

Treatment of childhood adolescent and obesity by antidiabetic plants

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Introduction

Obesity is one of the major parts that are being seen in the present population of about 80%-95% around the globe. From the elders till the kids, the obesity has become a part of their life which is throwing them into risk of many life-threatening diseases. To calculate the body's physical condition, one can check through the Body Mass Index (BMI). The BMI is a scientific calculation that is done by dividing a person's weight in kilograms (in square) to his height (in metres). A percentile of every component is of the 100 components of the populations with the loaded distribution as the data point variable. Childhood fat is taken into in to high significant issue as it is severe in that age. The children in the less age can be more prone to the diseases with the higher fat as they are younger. The over-weight and the fat is an excessive fat proliferation that leads to the high risk to the health.

A body BMI over the 25% is taken into the consideration that it is accounting into the over-weight list and with it is been adding in to the morbidity and also the mortality. This over-weight is also resulting mostly with the high diabetic record that is seen from the younger generation to the elder generations. The Gestational Diabetes Mellitus (GDM) arises from glucose intolerance, with an onset throughout the pregnancy. The patients will suffer from this as a part of body's dysfunction due to more cholesterol segregation. High concentrations of the glycerol, pro-inflammatory markers, fatty acids, enzymes, overweight, pneumonic hypertension and different rotund entities improve insulin resistance in obese population. In general this condition is concerned with the impairment of the organs, dysfunction of the organs etc. Some may lead to the long-lasting effects that may also prone to the death sometimes. It is connected with the complex syndromes, severe hazards to the health.

Globally, there is a great prevalence of the obesity and in 1975-2016 and 2017-18 there are tripled in the population with the obesity. Likewise, till date there is increase in the obesity levels or the records in the population. Over all, in the 25% of the population, women are more obese when compared with the men. The range of obese individuals in the world are drastically increasing day by day and

mostly with the physical inactivity. The world prevalence of the fatness is virtually tripled mostly in between the years of the 1975-2016 and mostly in the recent years there are more.

Childhood Obesity and Consequences

Childhood obesity has reached to the maximum in the most of the countries and mainly in the developing countries. The consequences of the childhood obesity can be broadly classified into two,

1. Medical consequences

2. Psychological consequences

- The medical consequences include the following;
 - a. Metabolic complications such as diabetes mellitus, dyslipidaemia, hypertension, insulin resistance, high cholesterol etc.
 - b. Non-alcoholic fatty liver diseases and it also includes the mechanical problems. Those are like obstructive sleep disorder, sleep-apnea syndrome, asthma, joint related problems and also musculo-skeletal disorders or distress.
 - c. Bone related (Orthopaedic) disorders etc.
- The psychological consequences include the following;
 - a. Depression
 - b. Anxiety
 - c. Low self-respect feel
 - d. Bullying etc.

There are wide morbidities in the childhood fat where it completely or partially has a greater impact on the health as well as psychological way. Also, the adults who are fat are at danger though. Over-weight and obesity are the major drawback for being healthy, active mentally and physically too.

Conclusion

In order to manage the over-weight or the obesity, there are several dietary supplements that are existing since decades that are been gifted by out ancients. In the present generation, the physical activity studios, the fitness schools came into the lime-light for reducing the body mass. There are medications too in all types of medicine such as allopathy, homeopathy, unani, siddhi etc., where they extract the medicinal value based ingredient and follow up for the formulation of the medicine based on their guidelines, where the mechanism of action varies from form of the medicine. Therefore, with the physical activity, the proper dietary measures as well as the pharmacotherapy must be planned in parallel form.

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