

TODAYS DIETARY CHANGES AND ITS EFFECTS ON HUMAN HEALTH

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ABSTRACT

The general public's view of modern diet and human health has undergone drastic changes in recent years. Consuming a healthy diet throughout the life course helps prevent malnutrition in all its forms as well as a range of non-communicable diseases and conditions. But the increased production of processed food, rapid urbanization and changing lifestyles have led to a shift in dietary patterns. People are now consuming more foods high in energy, fats, free sugars or salt/sodium, and many do not eat enough fruit, vegetables and dietary fibre such as whole grains. Unfortunately today's world has been adapted to a system of consumption of food which has several adverse effects on human health. Life style changes has compelled us so much that one has so little time to really think what we eating is a healthy diet.

Consumption of such high calorie food leads to ailments like - Obesity, food poisoning, dehydration, cardiac problems, diabetes mellitus, arthritis etc. *Ayurveda* and its principles can be good answer for all the problems. *Ayurvedic* principles are good enough to maintain the equilibrium of life.

KEYWORDS: Todays dietary changes, Dietary food, Diseases, human health, Life style, Junk food, *Ayurvedic* view.

INTRODUCTION

Any substance consumed to provide nutritional support for an organism is known as food.^[1] Complete nutrition requires ingestion and absorption of vitamins, minerals, essential amino

acids from protein and essential fatty acids from fat-containing food, also food energy in the form of carbohydrate, protein, and fat. Dietary habits and choices play a significant role in the quality of life, health and longevity.^[2]

Our ancient science ‘*Ayurveda*,’ has all answers regarding health, and *Ayurveda* says *Ahara*, *Nidra* and *Brahmacharya* are the three main pillars of life.^[3] *Ahara* is important for maintaining good health. The substances which when consumed cause aggravations of *Doshas* but do not expel them out of the body and bring about abnormalities in the *Rasa* etc. *Dhatu* give rise to diseases are considered to be incompatible food and named as *Viruddha Ahara*.^[4]

Charakacharya describes “*Aahara Prashasti*” means Importance of *Aahara* in *Charaka Sutrasthana* as follows.^[5]

Aahara is one of the *Upastambha* from three pillars or tripods of *Ayurveda*. It is the cause of the every existence, energy, colour and *ojas* of every living being on this earth. It is the cause of the birth, maintenance and destruction of all forms of life on this earth. From diet only we acquire constant growth, energy, wellbeing, health, colour, proper functioning of the *Indriyas* (Sense organs).

According to *Ayurveda* if a person taking appropriate diet which he needs then and then only person can live a healthy life. As Indians are inclining towards western Lifestyle, due to changed food habits, men has become lazy and indulge continuously in *ratri jagran* & *divaswapnadi viharas* produces diseases. Now in modern world because of industrialization, the *desha, kala* gets affected constant exposure of human beings to this leads to many diseases.

AIM AND OBJECTIVES

Aim - To study dietary changes and its effects on health.

OBJECTIVES

- 1) To study types of dietary changes
- 2) To study causes of dietary changes
- 3) To study effects of junk food on health
- 4) To analyze the effects of the todays food consumption pattern.

MATERIALS AND METHODS

Now a day we consider for food preparation are

- Food additives
- Food preservatives
- Artificial sweetener
- Flavoring agents
- Coloring agents
- Fast foods
- Artificially ripened fruits
- Frozen foods etc.

Because of above things our health can be in the danger situation.

What is food?

- Food is any substance consumed to provide nutritional support for an organism.
- It is usually of plants and animal origin and contains essential nutrients such as – carbohydrates, fats, vitamins, or minerals.
- The substance by the organisms cell to provide energy maintain life or stimulate growth.

Healthy diet

Healthy diet include: eating more fruit, vegetables, legumes, nuts and grains; cutting down on salt, sugar and fats. It is also advisable to choose unsaturated fats, instead of saturated fats and towards the elimination of trans-fatty acids.^[6]

Unhealthy food

- Unhealthy food is an informal term applied to some foods that are perceived to have little or no nutritional value (i.e. containing empty calories), to products with nutritional value, but also have ingredients considered unhealthy when regularly eaten; (junk foods, fast foods etc.) or not to those considered unhealthy to consume at all.^[7]

EFFECTS ON HUMAN HEALTH

- In term of relationship between today's diet and its effect on health. The following key problems have to be addressed;
- Under nutritional causes nutritional deficiency and over leads to obesity, hypertension, hyperlipidemia, diabetes and cancer.

- Convenience food, or tertiary processed food, is the food that is commercially prepared (often through processing) to optimise ease of consumption. Such food is usually ready to eat without further preparation.⁸ Convenience foods can include products such as candy; beverages such as soft drinks, juices and milk; fast food; nuts, fruits and vegetables in fresh or preserved states; processed meats and cheeses; and canned products such as soups and pasta dishes.^[9] The high fat, sugar, salt, food preservatives and food additives that are present in some convenience foods can lead to obesity.^[10]
- Consumption of junk foods causes memory and learning problems due to the occurrence of certain chemical reactions that lead to inflammation in the hippocampus area of the brain which is associated with memory and special recognition.
- Excessive intake of junk foods also leads to loss of essential nutrients like amino acid tryptophan, the lack of which increases feelings of depression.^[11]
- Fast foods are specially designed to be addictive in nature with high levels of salts, sugars and fats that make you crave them. The addictive nature of fast food can make your brain crave them even when you are not hungry.
- Artificial sweeteners are small quantities of poison alters brain neurochemistry. Drinks also have high fructose corn syrup that has mercury & over time damages body cells.
- Frozen food are prone to food pathogens like Salmonella, E.coli, and listeria that can be lethal. Depending on the food, the level of reheating or cooking permissible may not be enough to destroy these pathogens.^[12]
- Pesticides-From several vegetables use in the form of salads we eat the pesticides which directly accumulates in our blood stream, they weaken our endocrine, reproductive, circulatory, immune system as a result heart disease, cancer, allergies greatly increased.
- Artificially ripened fruits- CaC₂ has cancer causing properties and contains traces of arsenic and phosphorous hydride. The early symptoms of arsenic or phosphorous poisoning include vomiting, diarrhea with or without blood, burning sensation of chest and abdomen, thirst, weakness, difficulty in swallowing, irritation or burning in the eyes and skin, permanent eye damage, ulcers on the skin, sore throat, cough and shortness of breath. Higher exposure may cause a build-up of fluids in the lungs.
- Young women suffer from obesity, PCOD, menstrual irregularities, loss of libido. There is a fall in normal sperm count, rise in osteoarthritis and huge spurt in skin diseases, fatty liver, cancer, IBS due to our changed eating habits.

According To Ayurveda

As per *Ayurveda aahar* is depending on *Jatharagni bala* and *aahar matra*, *virrudhahar* is also having effect on health. It's explained in *sutrasthana* in *Matrashitiya adhaya* and *Atreybhadrabhadra kapyey adhyay*.^[13] *Ayurveda* has beautifully described *Astha Ahara - Vidhi -Visheshayatana*^[14] i.e. the eight special conditions for intake of food in which the nature (*prakrti*), processing (*karana*), combination (*samyoga*), quantity (*rasi*), place (*desha*), time (*kala*), rule of taking food (*upyogasamshta*) and the one who takes the food (*upyokta*) have been elaborated; but unfortunately are not followed in today's era.

According to *Ayurveda* if a person taking appropriate diet which he needs then and then only person can live a healthy life. In *Charaka samhita* there is mentioned *jatharagni bala* and *aahar matra*. If a person taking more quantity of food excepting of his poor *Jatharagni bala* then person should survive some *aaharjanya vikara*. In *Aatreybhadrakapyeya adhyaya ashtodasha virrudhaahar* mentioned. If a person can seven *virrudha aahara jatharagi* becomes *heen* and then one can have *vividha aaharjanya rogas*.^[13]

Vividha aaharjanya samanya rogas^[15] like – *Aamvisha (Visuchika, Alasak, Vilambika), Chardi, Visarpa, Pandu, Grahaniroga, Aamlpitta, Jwara, Pinas, Kushta, Murcha* etc. *Adhyashan* and *Vishamashan* can also include in *Ahitaahar*. There is lots of similarities are found. Because in today's fast life lots of changes in dietary schedules. In India peoples are apply modern culture and their diet also.

DISCUSSION

- Finally the last one is related to public health being a social and political concept aimed at the improving health, prolonging of life and improving the quality of life among whole populations through health promotion, diseases prevention and other forms of health intervention.
- This public health is distinguished by its basis in a comprehensive understanding of the way in which lifestyles and living conditions determine health status and recognition of the need to mobilizes resources and makes sound investments in policies, programs and services which create, maintain and protect health by supporting healthy lifestyles.
- *Ayurveda* explained that *Aahara* should be consume according to *Jatharagni Bala* and *aahar matra*, Frequent intake of incompatible food act as poison which leads to aggravation of all *Doshas*. Intake of *viruddha ahara*, it will result into gastrointestinal diseases and skin diseases etc. If person is taking *viruddha aahar* then he will suffer from

Aamvisha (Visuchika, Alasak, Vilambika), Chardi, Visarpa, Pandu, Grahaniroga, Aamlpitta, Jwara, Pinas, Kushta, Murcha etc.

CONCLUSION

- Diet and dietary pattern plays a very important role to maintain health.

Action of food articles is conditioned by the quantity of intake and the proper quantity depends on the power of digestion of the individual and his metabolism.

Today's foods are fully refined, processed and with offensive preservatives, which produces toxic effect in our body.

- It is clear that *viruddha aahara* can lead to several hazardous diseases. Thus, it is important to enlist the incompatible dietary factors and ask patient to avoid such etiologic factors.
- The main thing of observation during this study is the children, teenagers are most involving ageing group of eating junk foods; this is very serious matter because they are the future.

Hence in this modern world we need to follow the direction about healthy diet as described in *Ayurveda*.

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