**EATING DISORDER**

WHAT DO YOU UNDERSTAND BY THE TERM EATING DISORDER?

An eating disorder is a severe mental illness characterized by irregular eating habits and an obsession with food, weight, and body image. It can cause physical and emotional problems for eating disorder sufferers to have an unhealthy and intense relationship with food. Although these diseases can affect anyone of any age, gender, or background, young adults and teenagers are more frequently affected by them. Eating disorders are psychological problems marked by significant and ongoing disturbances in eating behaviors and the disturbing thoughts and emotions that go along with them. They can be extremely severe conditions that have an impact on social, psychological, and physical function.

Eating disorders are frequently linked to obsessions with food, weight, or shape as well as anxiety related to eating or the results of consuming particular foods. dietary restrictions or avoiding particular foods, binge eating, purging through vomiting or abusing laxatives, or compulsive exercise are all behaviors linked to eating disorders. These actions may become compelled in ways that resemble addiction. The most frequent co-occurring psychiatric problems with eating disorders include mood and anxiety disorders, obsessive-compulsive disorder, and alcohol and drug use disorders. There is evidence that suggests that some people are more likely to develop eating disorders than others but eating disorders can also affect people who have no family history of the problem. Treatment should address any dietary, behavioral, psychological, or other medical issues that may be present. The latter can include heart and digestive issues as well as other potentially fatal illnesses, as well as the effects of starvation or of purging behaviors. Treatment resistance, denial of an eating or weight issue, or concern about altering eating habits are all frequent. However, people with eating disorders can restart healthy eating habits and regain their emotional and psychological well-being with the right medical attention.

DIFFERENT KINDS OF EATING DISORDERS-

* ANOREXIA NERVOSA

Anorexia nervosa, also known as just "anorexia," is an eating disorder characterized by an abnormally low body weight, a strong fear of gaining weight, and a skewed sense of weight. Anorexics put great emphasis on maintaining their weight and physical appearance, often by making excessive attempts that seriously disrupt their lives.

People with anorexia typically severely restrict their food intake in order to avoid gaining weight or to keep losing weight. By making themselves throw up after eating, or by abusing laxatives, diet supplements, diuretics, or enemas, they can reduce their calorie intake. They might also make an effort to lose weight by overexerting themselves. No matter how much weight is removed, the person's anxiety of weight gain never goes away. To attempt to deal with emotional issues in this way is exceedingly unhealthy and occasionally fatal. When you have anorexia, you frequently confuse being thin with being valuable.

Like other eating disorders, anorexia may control your life and be very challenging to recover from. But with treatment, you can rediscover your identity, adopt healthier eating practices, and undo some of anorexia's severe side effects. Other than opioid use disorder, anorexia has the greatest mortality rate of any mental diagnosis. It can also be a highly dangerous condition. An adult with anorexia nervosa typically has a body mass index (BMI) ≤ 18.5 (a measure of weight for height).

Anorexia nervosa has two variations:

1. Restrictive kind, where weight loss is mostly achieved through dieting, fasting, or strenuous exercise.
2. Type of binge eating and purging in which individuals additionally exhibit sporadic binge eating and/or purging behaviors.

Symptoms-

Starvation is a factor in the anorexia nervosa physical signs and symptoms. Along with mental and behavioral problems, anorexia also involves an erroneous assessment of body weight and a crippling dread of putting on weight or getting obese.

Because what is considered a low body weight varies from person to person and some people may not appear exceedingly thin, it may be challenging to identify the signs and symptoms. Additionally, anorexics frequently conceal their health issues, eating patterns, and thinness.

Physical signs and symptoms of anorexia may include Extreme weight loss or not making expected developmental weight gains, Thin appearance, Abnormal blood counts, Fatigue, Insomnia, Dizziness or fainting, Bluish discoloration of the fingers, Hair that thins, breaks or falls out, Soft, downy hair covering the body, Absence of menstruation, Constipation and abdominal pain, Dry or yellowish skin, Intolerance of cold, Irregular heart rhythms, Low blood pressure, Dehydration, Swelling of arms or legs, Eroded teeth and calluses on the knuckles from induced vomiting.

* BULIMIA NERVOSA

Bulimia nervosa, often known as bulimia, is a severe eating condition that may be life-threatening. Bulimics may covertly binge and purge, seeking to burn off the additional calories in an unhealthy way. Bingeing is defined as eating excessive amounts of food without self-control.

Bulimics may employ a variety of techniques to burn calories and avoid gaining weight. For instance, following bingeing, you might frequently self-induce vomiting or abuse laxatives, diet pills, diuretics, or enemas. You can also employ other strategies to burn calories and avoid gaining weight, like fasting, tight dieting, or overexerting yourself. Bulimics frequently worry about their weight and physical appearance. You might hold a harsh and critical opinion of oneself because of your perceived inadequacies. Bulimia can be challenging to recover from because it is primarily about one's self-image rather than eating. However, receiving excellent treatment can improve your self-esteem, encourage you to make healthier food choices, and help you reverse major issues.

Symptoms-

Signs and symptoms of bulimia can include- being obsessed with one's weight and body type, anxiety of gaining weight pervasive, consuming unusually huge amounts of food in one sitting on a regular basis, feeling out of control while bingeing, such as being unable to stop eating or exerting any influence over your food choices, forcing oneself to throw up or engaging in excessive exercise to prevent gaining weight following a binge, using after-meal laxatives, diuretics, or enemas without a prescription, calorie restriction, fasting, or avoiding particular foods in between binges, excessive use of herbal or nutritional items for weight loss.

* BINGE EATING DISORDER

An extreme eating condition known as binge-eating disorder causes you to frequently consume unusually large amounts of food and feels unable to stop. Everybody occasionally overeats, whether it's having seconds or thirds of a festive feast. However, for some individuals, excessive overeating that spirals out of control and starts to happen frequently crosses the threshold into binge-eating disorder. If you have a binge-eating disorder, you could feel ashamed of your overeating and make a commitment to stop. But you feel such a strong compulsion that you are powerless to control your urges and keep eating in excess. Treatment can be beneficial if you have a binge eating issue. Even though you could be at a normal weight, most people with binge-eating disorders are overweight or obese.

Symptoms-

Eating abnormally much food in a short period of time, such over a two-hour period, feeling like your eating habits are getting out of control, Eating even if you're not hungry or are already full, consuming food quickly during binge episodes, consuming food till you feel uncomfortable full, Frequently eating by oneself or covertly, Concerned about your eating and experiencing depression, disgust, humiliation, guilt, or rage frequent dieting, possibly without resultant loss in weight.

In contrast to someone with bulimia, following a binge, you don't typically make up for extra calories eaten by vomiting, using laxatives, or engaging in strenuous exercise. You could try eating a diet or regular meals. However, limiting your diet might just encourage more binge eating. The frequency of binge events each week determines the severity of binge-eating disorder.