

Today's Problem: Eating Disorder

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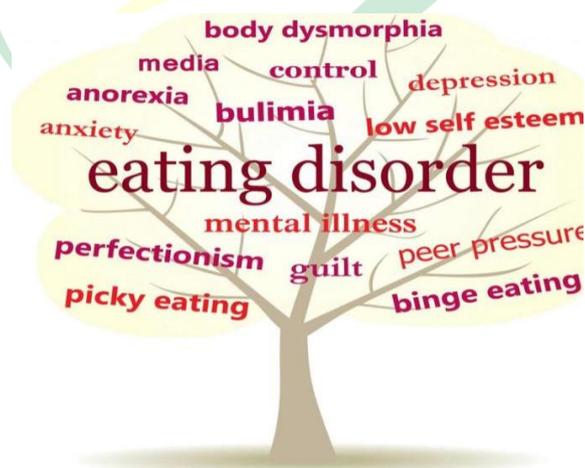
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Introduction:

Eating disorder is a type of serious characterized by severe disturbance in distressing thoughts and emotions. There are many types of eating disorder which includes anorexia nervosa, binge eating, and bulimia nervosa. They are medical conditions; they are not a lifestyle choice. Eating disorder mostly develops in adolescence and young adulthood, especially anorexia nervosa and bulimia nervosa are the most common in women but can all occur at any age and affect any gender. They are mostly associated when they are distracted with food weight or shape or with anxiety about eating and fear of gaining weight.

Causes of eating disorder:

Actually, the causes are still unknown. But researchers believes that they are caused by a complex interaction of factors which includes genetic, biological, behavioural, psychological and social factors.



The common types of eating disorder:

They include anorexia nervosa, bulimia nervosa, binge-eating disorder and avoidant restrictive food intake disorder.

Anorexia nervosa

Anorexia nervosa is a condition where people avoid food, severely restrict food or eat only small quantities of only certain foods. They might weigh them self repeatedly even when they are dangerously underweight and they see themselves as overweight.

They are of two subtypes 1) restrictive and 2) binge- purge.

- Restrictive are those people who severely limit the amount and type of foods they consume.
- Binge-purge people also restrict the food and amount they consume. They may also have binge eating-eating a large amount of food in a short period of time followed by vomiting or diuretics to get rid of what was consumed.

Symptoms

- Extremely restricted eating
- Extreme thinness
- Intense fear of gaining weight
- Preoccupation with food and weight

Others symptoms that may occur through over time:

- Thinning of the bones
- Mild anaemia
- Dry and yellowish skin
- Low blood pressure
- Slowed breathing and pulse
- Severe constipation

Bulimia Nervos

Bulimia nervosa is a condition marked by frequent, rapid overeating followed by purging to avoid gaining weight which includes forced vomiting, excessive use of laxatives, fasting, excessive exercise. Bulimia nervosa is more common than anorexia in the population.

Symptoms

- Episodes of binge eating
- Self-induced vomiting
- Smelling like vomit
- Misuse of diuretics(water pills) or diet pill

- Eating very little or not at all

Binge Eating

Binge eating is the condition which is out of control eating and they just keep eating and eating even after they are full. They eat often until they feel uncomfortable and afterwards, they have feeling of guilt, shame and distress. They are the most common disorder in the U.S.

Symptoms

- Eating even full or when not hungry
- Eating alone in secrets to avoid embarrassment
- Feeling ashamed, distressed or guilt about the food they eat
- Eating large number of foods in short periods of time

Treatment and therapy of eating disorder

Treatment depends on particular disorder and symptoms. includes combination of psychological therapy, nutrition education, medical monitoring and sometimes medication.

Therapy may last from few months to years. It helps to

- Learn to monitor eating and your mood
- Normalize eating pattern and achieve healthy weight
- Exchange unhealthy habits to healthy ones
- Improve relationship
- Improve mood
- Explore healthy way of eating

Conclusion

Eating disorder are life threatening resulting in death as well as an psychological disorder in which there are disorder and abnormal patterns of eating starts with harmless practices like calorie regulation, dieting, exercising and preoccupation with healthy lifestyle.

References

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