

NUTRITION AND FOOD SCIENCES

March 03-04, 2022 | Webinar

Association Of Orthorexia Nervosa with Mental Health Disorders

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Orthorexia Nervosa is a condition in which healthy eating becomes unhealthy. It can also be defined as the fixation towards clean eating, the person suffering is conscious about their diet more than they should be which leads to ill effects. Orthorexia Nervosa also tends to affect the social life of people. It has not been stated as a Mental Disorder but a lifestyle syndrome and an Eating Disorder. The category that Orthorexia Nervosa falls into is still controversial. The purpose of the study is to understand the Association Of Orthorexia Nervosa with Mental Disorders as many researches state that there is a relationship between Anorexia Nervosa and Bulimia Nervosa. An Electronic search was implemented in PUBMED, GOOGLE SCHOLAR, RESEARCHGATE, ELSEVIER and SCIENCEDIRECT on database, search terms included: Orthorexia Nervosa, Eating Disorders, Clean Eating, Fixation. The findings show the degree of Association of Orthorexia Nervosa with the Anorexia Nervosa, Bulimia Nervosa, Obsessive Compulsive Disorder and Obsessional Thinking. The association of Anorexia Nervosa and Bulimia Nervosa with Orthorexia Nervosa is higher than association of Orthorexia Nervosa with Obsessive Compulsive Disorder and Obsessional thinking.

Keywords: Eating Disorder, Orthorexia Nervosa, Bulimia Nervosa, Health

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