



Influence of Eating Disorder and its Impact on Physical Health

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DESCRIPTION

A person who has an eating disorder is compelled to consume in a way that endangers their physical health. The eating may involve bingeing and purging cycles, excessive or compulsive overeating, excessive or restricted eating or the consumption of non-foods. It may also involve regular eating interspersed with episodes of purging. Eating disorders are a group of psychiatric conditions that can cause a person to acquire unhealthy eating habits. They might start out having an obsession with food, their weight or their appearance. When eating disorders are severe they can significantly harm one's health and if left untreated even result in death. In actuality, one of the most fatal mental conditions is eating disorder. Common symptoms include severe food restriction eating binges and purging behaviors including vomiting or excessive exercise. Although eating disorders can affect people of any gender at any stage of life they are increasingly common in men and gender nonconforming people.

Eating disorders may be caused by a multitude of circumstances. Genetics is one of them. People appear to be more likely to acquire an eating disorder if they have a sibling or parent who does. One last thing to consider is personality. Three personality qualities in particular are frequently connected to an increased risk of having an eating disorder: neuroticism, perfectionism and impulsivity. Cultural preferences for thinness perceived pressures to be slim and media exposure to these standards are some more potential explanations. The development of eating disorders may also be influenced by variations in biology and brain shape. Levels of the brain chemicals serotonin and dopamine in particular may play a role.

Some types of eating disorders

Pica: The eating disorder known as pica involves consuming items that are not regarded to be foods and do not have any nutritional value. Non-food items including ice, dirt, soil, chalk, soap, paper, hair, fabric, wool, pebbles, laundry detergent or

cornstarch are craved by those with pica. Adults, children and teenagers can develop pica. People with intellectual challenges, developmental disorders like autism spectrum disorder and mental health diseases like schizophrenia are the ones who experience it the most frequently.

A higher risk of poisoning, infections, gut injuries and nutritional deficits may exist in people with pica. Pica might be lethal. However, in order for the condition to be classified as pica consuming non-food items cannot be a common practice in one's culture or religion. Additionally, a person's peers must not regard it as a socially acceptable behavior.

Rumination disorder: Another recently discovered eating problem is ruminative disorder. It expresses a condition in which a person regurgitates food that they have already digested and swallowed. They then re-chew the food and either re-swallow it or spit it out. Usually, this ruminating starts during the first 30 minutes following a meal. This condition may appear in a baby, child or adult. It often develops between 3 months and 12 months of age in infants and frequently goes away on its own. Therapy is frequently necessary to treat the illness in both children and adults. Rumination disorder in babies, if left untreated can lead to severe malnutrition and weight loss both of which are potentially fatal. Adults suffering with this disease might limit how much they consume especially in public. They might lose weight and become underweight as a result of this.

It is unclear what specifically causes eating problems. An eating disorder however can emerge as a result of a variety of genetic, physical, social and psychological variables. A molecule that occurs naturally in the brain called serotonin controls mood, memory and sleep patterns among other things. Eating disorders may also be influenced by societal pressure. Particularly in Western culture, physical attractiveness and a trim body are frequently associated with success and self-worth. The behaviors linked to eating disorders may be fueled by the desire to be successful or feel accepted.

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