

Nutrition as a Weapon Against Neurological Disturbances

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Today there is an increase in depression, stress, psychological disorders in women. Many factors contribute to the mental illness which eventually leads to psychological disorders. The various aspects which solve this problem and also the etiologies are included.

Antioxidants: Possible relation of consumption of dietary antioxidants with memory and Alzheimer's disease, depression, diabetic neuropathy.

Serotonin: A neurotransmitter and a contributor to the feeling of wellbeing and happiness. How abnormal levels of serotonin cause neurobehavioral disturbances.

Amygdale: Part of brain, involved in decision making and emotional reactions. The involvement of Amygdale in the social networks and its complexity in one's life and the dietary changes for proper functioning.

Nutrition: Vitamin-K, B12, Zinc, Phosphorus are involved in the mental wellness of the mother and fetus. How a deficit of this effects the mental development of the infant and mental stability of mother.

Vitamin –E: A fat soluble vitamin, acts as an antioxidant. How Vitamin E and Vitamin C work synergistically to eliminate a psychological disorder especially Alzheimer's disease.

Neurotransmitters: They are chemical messengers that enable neurotransmission. Requirement of Thiamine -Vitamin B1 for the wellbeing of neurotransmitter (which consecutively leads to healthy functioning nervous system).

Toxins: With pollution a woman runs a higher risk of pre term delivery. Such babies would have poor development of brain. The diet for mother which minimizes the effects of pollutants on the baby.

Tryptophan: An amino acid involved in signaling which benefits the brain. Possible psychological changes encountered due to consumption of Tryptophan

Fats: Relation of fat with menopausal irritations, depression, aggressive behavior. How obesity contributes to mental sickness especially depression.

Neuroinflammation: Inflammation of the nervous tissue. How proper nutrition brings significant changes.

Biography:

Hajera Fatima completed her BSc with internship. Started Research early apt to her interest in making career in Research field. Was awarded best poster presentation in Science fair. Worked as a dietician during my undergraduate days under the supervision of a senior doctor, as keen on starting her career early, where have successfully counseled patients not only regarding diet for diseases also for wellness from pediatric patients to geriatric patients including infants. Participated in 11th International food data conference and various workshops. Volunteered as a speaker in girls schools and colleges to deliver nutritional importance. As a part of business family in education, got a chance since young ages to manage an organization, during which she have made significant changes and doubled the profits. Studying Masters.