

Shree Manibhai Virani & Smt. Navalben Virani Science College, Rajkot
Autonomous
Affiliated to Saurashtra University, Rajkot

OFFERING DEPARTMENT: DEPARTMENT OF BIOCHEMISTRY
PART II-GENERIC ELECTIVE
Semester – VI

16UBCGE02	Life Style Disorders	2 hrs/week	2 credits
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Objectives:**To enable the students to**

1. Understand the relevance, significance and implications of lifestyle disorders
2. Give better insights in various types and causes of life style disorders & their management

UNIT I Life style and Dietary habits [5 hrs]

Different areas under Health Lifestyle

- Wellness and Fitness
- Food groups and Balanced diets
- Lifestyle changes- circadian rhythm , work time and work stress
- Dietary changes- eating out; fast & Junk foods; bulimia etc.

UNIT II Social habits and Wellness [5 hrs]

Causes, Parameters and Prevention through dietary and lifestyle modifications

- Smoking,
- Alcoholism
- Drug dependence
- Sexually transmitted diseases (STD)

UNIT III Lifestyle disorders [4 hrs]

Causes, Parameters and Prevention through dietary and lifestyle modifications

- Obesity
- Hypertension

UNIT IV Metabolic disorders [5 hrs]

Causes, Parameters and Prevention through dietary and lifestyle modifications

- Diabetes,
- Hypercholesterolaemia and
- Hypertriglyceridemia

UNIT V Common lifestyle related ailments [5 hrs]

Etiological factors, prevention and treatment of

- GIT disorders- Acidity, Gastritis, Ulcer, Amoebiasis, diarrhoea, Constipation, , piles and gall stones
- Common ailment- cold, cough, fevers
- Common deficiency diseases – anaemia, Vitamin D and Vitamin B12 disorders.

Text Books

1. Text book of Clinical Biochemistry- Carl. A.Burtis and Edward R. Ashwood
2. Text Book of Medical Biochemistry Dr. M.N. Chatterjee and Rane Shinde

Reference Books

1. P. Singh MD. Textbook of Nutrition and Health; First Ed; 2008; Academic Excellence
2. Biochemistry with Clinical Correlation- Thomas M. Devlin