

Conference Abstract

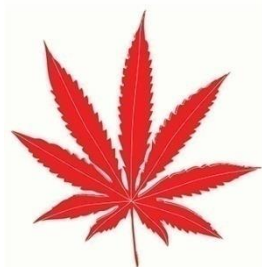
http://dx.doi.org/10.21065/AdvFoodNutriSci.4.133

9th Pak Pharma Healthcare Expo

1ST Pakistan Food –Nutrition International Summit 2019

Monday –Thursday, July 10-11, 2019

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

EFFECTIVENESS OF BARLEY PORRIDGE AS AN ANTIDEPRESSANT

Maleeha Khaliq

Department of Diet and Nutritional Sciences, University of Lahore, Islamabad Campus, Islamabad

Ethics approval and consent to participate: No ethical approval needed for this research work.

Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Keywords: Prophetic medicine, barley porridge, antidepressant, amino acids

ABSTRACT

Depression among the elderly is a health concern all around the world as it is a major risk factor for Alzheimer's disease. Depression has been associated with emotional and physical well-being, decreases quality of life, and increases mortality rate. The prevalence of depression is reported to be higher among the elderly who reside in long term care facilities as compared to community-dwelling elderly. Studies have shown that one of the factors that influence mood and depression is food. Macronutrients and micronutrients have an effect on mood and cognitive function. It is hypothesized that higher intake of carbohydrates is associated with less depressed feelings and more energy. Carbohydrate intake enhances serotonin synthesis by increasing the release of insulin, which facilitates muscle reuptake of amino acids, but not tryptophan, and further increases the ratio between tryptophan and large neutral amino acids (tyrosine, phenylalanine, leucine, isoleucine, and valine) in plasma. This results in an increase of tryptophan availability to the brain which is metabolized to serotonin. In addition to nutrients, specific food items, such as chocolate, tea, sucrose, and cod liver oil have been studied based on their potential effects to relieve depression. However, clinical trials to prove the association are scarce. Thus, the evidence linking specific foods with mental health is limited.

Corresponding author:

Maleeha Khaliq. Department of Diet and Nutritional Sciences, University of Lahore, Islamabad Campus, Islamabad.
E: maleehakhaleeq96@gmail.com

Citation:

Maleeha K. Effectiveness of Barley Porridge as an Antidepressant. Adv Food Nutr Sci. Vol. 4. 2019.p. 133-134.

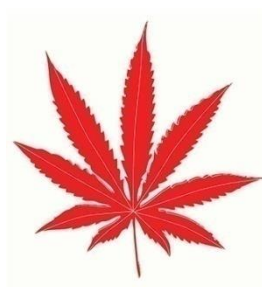
Funding:

The authors received no direct funding for this research.

Competing Interests:

The authors declare no competing interests.

Additional information is available at the end of the article.



© 2019 The Author(s). This open access article is distributed under a Creative Commons Attribution (CC-BY) 4.0 license.

You are free to:

Share — copy and redistribute the material in any medium or format

Adapt — remix, transform, and build upon the material for any purpose, even commercially.

The licensor cannot revoke these freedoms as long as you follow the license terms.

Under the following terms:

Attribution — You must give appropriate credit, provide a link to the license, and indicate if changes were made.

You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use.

No additional restrictions

You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits

The abstract appearing is approved to present in 9th Pak Pharma Healthcare Expo | 1ST Pakistan Food –Nutrition International Summit 2019, July 10-11, 2019 at Pak-China Friendship Centre, Islamabad, Pakistan. The submissions were selected and processed by the Organizing Committee to be presented in oral or poster session, and were subject to review by the Program Committee.