



## AN ADVERSE EFFECTS OF FAST FOODS AND THEIR INDIGENEOUS REMEDIES



**DR. SANGITA A. JAWANJAL**

Associate Professor, Smt. RadhabaiSarda, Arts,  
Commerce & Science Collage, Anjangaon Surji, Dist.  
Amravaati (MS).

### ABSTRACT:

*Our sedentary life style has made tremendous changes in our day to day routine as Food is essential need in our day to day life. As decreasing attachment to joint families, women tends to become employed and become a different family entity. With Employment comes working hours which are generally higher at common work places resulting in lack of time to housekeeping and cooking tasks. Therefore, increasing attraction towards fast food, junk food and home deliveries have become normally common. Moderate amount of fast-food can be considered good but as human nature suggests, many families especially children are facing drastic disease due to metabolic disorder due to the high consumption of junk food. As fast food is highly processed, containing pemicious ingredients, absence of fiber, vitamins and etc. many number of studies can justify this fact. So co-related references are mentioned in this informative paper.*

*As drastic effects of fast food is an acute and serious problem on human life, it is essential to aware addict children about fast food's drastic effects as well as suggest indigenous effective remedial solution and suggestion which are essential to minimize the same problem.*

*In spite of this, there is scope of employment & economical enhancement of unemployed, self-help group members if, they could start indigenous cottage industries for preparing nutritious traditional food items & come forward to establish marketing linkages in country and globally. Considering all these facts given above, our aim & objective of paper are framed. Resolving drastic effect of fast food with indigenous remedial solutions and suggestions are discussed in this informative paper for the betterment of our health and lifestyle.*

**KEYWORDS:** fast food, Indigenous Remedies.

### INTRODUCTION:

#### What is Fast food?

It is any food that is highly processed, high in calories and low in nutrients. Junk food is also usually high in added sugar, salt and saturated or Trans-fats and is considered as a fast food. Several evidence points to junk foods as being addictive as alcohol and drugs.

Junk food also called as fast food is a generic term for all types of foods which contains rich energy also fat, sugar and Salt. Comparatively important nutrients such as protein fibers vitamin and mineral are certainly low.

**Popularity:**

Attractiveness of fast food is a dominant factor for the children. Lower price and simple handling as well as convenience for availability as compare to traditional nutritious food is also a reason behind junk food popularity. Time saving procedure of cooking and preparation is make it more popular. Considering the drastic effects of fast foods, following objectives can be materialized.

**Objective:**

1. To aware parents regarding drastic effects of fast food.
2. To create healthy food environment.
3. To promote utilization of indigenous healthy and nutritious food.
4. To promote rural and urban Self Help Groups (SHG) for local as well as online marketing of Indigenous Food Item in internet availability regions.

**REVIEW OF LITERATURE:**

While searching for review of literature regarding the subject fast food & drastic effects online what Dr. Thomas wrote up impressed me. Hence following reference are included from her article. According to Dr. Thomas fast food is a dominant cause of drastic diseases mentioned as below.

**Metabolic syndrome:**

- Just a couple of long stretches of shoddy nourishment could change your digestion. Over the long haul, this change could prompt insulin obstruction and in the end type 2 diabetes. Another impact of only two or three days of low quality nourishment is poor absorption since shoddy nourishment needs fiber, eating a lot of it could prompt clogging.
- That single cheap food feast can limit your supply routes, prompting an expansion in circulatory strain.
- The snappy spick in your glucose from eating shoddy nourishments high in refined starches and included sugars can cause a flood in insulin, prompting a brisk drop in glucose. That lives you feeling drained, crotchety and hungry for additional.
- Just one serving of low quality nourishment can build aggravation all through your body. Further as Australian Study propose that in individuals with Asthma, a cheap food supper high in soaked fat can expand aggravation in the aviation route, possibly making an asthma assault almost certain. So it appears the snappy hit of lousy nourishment, while momentarily fulfilling, along these lines convey momentary hazard

**Severity:**

- Regular admission of cheap food multiple occasions in seven days is related with extreme issue, for example, Asthma, Eczema or rhinitis, while asthma seriousness or practically 40% higher in adolescents and over 25% in more youthful children's.
- Eating low quality nourishment 4-6 times each week prompts lower math and perusing abilities contrasted and the youngsters who didn't eat the low quality nourishment.

**Constipation:**

An over portion of calories, fats, sugar, and other starch in rehashed dinners changes the nourishment wants of the kid and makes it more uncertain that the kid will eat strands, natural products, milk and vegetables. This can bring about more prominent odds of obstruction.

**Addiction:**

An over portion of calories, fats, sugar, and other starch in rehashed dinners changes the nourishment wants of the kid and makes it more uncertain that the kid will eat strands, natural products, milk and vegetables. This can bring about more prominent odds of obstruction.

**Academics Lacuna:**

Scholastic execution can be influenced because of cheap food in view of high sugar level pursued by sugar accidents and poor fixation levels make it hard to achieve task which need expanded time of centered consideration. Glucose variances can likewise bring about emotional episodes and lac of sharpness, bringing down homeroom investment.

**Less Energy:**

Cheap food has possess support in extracurricular action since it doesn't give sufficient supplements to physical movement. Absence of physical action keeps youngsters out of companion bunches as well as debilitates physical and psychological well-being.

**Depression:**

Heftiness can bring about brought down confidence and maybe melancholy. A few youngsters who eat shoddy nourishment are in danger of creating wretchedness even without corpulence. Sadness thus influences development and advancement parameters, scholarly execution and social connections. It likewise bring about higher danger of suicide

**Sleep Disturbances:**

Pepsi and Cola drinks frequently contains caffeine. Which can make sleep time a trial by deferring ordinary rest wake cycle.

**Hyperactivity:**

Essential fatty acids are typically missing or lacking in fast food. These include omega-3 and omega-6 polyunsaturated fatty acids which cannot be produced within the body, but are essential for the manufacture of cell membranes, and are also required in high concentrations within the brain and retina. The lack of such nutrients is thought to be associated with increased antisocial behavior, and perhaps with hyperactivity, though more research is needed to prove this.

**Indigenous Remedies to overcome fast food drastic effects:**

From many generations, Indian householdshad consumed plenty of indigenous quick serving food It is clear from above references that fast foods addiction caused drastic changes in health and daily lifecycle. Hence, it is essential to recommend its effective remedies. With this regard we found that traditional Indigenous items are best solution for the said problem. But they become outdated as a sense of standard life style. As a result, it is essential to make children and parents aware about the addiction caused by these food items. To tackle this issue, some food items are mentioned in the table as given below.

In Table-1 their classification as, Ready to Eat& Simple Cooking is mentioned as follows.-

**Table-1**  
**Classification of Traditional Home Made Food Item**

Ready to Eat	Simple Cooking
Kharwadi	Papda
Chakli	Wheat Noodles
Chiwda	Sargunde
Karanji	Kurdai
Bhel	Batole

Anarsa	Types of Papad
Types of Laddos	Potato Wafers
Piththi, Sattu	Veg. Paratha

### Alternative Indigenous Nutritional Food preparation:

We are able to prepare very rich nutritional food supplements in a short time which are mentioned in below Table-2

**Table-2**  
**Preparation of Supplementary Nutritional Item**

<b>1. Preparation of Homemade ShatawariKalp</b>			
<b>Sr. No.</b>	<b>Ingredients</b>	<b>Contains in mg</b>	<b>Process</b>
1	Spargus (Shatawari) Roots	200	Boil roots in drinking water up to extract is obtained
2	Ashwagandha Roots	50	Make root powder
3	Musli Roots	60	Make root powder
4	Nettal Roots	20	Make root powder
5	Sugar	100	Make powder & mix Shatarwari extract in it
6	Coco powder	50	Ready made
7	Cinnamon (Dalchini)	20	Make root powder
Note: Mix all ingredient and make ShatawariKalp.			
<b>2. Preparation of Homemade Sattupith</b>			
<b>Sr. No.</b>	<b>Ingredients</b>	<b>Contains in gm</b>	<b>Process</b>
1	Sprouted Wheat	500	Make Flour
2	Roasted Chana	100	Make Flour
3	Murmure	25	Make Flour
4	Sugar/ Jagari	100	Make Powder
5	Cumin Seed	20	Make Powder
Note: Mix all ingredient and make Homemade varieties of Sattupith related items.			
<b>3. Roasted &amp; Fried</b>			
<b>Sr. No.</b>	<b>Ingredients</b>	<b>Contains in gm</b>	<b>Process</b>
1	Nachni (Ragi)	100	Make Flour
2	Kutaki- Micro milate	100	Make Flour
3	Sawa- Micro milate	100	Make Flour
4	Milate (Bajri)	100	Make Flour
5	Cumin Powder	20	Make Powder
Note: Mix all ingredient and fry it to pack and sell it.			

### CONCLUSION:

- From above given fact it is clear that, to retained effective function of metabolic system, fiber are essential in our diet. Constipation is controlled by the enrich fiber diet. It is helpful to control all drastic diseases and to save addict children from getting attached and divert from the habit of having fast food meals. In short, there is vast scope to create positive & healthy environment for fast food addicts to resolve their problem.

- Indigenous food item cottage industry and marketing will be helpful for unemployed & self-help group. As they could get tremendous employment opportunities & economical enhancement as entrepreneurs. This fact is proved by the members of well-known enterprise Mahila Gruhaudyog through effective marketing of Lijjat Papad.
- Thus, Indigenous food item will help to boost health of addicted children.
- Education, health & employment are the parameters of human development index. Through this informative paper these parameters could be achieved.

#### **SUGGESTION:**

Following recommendations are suggested.

- Use of roots and tubers containing fiber and all nutrients in daily diet.
- Giving preference to herbal medicine.
- Preferring traditional indigenous food items over junk food.
- Use of homemade sprouted legumes, green leafy vegetables, various fruits in daily diet.
- Self-help groups should prepare and market innovative and creative indigenous food items which are healthy and ready to use.

From above discussion we can conclude that addiction of fast food is unhealthy, inferior and harmful for children. So, for their bright future, healthy and strong life, parents should prefer indigenous nutritional food instead of fast food.

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