



“Meal consumption pattern and health status of adults taking meal before and after sunset. “

1. Dr. Manju Patni, Asst. Professor.
Home-Science, Govt. Girls P.G. College, Moti- Tabela, Indore.
2. Dr. Sonia Gupta, Sr. Lecturer
Department of Hotel Management, B.I.T-Mesra
3. Shipra Srivastava (Corresponding author)
Home-Science, Govt. Girls P.G. College, Moti- Tabela, Indore.
shipra_mini416@rediffmail.com
09893821558
(0551) 3294714

Abstract:- Food is that eatable which has the potential to provide life to the living organism. All those food products that we use in the form of food are called eatables. Human being needs food for following reasons:- Metabolism, Prevention of diseases, for source of energy and for mental stability.

Food plays an important role in our life. According to three meals a day, we take one thousand meals in one year. Food can be defined as anything solid or liquid, which when swallowed, digested and assimilated in the body, keeps it well. The meal taken by each individual differs from one another and determines their different nutritional status.

We can define Nutritional Status as, “Nutritional Status is the condition of health of an individual as influenced by the utilization of nutrients in his body”. Many factors affect nutritional status, like food habits, blind faith, customs & traditions etc. This study accomplished through the food pattern of people of Jain dharma, who don’t eat at night (Ratribhojana Tyagi) and people who take meal in night, and its effect on the health status of adults.

INTRODUCTION:-

Food is that eatable which has the potential to provide life to the living organism. All those food products that we use in the form of food are called eatables. Human being needs food for following reasons:- Metabolism, Prevention of diseases, for source of energy and for mental stability.

The people in the culture have many of the cultural values of the overall society, but at the same time they profess beliefs, values and customs which identify them as a separate group, e.g. Hinduism has a culture but Hindus are divided in to a several groups on caste lines and each caste has its own beliefs, values and customs. Jainism is one of them.

Jainism is as old as nature, which has neither beginning nor any end. The mission of Jainism is the mission of nature, which is to work for the welfare of one and all. Jain religions recognize the fundamental natural phenomenon of symbiosis or mutual dependence, which forms the basis of the modern day science of ecology.

The principles of modern science are true and temporary in particular context of space and time only. But the principles of Jainism are true for all time, for all space, for everybody and everything.

Jainism does not belong to any particular sect or fixed dogmas. Jainism does not say that some particular class will be given freedom and others will remain in bondage, it is perfect form of democracy. It emphasizes equality of opportunities to achieve perfect freedom and spiritual perfection, be it a highborn or any backward class member, and even the lowest form of life. Each one has the potentiality of reaching the highest state. It believes that every soul has immense power, which can be released like the nuclear energy.

The fundamental of jain philosophy are that (This universe) the whole cosmos is self created, self ruled, self regulated and self administered, according to the mighty and eternal cosmic law.

At the most basic level all Jains are strictly vegetarian. But given that eating and drinking anything at all is bound to do harm to those Jiva embodied in plants and water, fasting play a key role in both ascetic and lay practice.

To take the pledge to do good work and to leave bad habits is called “**Vrata**”. Those who follow this, is called **Shraman** (JkOD). Jain shraman takes eleven great **vows (Mahavrata or Pratima)**. In this sixth is “ **Ratibhojana Virmana**”, (Nocturnal meals). **To abstain from food and water, 48 minutes before sunset and not until 48 minutes after sunrise.**

According to the Padma Purana, shloka no. 37 of jain religion:-

e|ekalk'kkua] jk=kS Hkkstua dUn Hk{k.ke~A
;s dqoZfUr o`FkkLrs;ka] rhFkZ ;k=k tiLri%AA

In other words, in the lives of those who eat meat, drink alcohol, take honey, eat in night and eat *kand*, there is no importance of going to holy places.

According to the beliefs of jain dharma, leave habit of taking food in night because while eating in night, there are chances of small insects, that are produce during night, to fall in that food. These harmful insects are not even visible under light. Food taken in night is even hard to digest.

Due to the food related bad habits, Atonic constipation is often seen. This mainly occurs due to the deficiency of liquid and fibrous food. Prolong fasting or long gap between two meals produce acid in stomach that affects the inner membrane of stomach. In the same way due to the deficiency of insulin, insufficient digestion of glucose occur which leads to diabetes.

Objective: - Comparative study of food pattern of people of jain dharma, who don't eat in night (Ratribhojana Tyagi) and people who take meal in night, and its effect on the health status of adults.

Method: - Though questionnaire method, survey of 50 who don't eat in night (Ratribhojana Tyagi) and 50 people who take meal in night is done.

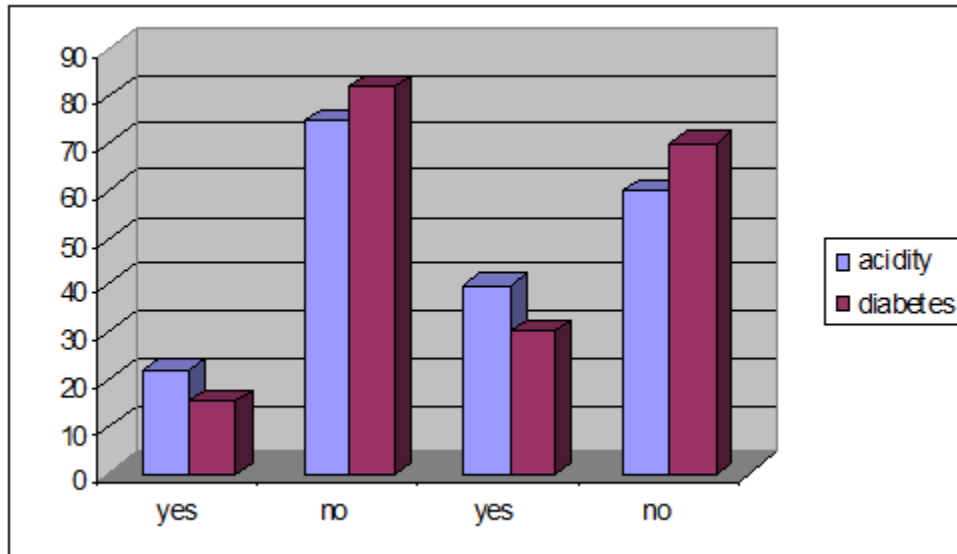
Result:- In this study, maximum 38 percentage people who don't eat in night are between age group of 66 to 70 years old, while maximum 40 percentage who take meal in night are between age group of 40 to 45 years old. In the study, all the people follow jain dharma, both men and women are included and the age group is between 40 to 75 years old, Family income up to Rs. 15000.

TABLE-1. Effect of food pattern on Acidity and Diabetes.

	People who don't eat in night						People who take meal in night					
	yes	per	no	per	total	per	yes	per	no	per	total	per
Have Acidity	12	24	38	76	50	100	20	40	30	60	50	100
Have Diabetes	08	16	42	84	50	100	15	30	35	70	50	100

24 percentage people who don't eat in night have acidity and 16 percentages have diabetes, while 40 percentage people who take meal in night have acidity and 30 percentages have diabetes.

This conclude that people who take meal in night are more prone to acidity and diabetes



People who don't

People who take meal

eat in night

in night

TABLE-2. Mealtime of people who don't eat in night & people who take meal in night. (Mean)

	MEAL TIME	
	Before sunset	After sunset
Break fast	9 am	9 am
Lunch	11 am	12 pm
Evening Tea	3 pm	3 pm
Dinner	6 pm	9 pm

To study the food pattern of jains, we found that both the people who don't eat in night and people who take meal in night take breakfast and evening tea at the same time that is 9 am and 3 pm. But people who don't eat in night take lunch at 11 am and dinners at 6 pm (before sunset) while people

who take meal in night take lunch at 12 am and dinner at 9 pm (after sunset. Many jain have desire to take meal before sunset but they are restricted by their nature of occupation. Living pattern of present day is also one of the main reasons.

All jain persons who are *Rathribhojana Tyagi* follow this *vrata* by his own desire. 90 percentage people don't give suggestion for this *vrata* to any other person, while 10 percentages give suggestion for this *vrata* to any other person. 48 percentage take meal in night 38 percentage of them take milk and also sweets and *falahari* occasionally, while 16 percentage people do not take anything in night.

While studying the time period, tfrom which people follow this *vrata* of *Rathribhojana Tyaga*, we found that 48 percentage people are following this *vrata* from beginning, 14 percentage are following from 15 years old, 10 percentage from 18 years old, 6 percentage from 35 years old and remaining other 4 percentage are following from 40 years old or 20 years or 7 years old.

Conclusion:- In jain dharma, *Rathribhojana Tyaga* is a *vrata* in which people abstain from food and water, 48 minutes before sunset and not until 48 minutes after sunrise. In present day *Rathribhojana Tyagi* people don't take meal only in night and before sunrise.

While studying food pattern of people who don't take meal in night, we came to the conclusion that they take lunch at 11 am and dinner at 6 pm and maximum 84 percentage people take milk in night. We also conclude that people who take meal in night are more prone to acidity and diabetes.

All jain persons who follow this *vrata* are not at all pressurized to follow this. Many people follow this *vrata* from begging. Also many jain have desire to take meal before sunset but they are restricted by their nature of occupation. Living pattern of present day is also one of the main reasons.

Reference: _

1. Pt. Babulal Phanish, *Atma sadhana de das lakshan parva*, Pavagiri, Page No. 50-52.
2. Dayachand Goyaliye, *Bal Bodh Jain Dharma*, Kund Kund Gyanpith, 2002, Page No. 11
3. Nair, Paul, George & John, *Modern Marketing Management*, Himalaya Pub. House, Bombay, 1992, Page No. 16-17.
4. William J. Stanton, *Marketing*, Mc Graw Hills, International Book co. Auckland, 1984, Page No. 104