

Essential Nutritional Components for Human Health Development

Dr. Amit Kumar Awasthi
 Assistant Professor-Department of Zoology
 D.S.N.P.G. College, Unnao.

Abstract

Water is probably the most important essential nutrient that a person needs. A person can only survive a few days without consuming water. Even slight dehydration can cause headaches and impaired physical and mental functioning. The human body is made up of mostly water, and every cell requires water to function. Water helps with several functions, including- flushing toxins, outshock absorption, transporting nutrients, preventing constipation, lubrication, and hydration.

Keyword: *Nutrition, Deficiency Disease, Food Components, Macronutrients, Micronutrients.*

The following are the importance of a balanced diet: Balanced Diet leads to a good physical and a good mental health. It helps in proper growth of the body. Also, it increases the capacity to work. Balanced diet increases the ability to fight or resist diseases. A person who eats a healthful, balanced diet that includes lean proteins, vegetables, fruits, complex carbohydrates, and water will get the nutrients they need. People with digestive issues, who take certain medications, or have other conditions may require supplements to help them get the body's essential nutrients. A person needs to consume all six types of essential nutrients to ensure the best possible health.

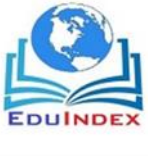

These nutrients support vital functions, including grow the immune, the [central nervous system](#), the benefits and dangers of certain foods, and the relationship between diet and health. The absence of essential nutrients and resulting deficiency diseases were recognized even before vitamins and minerals were 'discovered' in the 18th and 19th centuries. Throughout our lives, and even before we are born, we are exposed to a complex mixture of food compounds that can have a positive or negative impact on our long-term health.

In Bhagwad Gita it is said –

“Foods which are bitter , acidic salty , ovehot, pungent,dry,and burning and which cause suffering ,grue for sickness ,are dear to the Rajsic type of persons”.

Foods which are all cooked or half ripe , insipid , putrid,stale and polluted, and which are impure too, are dear to ersons of a ‘Tamsic’ disposition. (9:10)

“Rajsic” (endowed with passion) and “Tamsic” (malignant ,wicked) are the two lower catagories of humans . In Verse 8 the Lord Indicates the type of food which “Satvic” (Virtuous, gentle and those endowed with goodness) person take. “Foods which promote longevity Intelligence , Vigour ,health happiness and Cheerfulness and which are juicy , bland, sustains and Naturally agreeable are dear to the satvic type of person” By taking excess food , health gols

	<p align="center">Think India (Quarterly Journal) <i>ISSN: 0971-1260 Vol-22, Special Issue-08</i> in collaboration with Indira Gandhi Government Post Graduate College, Bangarmau, Unnao-209868, Uttar Pradesh, India</p>	
--	---	--

down , life span decreases and the gates of heaven are closed to such a person. It is a sin to over-eat. People consider it has therefore, leave the habit of overeating.

The Golgen age where in a wholesome balance between good food and good health had been well maintained. The physical body and its cells according to the Indian System are made of the five elements of Aakash, Air, Fire, Water and Earth. All above elements necessary for production of such a food. Chlorophyll is the suntrap which stores the energy of the sun. It acts with the vitamins and minerals, the hormones and amino acids to produce the red pigment of blood cells. As quantity of minerals any trace elements in various foods depends upon the presence of those elements in the soil where they are grown, their acidic and alkaline effect may vary from area to area.

According to the science of yoga, human Body has two mechanism one which nourishes the body and the other which cleanses the body by eliminating the remaining refuse. When unbalanced food is taken, toxins are formed and when those toxins are formed and when those toxins cannot be eliminated by the body's various systems, those toxins damage the body's organs concerned and bring ill health.

Your energy requirement depends on your age, size and activity level. If your energy intake equals the amount of energy you expend, then you are in energy balance. If your intake exceeds your expenditure, the excess energy is converted to body fat and you gain weight. On the other hand, if your intake is less than your expenditure, your body uses up fat stores and you lose weight. Therefore, for weight to remain stable, the total amount of calories that a consumed must not exceed the total that is used up through metabolic processes (e.g. exercising, sweating, and breathing). Energy intake must match energy output.

World Health Organization:

Necessary aid upon the request or acceptance of Governments; To provide or assist in providing, upon the request of the United Nations, health services and facilities to special groups, such as the peoples of trust territories; To establish and maintain such administrative and technical services as may be required, including epidemiological and statistical services; to stimulate and advance work to eradicate epidemic, endemic and other diseases. To promote, in co-operation with other specialized agencies where necessary, the prevention of accidental injuries; To promote, in co-operation with other specialized agencies where necessary, the improvement of nutrition, housing, sanitation, recreation, economic or working conditions and other aspects of environmental hygiene.

WHO addresses government [health policy](#) with two aims: firstly, "to address the underlying social and economic determinants of health through policies and programmes that enhance health equity and integrate pro-poor, gender-responsive, and human rights-based approaches" and secondly "to promote a healthier environment, intensify primary prevention and influence public policies in all sectors so as to address the root causes of environmental threats to health".

The organization develops and promotes the use of evidence-based tools, norms and standards to support member states to inform health policy options. It oversees the implementation of the International Health Regulations, and publishes a series of medical classifications; of these, three are over-reaching "reference classifications": the International Statistical Classification of Diseases (ICD), the International Classification of Functioning, Disability and Health (ICF) and the International Classification of Health Interventions (ICHI) .

Other international policy frameworks produced by WHO include the International Code of Marketing of Breast-milk Substitutes (adopted in 1981), Framework Convention on Tobacco Control (adopted in 2003) the Global Code of Practice on the International Recruitment of Health Personnel (adopted in 2010) as well as the WHO Model List of Essential Medicines and its pediatric counterpart.

Governance and support

The remaining two of WHO's identified policy areas relate to the role of WHO itself-

- To provide leadership, strengthen governance and foster partnership and collaboration with countries, the United Nations system, and other stakeholders in order to fulfill the mandate of WHO in advancing the global health agenda.
- To develop and sustain WHO as a flexible, learning organization, enabling it to carry out its mandate more efficiently and effectively.

Works consulted:

1. Dewan, A.P. (2008). Food for Health, A.C. Specialist Publishers Pvt. Ltd, Servants of The People Society Delhi.Print.
2. Pal, Dr .Y.K.S. (2002). Health Education, A.P.H. Publishing Corporation, New Delhi. Print.
3. B.Sivasankar, B. (2012). Food Processing and Preservation, Prentice Hall of India Private Limited, New Delhi. Print.
4. Bhatia, S.C. (2018). Vegetables and Animal Oils, Shree Publishing House, New Delhi. Print.