

## Vegetarian Diet and Their Effect on Viral Diseases, Ajmer, Rajasthan, India

Rashmi Sharma\*, Ashok Sharma, Amogh Bhardwaj, Devesh Bhardwaj, Garima Choumal, Ashok Gupta

Associate Professor, Department of Zoology, SPCGA, Maharshi Dayanand Saraswati University, Ajmer, Rajasthan, India

### ABSTRACT

Vegetarian diet includes fruits, Folic acid, Low cholesterol, total fat, vegetables, saturated fatty acids, Iron, grains, fats, phytochemicals, fiber, legumes, antioxidants, Vitamin A, B, C, D and E, Sodium, Zinc, Polyunsaturated Fatty Acids. When meat and fish are taken in place of vegetables it becomes nonvegetable diet. Vegetable diet is beneficial in all ways it reduces obesity, reduces diabetes, reduces cancer, cardiovascular diseases, lowers blood level and improves kidney functions, reduces pain from arthritis, brain diseases (Alzheimer). It also reduces cholesterol, digestive system disorders (constipation and diverticulosis). But vegetarians have higher risk of increased plasma homocysteine, platelet aggregability, average platelet volume due to low vitamin B 12 and PUFA. Vegetarian diet is rich in nutrients it provides fiber, vitamins, antioxidants, potassium, magnesium, folate, Vitamins A, B, C, D and E. In the present paper vegetarian diet and its effect on viral diseases were studied.

**Keywords:** Vegetarian diet; Nonvegetarian diet; Health.

### INTRODUCTION

Vegetarian diet is of 9 types

Pure vegetarian eat pure vegetarian diet.

Strict vegan eats plant and plant products, excluding all animal origin items.

Lacto-vegetarian diet, in which milk and milk products, vegetables, fruits and grains.

Lacto-ovo-vegetarian diet includes milk and milk products, eggs, honey, vegetable, fruits and grains.

Ovo-vegetarian diet consumes egg, honey, but no milk and milk products.

Pescatarian diet persons eat fish in place of vegetarian diet.

Semi vegetarian Plant products, chicken, fish, eggs, dairy products, honey, but not red meat.

Partial vegetarian eat cake which has egg but not omelette.

Nonvegetarian eat all animal products including red meat. Some eat nonvegetable when forced.

Some eat nonvegetable while drinking and others on days Wednesday, Friday, and Sunday not on Tuesday, Thursday, and Saturday. Some eat nonveg outside house not inside house.

According to Aleksandra Tomova Igor Bukovsky and Hana Kahleova, 2019. Vegans have higher number of Bacteroidetes compared to meat eaters. Due to presence of fiber large numbers of lactic acid bacteria are found eg. *Ruminococcus*, *roseburia* decrease and *Enterococcus*, *Clostridium* and *Enterococcus sp.* Taking excess alcohol causes fatty liver and liver cancer, increases skin diseases and decreases body immunity and early death. Polyphenols of plant increase bifidobacterium and lactobacillus which have anti-inflammatory, antipathogenic, cardiovascular protection. Due to high fiber SCFA s (short chain fatty acids), butyrate, acetate, propionate SCFA s have infinite good health effects. They also increase immunity, blood brain barrier retained. And intestinal functions are kept normal. According to Tina H. Chiu, Ming Nan Lin Chin Lon Lin, Tzu Chi Medical journal 20 May 2018, vegetarian diet reduces the chances of fatty liver diseases, Fatty liver and fibrosis. Plant diet is advantageous for human because it promotes multiple (manifold), microbes and distribution of advantageous species of microbes. In the present paper vegetarian diet and its effect on viral diseases were studied.

\*Corresponding author: Rashmi Sharma, Associate Professor, Department of Zoology, SPCGA, Maharshi Dayanand Saraswati University, Ajmer, Rajasthan, India, E-mail: sharmarashmigca@gmail.com

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## METHODS

Survey was done some 200 persons 2015-2016 which were taking vegetarian diet or nonvegetarian diet (Meat, fish, egg, refined carbohydrate etc.) with the help of Questionnaire, interview and blood biochemistry, dietary evaluation cardiometabolic covarieties and their occurrence of viral diseases.

## OBSERVATIONS AND RESULTS

During survey it was found that vegetarian diet promotes health, and reduces chances of Viral diseases and other diseases one of the reason may be gut microbiota which increases immunity, decreases chances to get fatty liver, fibrosis, cardiovascular diseases, diabetes, obesity, cancer and enhance kidney functions.

**Table 1:** Vegetarian families and viral diseases.

S. No.	Family Member	Diet	Viral diseases.
1	Male	Lacto -Vegetarian	No
2	Female	Lacto -Vegetarian	No
3	Male	Lacto-Vegetarian	No
4	Male	Lacto-Vegetarian	No
5	Male	Lacto-Vegetarian	No
6	Female	Lacto-Vegetarian	No
7	Male	Lacto-ovo-Vegetarian	Yes
8	Male	Non vegetarian	Yes
9	Female	Non vegetarian	Yes
10	Male	Lacto-vegetarian	Yes
11	Male	Lacto-Vegetarian	No
12	Female	Lacto-vegetarian	No
13	Male	Meat	Yes
14	Male	Lacto-ovo-vegetarian	No
15	Female	Lacto-vegetarian	No
16	Female	Lacto-vegetarian	No
17	Male	Non vegetarian	Yes
18	Female	Non vegetarian	Yes
19	Male	Lacto-vegetarian	No

20

Female

Lacto-Vegetarian

No

## SUMMARY

Vegetarian diet which includes vegetables, fruits and grains and nonvegetarian diet include meat. Vegetarian diet is much better than nonvegetarian diet, it reduces obesity, cardiovascular diseases, cancer, Cholesterol and diabetes. And the above study shows vegetarian diet also reduces risk of viral diseases. Antiviral Plant products should be used to say goodbye to viral diseases. Rajasthan most families are Lacto- vegetarian and Telangana most are nonvegetarians.

## DISCUSSION

Now days during outburst of Severe Acute Respiratory Syndrome (SARS), and Covid-19, Corona virus Vegetarian diet is beneficial. It reduces the risk of viral diseases. I myself, also Lacto-vegetarian due to religious belief as well as health issues. The countries which are showing large number of cases of Corona are seen in nonvegetarian countries. Countries showing low number of cases of viral diseases are vegetarian countries. People are embracing vegetarian life because it brings health benefits, ecologically sustainable, avoid ill treatment of animals.

## CONCLUSION

Out of 20 studied cases 13 were Lacto vegetarian cases which did not suffered Viral diseases. 3 cases were Lacto-ovo-vegetarian out of which 1 person suffered viral disease, and remaining 4 were non vegetarian which suffered most viral diseases. Rajasthan maximum (more than 90%) cases of Lacto-Vegetarian were observed some are vegetarian due to religious purpose and others have chosen broad wide way of living alternative. Nutrition we take is great factor for human intestine microbiota. And host postbiotics plant nutritional diet increase life and increase advantageous microbiota and they were healthy. Vegetarian diet is reciprocally related to fatty liver because BMI is lowered . We can replace fish and meat with Soybean, refined carbohydrate with whole grain and avert fatty liver. Some vegetables are potent antivirals like *Zingiber officinale* , *Elettaria cardamomum*, *Anonum subulatum*, *Myristica fragrans*, *Trigonella foenum graecum*, *Terminalia chebula*, *Cleome viscosa*, *Glyrrhiza glabra*, *Brassica nigra*, *Papaver somniferum*, *Capparis spinosa*, *Commiphora wightii*, *Cinnamomum verum*, *Laurus nobilis*, *Apium graveolens*, *Syzygium aromaticum*, *Buchanania lanzan*, *Garcinia gumigutta*, *Elettaria cardamomum*, *Piper nigrum*, *Ocimum sanctum*, *Allium cepa*, *Allium sativum*, *Trachyspermum ammi*.

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