

An empirical study on Diet based health of people

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Abstract

Diabetic and obesity are the major health problems in developed as well as developing countries. The “carbo-insulin connection” theory was popularized by late Dr. Shrikant Jichkar. He advocated the idea of eating only twice a day to lose weight and prevent sugar extremities. The author observed the considerable weight loss in some cases, reduction in metabolic issues in some cases and blood sugar normalization in some cases of selected volunteered respondents! Hence the author is trying to collect experiences of people and benefits of eating twice and losing weight. This study provides the encouraging results in the connection of public health.

Keywords-Health, Diet, life style, overweight, Diabetics, etc.

Introduction:

We are well aware about the impact of food on the health of human. The intake is the most prominent factor in the physical fitness. This paper focuses on the eating times (frequency) impacts on the health of the human.

There are many ways to reduce the over weight of the body like eating only fruits, eating less food, fasting, avoiding fats in the food, etc. due to these efforts, weight loss can be resulted, but there are some bodies that have tendency to gain the weight when they are liberal in the lifestyle. As we stop these practices body reaches to the original position. Hence, we need such a method which can help the weight reduction and retentions.

Review of Literature

The weight loss and sugar normalization is based on very simple principal. As we eat every time (let's say hourly) our pancreas use to secrete insulin Harmon. Each time we consume any food item containing carbohydrates we secrete insulin. If we take tea, any energy liquid breakfast or complete lunch or dinner, the quantity of insulin secreted is almost the same. Insulin secretion is of two types. There is a baseline secretion 18 to 32 unit per 24 hours which is beyond our control. Secondly with each event of eating, we secrete insulin. As our blood always has high level of insulin, the body uses carbohydrates as a source of energy and fats remain untouched. Insulin being the saving hormone, tries to store energy in the form of fats. When we treat a diabetic patient with injectable insulin, one of the side effects is weight gain. When we are fasting say 3 to 4 hours after lunch or dinner, our insulin level goes down. The lowered level of insulin stimulates the body to use firstly liver glycogen and then fats for the purpose of energy. Hence when a person eats only twice in the day, s/he loses weight.

Objectives

- i. To find the relation between eating frequency and hormonal secretions
- ii. To discuss the eating frequency and excesses impacts on health of human body

Research Methods

Type of study: case study method

Data Type: Primary as well as secondary

Data Collection: Observation Method

Place of study: Baramati Rural

Time period: 1 Jan 2021 to 30 June 2021

Discussion

The losing weight seems to be latest need of many people, obesity and diabetes are the new epidemics in India and we are on the verge of becoming the global diabetic capital of the world.

The author has observed certain cases and followed the method of two times meal in a day and got following observation:

Case 1:

Respondent 1 Age 38- He was overweight issue and trying to reduce it. With many remedies he got positive results also but, in each remedy, as he stops the remedy weight use to gain.

As he adopted this method of Two meals a day, he got satisfactory results and this remedy becomes lifestyle now. He is eating more and more at only two times and still his has no issue of weight gain. Now he can eat anything at any quantity and he is happy.

Case 2:

Respondent Age 42- He was scary about eating more will leads to health issues due to over feeding.

As he adopted this method of two meals a day, he is eating anything as he wants at desired quantity still his weight is constant and feeling improved metabolism. Now this becomes his lifestyle.

Case 3:

Respondents Age 62- He was issues of Metabolism and unable to eat satisfactory.

As he adopted this method and his hunger improved and weight is constant in spite of increased feedings. He is happy due to able to eat at any quantity no side effects.

Case 4:

Respondents Age 60: He was sugar issues and needs to take medicine for this. As he adopted this method and now, he got freedom from medicine.

Case 5:

Respondent Age 55: He was sugar issues and needs to take insulin for this. As he adopted this method and now, he got freedom from taking insulin and his sugar also in normal condition.

Findings:

It is evident from the discussion that eating twice a day and speed walk 1 hour can effectively reduce the weight as well as tummy, moreover it is a method with special features that one doesn't have to spend money, there is no need of a doctor and one can follow this diet plan throughout the life without any problem.

The simple theory of losing weight is highly effective and it has no side effects too.

Conclusion:

As per the discussions, it can be concluded that, author observed weight loss, smooth metabolism and blood sugar normalization with no side effects were observed. The weight loss activities have taken a form of exploitative business for many. Poor and ignorant people are being looted. This simple method of weight loss costs nothing, there is no requirement of a doctor and contrary to many other successful methods of weight loss, can be followed for a life time. Hence such a simple method should be advocated for all. There is a need to spread this message in the interest of public health.

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