is a medical disease that can result in permanent health complications, counting death. It is the term for a condition that includes symptoms of obsessive behavior in quest of a healthy diet.

Orthorexia sufferers often display signs and symptoms of anxiety disorders that often co-occur with anorexia nervosa or other eating disorders.

Anorexia nervosa: There is abnormal eating such as abstinence of food intake. It is very ordinary in girls under the pressure of body image irrespective of hunger and health status. Slowly the anorexic person may not even sense the hunger. These persons should be provided gradual intake easily digested food preparations rather than full heavy food.

How are orthorexia and anorexia nervosa different?: Obsession with weight is one of the most important signs of anorexia, bulimia, and other eating disorders, but is not a symptom of orthorexia. As an alternative, the object of the orthorexic's obsession is with the health implications of their dietary choices. While a person with anorexia restricts food intake in order to lose weight, a person with orthorexia wants to feel pure, healthy and natural. The focus is on quality of foods consumed rather than quantity. Signs and symptoms of eating disorders must be evaluated in the context of a person's feelings, emotions, and self esteem. It's vital to seek suitable clinical advice from a professional with experience treating orthorexia, anorexia and other psychiatric conditions. The obsessive tendencies linked with orthorexia can indicate a co-occurring disorder that should be diagnosed and treated by a psychiatrist.

Bulimia nervosa: There is overwhelming desire to eat then regret and indulgence in purging. This becomes a unhealthy cycle which often leads to obesity and dissatisfaction. It is common in depressive state of mind because they feel little quiet and under control after eating food predominantly high energy foods and sweets. Counseling and training the mind help to get rid of such disorder.

Binge eating: In this case the person carry on to eat food till uncomfortable without realizing the quantity and energy he or she has consumed. Hence that person does not regret or purge. The eating is frequently not registered in their minds. It is usually

occurs in people who are repeatedly under stress or love food most. De-stressing and professional counseling can help binge eaters. Eating disorder is not a informal but crucial. It should be treated

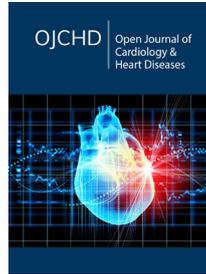
in time but can be serious and life hostile. Seeking help at first time may be useful and can easily be managed under expert guidance.



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