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Vegetarian diet and their effect on viral diseases

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Vegetarian diet and their effect on human beings have been studied worldwide. There are evidences that vegetarians have lower rates of coronary heart diseases because of low LDL cholesterol, lower prevalence of obesity, lower rates of hypertension and diabetes mellitus. Cancer rates of vegetarians are lower and life expectancy is greater. The risk of colorectal cancer is lower in vegetarians. There are different categories of vegetarians. Vegans who eat no animal products Lacto-ovo-vegetarians who eat no meat but eggs and dairy foods or both Pesco-vegetarians who eat fish but other meats less than 1 time Semi-vegetarians who eat meat aside from fish occasionally but less than weekly non-vegetarians who eat meats aside from fish more than 1 time per week. Since Rajasthan tops the list of states with highest vegetarians (more than 98% population) in India, while Telangana has highest proportions of meat eaters in India. The persons fall in Lacto-vo-vegetarian group; vegetarian diet includes wheat, rice, vegetables, buckwheat, *Amaranthus* and fruits. Buckwheat (*Fagopyrum esculentum*) (family: Polygonaceae) is healthiest food and is rich in essential amino acids, manganese, magnesium, copper, fiber, phosphorus and protein. Vegetarians have low rates of viral diseases. Vegetarians have less HPV (Human Papilloma Virus).

Biography

Rashmi Sharma has completed her PhD in 2001. She completed her MSc degree in 1993. She has attended 2 refresher courses and 1 orientation course. She has more than 23 years of teaching and research experience. She has attended more than 55 national and international conferences. She is Life member of Indian Science Congress, Member of International Science Congress Association, Global Health, Radiation Biology, etc. She is supervising 2 PhD and 8 MPhil students.

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