



Diet And Medical Therapy

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Abstract:

Day starts with search of food. Life of a living is moving around food. Foods not only provide satiety but maintain mental satisfaction also. A well balanced form of different food i.e. diet is integral component of routine. Adequet diet contains carbohydrate, protein, fat, vitamins and minerals essential for daily activities. It also boosts up immunity to fight against disease. Present article highlights association of diet in medical treatment.

KEY WORDS:

Medical Nutrition , Immunity, Balanced Diet .

INTRODUCTION

Diet is essential for positive health. Balanced diet provides daily requirement of adequet amount of carbohydrate, protein, fat, vitamins and minerals. These are required for energy and heat production, body repair and proper functioning of body systems.

An ideal Indian diet is enough to provide all constituents in definite proportion needed for proper growth, development and maintenance. Number of diet related disorders may develop due to imbalanced diet. Few of them are protein energy malnutrition (kwashiorkor & marasmus) anemia, rickets, goiter etc .Such disorders are better managed by proper diet supplementation.

DIET & THERAPY

Diet is hidden part behind the success of any rational pharmacotherapy. In number of medical disorders such as diabetes mellitus, hypertension, PEM and lactose intolerance diet play an important role. Most of the times such clinical conditions are better managed by diet alone. Therefore diet therapy should be incorporated along with pharmacotherapy for good clinical outcome.

SPECIAL DIET

Balanced diet with some modification e.g. protein rich diet in malnutrition and iron containing food in anemia is generally recommended as per need.

LOW G.I. DIET - Here, Diabetes mellitus (DM) deserve the attention as diet therapy plays a significant role in overall management. It is also known as **Medical Nutrition Therapy (MNT)**. Food is advised according to Glycaemic index (GI) .GI is the ability of food to raise blood glucose after intake. In DM, food of low GI which raises glucose level very slowly should be used. This is better accompanied by complex, starchy carbohydrate more unsaturated and less saturated fat. Encouraged the patient to take food such as

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salad, fresh green and leafy vegetables (rich in fiber content). Fiber rich diet increase satiety and decrease cholesterols, hyperglycemia and constipation.

DASH DIET- DASH denotes **Dietary Approach to Stop Hypertension**. This special diet is indicated in hypertension. Dash diet mainly recommends salt restriction (4-5 gm per day) and avoidance of table or added salt. Promote use of fiber rich and potassium containing foods. Limit saturated fat and cholesterol as possible.

KETOGENIC DIET – As name indicates, Ketogenic diet induces a state of ketosis in the body which adds the treatment success in epilepsy . i.e. seizure reduction .

BLAND DIET – Non irritant, semisoft and cool balanced diet, usually recommended in gastric disorder likes gastritis, peptic ulcer. Diet is rich in fruits, milk and curd etc.

OTHER DIET

Elimination diet is based on elimination or reduction of special components from food .Use of no or low lactose in lactose intolerance is common in pediatrics practice. Decrease intake of wheat, maize is mainstay of celiac disease management. Fiber rich diet is sustaining management of constipation.

A habit of drinking water is very important for hydration and elimination of all the waste from the body.

Mode of Administration

Oral mode is usual, but intragastric route is needed in bedridden, unconscious persons.

Parenteral route (IV) is indicated in special circumstances e.g. administration of intralipid.

Total Parenteral Nutrition (TPN) Is special mode of nutrition administration .

CONCLUSION

A balanced diet is enough to provide adequate amount of carbohydrate, fat, proteins, vitamins and minerals. Carbohydrate provides instant and fat provides delayed but sustain energy. Protein maintains the body apart from producing energy, Minerals and vitamins are required in trace amount but they are helpful to make the body disease free by virtue of their antioxidant natures.

Indian diet is good combination of cereals, pulses, vegetables, milk etc, enough to produce adequate amount of essential requirement. A habit of food preparation by addition of various spices makes not only tasty but it also add their protective advantages , Therefore a balanced Indian diet is not only provides satiety but it has medicinal value too.