



"A STUDY OF THE RELATIONSHIP BETWEEN TYPE OF DIET CONSUMED AND LEVEL OF DEPRESSION IN INDIAN INDIVIDUALS"

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ABSTRACT:

M.F.K Fisher once said. "First we eat, then we do everything else." This holds quite true is an integral part of not just our physical survival but also our social and cultural world every culture, every community, every different geographical region has a different way of consuming food. They cook it differently, garish it in unique ways and consume it differently, at different times and in different ways. So, when it is said. "You are what you eat" there is an extension to it that needs to be acknowledged, "How and when you eat it"



KEYWORDS: social and cultural world , consuming food, globalization.

INTRODUCTION :

Before the current level of globalization hit the world and affected our dietary methods diet fads and following the calorie-count culture, there were different methods of classifying the food we consume the ancient civilizations viz. Egyptian, Chinese, Japanese, Middle (Eastern, Indian, Roman and Greek have given importance to the food that one consumes

In addition, there may be a loss of energy; a change in appetite, sleeping more or less; anxiety reduced concentration indecisiveness, restlessness, feelings of worthlessness, guilt, or hopelessness; and thoughts of self-harm or even committing suicide.

Depending on the number and severity of symptoms, a depressive episode can be categorized as mild, moderate, or severe There are effective treatments for depression.

In India, the National Mental Health Survey 2015 -16 reveals that nearly 15% Indian adults need active intervention for one or more mental health issues and one in 20 Indians suffers from depression. It is estimated that in 2012, India had over 258,000 suicides, with the age-group of 15-49 years being most affected.

Acknowledging the increasing problem of depression, the idea of this study was to tab • a between diet and levels of depression as a basis to further the study to form a event'0n or tltrate\$y f'r depression using dietary therapy.

REVIEW OF LITERATURE

- Give a new interpretation of old material or combine new with old interpretations,
- Trice the intellectual progression of the field, including major debates,

In composing a literature review, it is important to note that it is often this third layer of knowledge that is cited as "true" even though it often has only a loose relationship to the primary studies and secondary literature reviews. Given this, while literature reviews are designed to provide an overview and synthesis of pertinent sources you have explored, there are a number of approaches you could adopt depending upon the type of analysis underpinning your study.

Sources of Literature Review: Primary Sources

The term primary source is used broadly to embody all sources that are original. Primary sources provide first-hand information that is closest to the object of study. Primary sources vary by discipline.

In the natural and social sciences, original reports of research found in academic journals detailing the methodology used in the research, in-depth descriptions, and discussions of the findings are considered primary sources of information.

Secondary Sources

Secondary source is a source that provides non-original or secondhand data or information.

Secondary sources are written about primary sources

Research summaries reported in textbooks, magazines, and newspapers are considered secondary sources. They typically provide global descriptions of results with few details on the methodology. Other examples of secondary sources include biographies and critical studies of an author's work.

Literature Relationship between Diet and Depression

Villegaz and Gonzalez, 2013: conducted research on the role of diet in prevention of depression. They stated that the research in this field is very scarce. However, there is evidence that suggests depression shares mechanisms of cardiovascular disease. They highlight three elements that should be considered in studying diet and depression:

1. Evidence has been found for isolated nutrients or food but not dietary patterns.
2. Most studies have cross-sectional design.

Analyses of cohort studies have yielded similar results to those obtained for the role of diet and cardiovascular disease. They suggest a need for longitudinal studies with improved methodology and large randomized primary prevention trials, with interventions based on changes in the overall food pattern, that include participants at high risk of mental illness.

Research Methodology

Population for the Study:

For this study, the population of Indians above the age of twenty-five was selected. The general reason for choosing this age demographic was because this is around the time that people become more responsible or aware about their eating habits.

Dependent Variables:

Level of Depression

- i. Normal Ups and Downs
- ii. Mild Depression

Beck Depression Inventory

The Beck Depression Inventory or BDI is a common method used to measure and quantify levels of depression. The scale of BDI was originally created by patient's description of their moods. It is

a 21 en self-report using a four-point scale. After the publishing of DSM-IV, the Beck Depression Inventory was revised in 1996, gaining the name BDI-II

STATISTICAL ANALYSIS

SK Mangal, 2009, enumerated the common usages of the word, "Statistics as:

Statistics refers to numerical facts. The state as well as Central Statistical departments and various other agencies are engaged in collecting valuable statistics (numerical facts) concerning birth and death, school attendance, employment market, industrial and agricultural outputs, and various other aspects

1. Statistical methods are extensively used in the field of educational and psychological testing
2. Statistics permit the most exact kind of description of phenomena with the help of statistics we can be definite and exact in our procedures and thinking

Findings, Implications and Conclusions

Findings

Oftentimes, it is quoted that you are what you eat. Not just Ancient Indian culture but all ancient civilizations, like Egypt, China, Middle East, etc. based on what could be gleaned from their text have given a great significance to their dietary intake. Indian culture has had a rather interesting approach where the diet one consumes was based on the occupation with the idea - eat for giving your optimal performance for your role in this world. Additionally, all the medical models obtained based on these ancient systems have used diet as a method to treat illnesses- physical or spiritual,

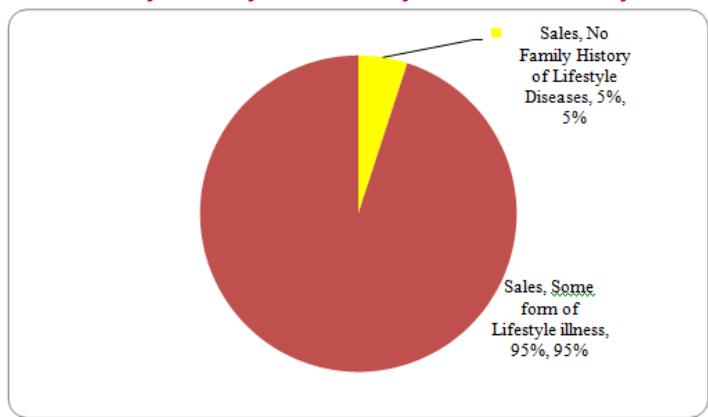
The present research was undertaken in order to see how relevant the ancient concepts are in context to modern people and the ever-increasing problem of depression. Based on the data collected by administering the Beck's Depression Inventory on a sample of 60 people, from which, 20 consumed a Rajasic Diet, 20 consumed a Tamasic Diet and 20 a Sattvic Diet and the statistical analysis certain findings were obtained.

1. Tamasic Diet consumers had a higher level of depression when compared to Rajasic and Sattvic Diet consumers. People who consumed a Tamasic Diet had maximum of 5 level of depression corresponding to Severe Clinical Depression as per the Beck's Depression Inventory. They also had a mean level of depression as 3.5 and the mean and median as 4.35 corresponds to Borderline Clinical Depressor and 4 corresponds to Moderate Clinical Depression. The Tamasic Diet consumers had a standard deviation of 1.42 and sample variance of 2.02. Interestingly, Sattvic diet takers had the mean of 1.25, median and mode of 1, with standard deviation of 0.79. and 0.62 which means that they are in the range of Normal ups and downs of life under the BDI evaluation. Rajasic Diet takers had the maximum level 4 and the minimum was 1. Overall, the mean of level of depression was 1.55 and standard deviation was 0.94, while sample variance was 0.89
2. **There is a significant difference between diet and the levels of depression:** Further investigating the differences seen in the central tendency of the data obtained, ANOVA was evaluated for the data. This showed significant difference between the diet consumed and levels of depression of the individuals.

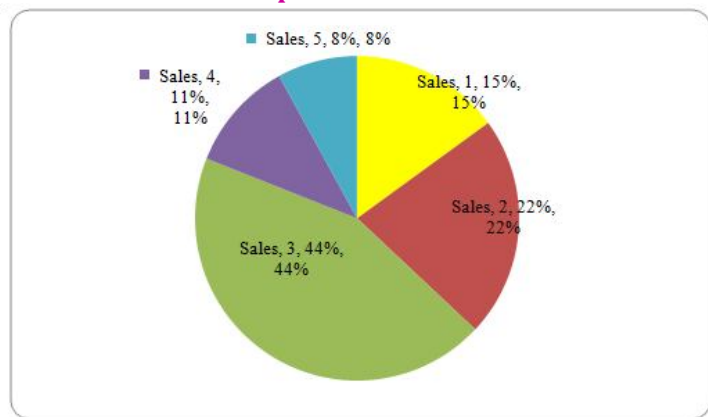
The correlation between these stress levels and depression was moderately positive (0.414) and on evaluating the regression it was found that the correlation was significant. Based on age-wise distribution, there is a significant difference between the levels of depression of the people ranging from the age of 25-40 as compared to the people ranging from the age of 41-60.

There is a significant difference between levels of depression of people with family history of mental illnesses and the people without family history of mental illnesses of the 91 people sampled, only 5 people had no kin suffering from any form of lifestyle disease. Other 86 people suffered from one or more form of lifestyle illnesses.

Family History with Lifestyle Disease Family



Self Reported Stress Level



IMPLICATIONS:

The present research was conducted to find the effect diet has on people in the hope of furthering it to something that could be applied in everyday life for better mental and physical health. In this context, what implications and conclusions can be drawn from the data analysis is very important. Here are the implications of the research:

1. Sattvic Diet corresponds to lowest levels of depression. It consists of Fresh fruits, vegetables (salads & cooked), fresh juice, grains, nuts, seeds, water, cow's milk, honey, herbal tea. The ancient texts identify sattvic food as having a positive effect on the mental health of the consumer. The current research holds true in this regard and has an overall low depression levels. It can be inferred that similar to the claims of ancient text where it is said that consuming sattvic food keeps the body healthy and mind safe from the overall "cravings of the mind and body. This is supposedly having a positive effect on the psychological health of he individuals as people taking Sattvic Diet have the lowest levels of depression from the sample.
2. Rajasic diet corresponds to lower levels of depression, however, there are higher levels stress, too. Historically, Rajasic Diet was prescribed for kings and fighters. It is related with high energy and quick mind. Contains fruits, vegetables, nuts, meats from hunted animals, clarified butter, butter, curd, honey, spices, wines. It may cause excitement, confidence and increase intelligence with life expectancy of about 100 years. Good for physical, mental and social health. It is a healthier alternative to tamasic diet and a tastier alternative to sattvic diet while still being healthy,

CONCLUSION:

"A study of the relationship between type of diet consumed and level of depression" was conducted For this study the format of Indian Vedic Diets- Rajasic, Tamasic and Sattvic were taken into

consideration as prescribed in the Malia-aanarany Upanishad. This type of diet was particularly classified according to the psychological and effect the consumption has along with effect on longevity, which is linked with one's mental health according to the Vedas. The diet was compared to the levels of depression in the consumer using the Beck's Depression Inventory.

Based on the data obtained and statistical analysis applied, it can be concluded that the Rajasic and the Sattvic diet correspond with lower levels of depression, meanwhile, Tamasic diet corresponds to high levels of depression, in addition, there was a significant difference in the levels of depression depending upon the diet people consume. There was no significant difference in the gender and the levels of depression.

This research study gives proof of the fact that what we eat affects our levels of depression, but as this is a study on a very small scale and with small samples, the concept needs further investigation with better management of confounding variables. With better methodology and a larger study, this could be a groundbreaking study in the field of depression. As depression is one of the most prevalent illnesses affecting 450 million, or as WHO estimates 1 in 4 people around the globe, a diet plan that could help manage the symptoms of depression or perhaps prevent it will be very significant in the field of depression management.

As Sattvic and Rajasic diets are also good for physical health and body composition, adopting these diets will not just improve the mental health but also provide a mode to combating obesity and malnutrition problems, especially in India.

The study gives a guideline for further investigation in regards to Vedic diets or Rajasic, Tamasic and Sattvic diets and the overall mental, physical and spiritual health of a person. Thus, in conclusion, a further in depth research is required to form a concrete basis of diet affecting the levels of depression and further, other mental illnesses like anxiety and stress in an individual.

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