

## **BISOPHYSICAL ASPECTS OF DEPRESSION: ROLE OF FOOD INTAKE IN THE MITIGATION OF NEURAL ENTROPY**

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In the present work, we have studied the BIS food intake lead to different stages of depression. We show that the food intake plays a very important in the enhancement of neural entropy.

**Keywords:** BIS intake, neural entropy, depression, mitigation, food intake, BIS (Breakdown of Integrated System) effect.

### **INTRODUCTION :**

**T**he present investigation was undertaken under assumption that depression is influenced by so many factors-structural as well as functional. The children living in an eastern environment and in western environment would differ in growth from each other. Therefore, the food habit will also be differ from each other.

Various activities of a person profoundly effect a person attitudes, habit and health physical as well mental. Among other aspects of his personality his proper food habit is also responsible for his healthy mind and body. Eaten food is broken down into simpler compounds and in this process energy is produced.

**Food-habit:** Some persons get depression due to their own food habit. To live and to be active proper balanced and bis load free diet is required. The diet which has all necessary nutrients in right quantity is called a balanced diet and the diet without meat, alcohol, narcotics, and leusion is called BIS load free diet. We should only be careful but always bears in mind what to eat & in which quantity? When and how to eat? If we are not careful about our diet, it will result over weight or under weight and lethargic or we may get sick due to malnutrition or suffer with various diseases such as obesity, depression etc. which may cause depression in life. To remove all these, we should take fresh clean BIS-load free food which should be full of nutrients and should contain proper amount of calories. The quantity (amount of calories) of nutrients depends on sex, age and type of work. To much or too less nutrients is very dangerous for the body of human being:

**Classes of Nutrients:** *Carbohydrates:* Carbohydrates are compound of Carbon, hydrogen & oxygen with ratio of 1:2:1 chemically, these are poly hydroxyl aldehydes of ketones and are also called hydrates of carbon. The chemical formula for glacogen and starch is  $(C_6H_{10}O_5)_n$ . Carbohydrates are oxidized in cells to release energy. Carbohydrates contain 4 Cal/gm. The percentage of carbohydrates & numbers of calories in various food items are given below.

Table No. 1:

Food-tem (per 100 gm.)	% Carbohydrates	No. of Calories
Milk	4 %	60 Cal.
Guava	70 %	70 Cal.
Banana	22 %	94 “
Fig	62 %	270 “
Arvi	22 %	102 “
Grapes	62 %	300 “
Kismish	70 %	335 “
Wheat	60 %	338 “
Pulses	55 %	355 “
Gram	54 %	359 “
Rice	75 %	341 “
Honey	78 %	370 “
Sugar	90 %	390 “
Gur	99 %	400 “
Gulcose	100%	416 Calories

**Fat and Oil:** They are compound of carbon, hydrogen & oxygen. Oxygen contents in these nutrients is much less. They are also energy producers. They produce more energy than Carbohydrates do. Fats also protect the body against rapid loss of energy. Fats contains 9.45 Cal/gm.

The percentage of fat & calories produce per 100 gm different food items are given below.

Table No. 2:

Food-item (per 100 gm.)	Fat %	No. of Calories
Ghee	98 %	900 Calories
Oil	98 %	900 “
Gheese	81 %	875 “
Pig (Meat)	85 %	889 “
Nariyal	67 %	660 “
Akhrot	64 %	650 “
Mustard/Almond/Til	48 %	557 “
Egg (Hen)	14 %	200 “
Milk (buffalow)	10 %	140 “
Milk (Cow)	4 %	70 “

**Minerals:** Minerals forms an integral part of cells and tissue. They either oil as catalysts or take part in many metabolic reactions. All the elements containing carbohydrates, fat & protein have 24 elements of minerals but mainly 10 elements are found (1) calcium 2. Phosphorous 3. Potassium 4. Sodium 5. Sulphur 6. Chlorine 7. Magnesium 8. Iron 9. Copper 10. Iodine Zinc, Cobalt and fluoride are required in traces. Iron is constituents of hemoglobin. Iodine required for synthesis of the thyroxin secreted from the endocrine gland.

**Proteins:** They are large chemical molecules of which nitrogen is the most essential element. They contain carbon, hydrogen & oxygen proteins produces 5.65 cal/gm.

**Vitamins:** These are substances of various type they have relatively small molecules. Vitamins can't be synthesized in sufficient amounts by a person and have to be supplied in its diet a deficiency of any of these vitamins produces deficiency symptoms.

**Water:** It is indispensable, about two third of our body consists of water. Due to several unraveled properties, water is only ideal constituents of living being life without water is impossible. In man, about 55% of body water (20-22) litres) is confined. For a healthy person (5-7) litres water is required. Amount of water depends upon type of work also.

Therefore, we should take proper amount of food by considering its caloric values depending on the age, sex and type of work. The following tables depend upon various researches of home science and medical science. They give the exact amount of calories per day needed for the physical growth of the individual according to age.

Table No. 3:

Age	Calories	Age	Calories(Boys)	Calories (Girls)
Infants (0-6) months	118/kg-wt.	(10-12)yrs.	2400	2400
(6-12) months	108/kg-wt.	(13-15)yrs.	3200	2800
(1-3) yrs	1200 calories	(16-20)	3800	3400
(4-6) yrs	1600 calories			
(7-9) yrs	1900 calories			

Up to the age of 12 yrs., the boys & girls both need the same amount of calories & beyond 12 yrs. They need different amount of calories as per the weight, age, sex & need of the individual. The amount of Energy (in form of calories) varies from person to person & also depends upon type of work. (whether its is mental or physical) calories needed by males & females different type of professions are given in table 4.

Table No. 4:

Type of work Normal working man (Light Labour)	Male (calories)	Female (calories)
Normal working (Light Labour)	2500 cal.	2100 cal.
Medium Labour	3000 cal.	2500 cal.
Hard Work (Hard Labour)	4400 cal.	3000 cal.
For Pregnant Women	X	3400 cal.
For lacting Women	X	3700 cal.

A nursing mother or expectant mother needs the amount of calories equal to or more than a hard labour.

Researches show that the quantity of food items/no. of calories of different person at various stages are different and also vary upon the type & nature of the work/level of thinking/type of labour etc. it also very from sex to sex and person.

The expectant mother has to feed two bodies at a time from the food which she takes. She requires the following additional calories in comparison to a normal woman.

**Table No. 5:**

Name of items	Additional quantity	Calories (Add.)
Food grain	35 gm.	118 cal.
Pulses	15 gm.	52 cal.
Milk	100 gm.	83 cal.
Sugar	10 gm.	40 cal.
	Total	293 calories

Depends upon the various researches the balanced diet for a normal and a pregnant woman per day is as follows:

**Table No. 6:**

Food-item	For a normal woman (in gm.)	For expectant mother (in gm.)
Good-grains	4110	445 (+35gm.)
Pulses	40	55 (+15gm.)
Green leaf vegetables	100	100
Other Vegetables	40	40
Root-vegetables	50	50
Milk	100	200(+100 gm.)
Oil & ghee	20	20
Sugar	20	30 (+10 gm.)

By considering the above facts and calories produces by different food items, we can take approximately the definite amount of calories from different food items at various stages as per age & type of work.

For example the amount of carbohydrate vary from person to person. For a hard labour 450 gm. carbohydrate is needed & total 4400 calories (for man) & 3000 calories (for woman) is needed. By having certain food items in right proportion we can keep ourselves fit and healthy and can get rid of several diseases, which arise due to lack of majority of calories.

Bioncology is a science, which tells us how meat eating and alcohol consumption leads to the depression-creating situation due to oncogenes. Oncogenes are those genes, which are responsible for different stages of depression and which is formed due to heavy consumption of meat, alcohol & narcotics & free and completely antigenic sexual aggression.

Bisodynamics also deals deep depression. Bisodynamics is a branch that deals describes the changes in the dynamism of the different physical and mental stages of a person.

Unfortunately, the silly desire to because part of old America by rejecting vegetarianism has deadly consequences for many Indians who have emigrated. Researches at the University of California Berkeley, found that Indians in the US have a higher rate if heart disease than any other group of people in the world. Berkeley researches reaffirmed that diet is a big culprit. Indians who resettle in America continue to eat cholesterol – laden ghee and add to it fast food hamburgers, chicken, fish turkey and other meats. There is no getting away from it – animal fat is solidly linked to depression and as well as other physical diseases such as heart attacks, shoke, cancer, diabetes obesity and other life threatening conditions. Meat consumption in India grew more than 3.6 percent between 1996 to 2007 & 12.8% between 2007 to 2016 (the latest year for which we have statistics)

Gobbling the flesh of animals in taking its toll. In 2015, there were 1.8 million heart attacks here, a 50 percent increase from just seven years earlier. If the diet trend continues India's heart disease depression and death tall rates are expected to double by 2020, cancer rated could triple by 2025 and in that same year. India may experience a world record 57 million diabetes cases and there would be a major increase in suicide rate.

## DISCUSSION:

**T**his study coincides with PETA's finding that vegetarianism has taken firm root in America. We recently commissioned a poll and learned that Americans of most backgrounds always or sometimes eat vegetarian meals or would consider becoming vegetarian based on concern for their mental as well as physical health and the animals killed, because meat has been linked to environmental devastations.

The hope lies, in the end in changing our diet and managing proper balanced and BIS load free diet. If we won't given up taking excess or limited quantity of food habit out of concern for the animals or the environment, or society, it is high time to consider it for our own psychophysical health.

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