

## EFFECTS OF JUNK FOOD ON FEMALE HORMONES

**Dr.Nishath Afreen<sup>1</sup>, Dr.Asiya farheen<sup>2</sup>**

<sup>1,2</sup>PG Scholar, Dept of Qabalath wa Amraz e Niswan[OBS&GYNEC]GNTC, Hyd ,T.S.

### ABSTRACT

*The human body is an incredibly complex structure .we can compare the healthy body to a well designed machine whose parts work smoothly together. “Eat healthy and live healthy” is one of the essential requirement for long life. Unfortunately women have switched to a faster life style and adapted to a system of consumption of junk food which has adverse effect on health especially hormonal make up which causes menstrual irregularities and disturb female reproduction .Junk food simply means an empty caloric food which is rich in calorie or high in sugar,sodium, salts and grease but lacks in micronutrients such as vitamins, minerals, amino acids and fibre.These foods are easy to carry and purchase but increase body fat and fat influences a number of different hormones in the female body .The most important among them are insulin, estrogen ,cortisol and testosterone.All these hormones exist in balance with each other when body is at a healthy weight. The term “JUNK FOOD” coined in 1972 by Michael Jacobson director of the center for science in the public interest.Junk food effects the body by itself and by its packaging[wrappers].wrappers contains many chemical substances like phthalates,PFASS,sodium nitrite,caramel colouring etc.. in which phthalates are group of chemicals that are used to make plastics .certain phthalates are endocrine disruptors that may interfere with the body endocrine system and causes hormonal imbalance. In unani tibb health of a human body is depends up on FOOD and DRINK [MAKOOL WA MASHROOB]which is one of essential factors of ASBABE SITTA ZAROORIYA and unani system of medicine lays rules for a balanced life style which revolves around these essential factors and our unani physicians classified the food according to calories[ghizae lateef,ghizae kaseef] and advices to take easily digestable, nutritious food which gives strength to the body and maintain health.*

**KEY WORDS:** *Junk food, females, disturbed hormone, unani.*