

Conclusion

In medical science, the fats inside the body are called lipids. The lipids in the body come from two sources- dietary fats and dietary sugars/carbohydrates. The healthy lipids are essential as these perform many important functions to sustain the body. The bad lipids such as LDL-cholesterol, and Triglycerides, on the other hand, are associated with many diseases such as Obesity, Metabolic Syndrome, PCOS, Fatty liver, Heart disease, and Type2 diabetes. The excess of bad lipids is called dyslipidemia, and it has become a common medical disorder amongst city dwellers.

Dyslipidemia occurs because of consuming unhealthy foods rich in refined sugars, refined wheat flour. Saturated fats, refined oils, and trans fats. Dyslipidemia also occurs when the lifestyle is unbalanced concerning “when to eat,” and “How often to eat.” Late-night eating and frequent eating leads to dyslipidemia and associated diseases, even when one eats the most holistic healthy foods. Statins are the drugs which get prescribed for treating dyslipidemia. These drugs have become a trillion-dollar industry across the globe. Unfortunately, no amount of statin therapy will reverse dyslipidemia if the foods consumed are unhealthy, and the lifestyle remains unbalanced.

Managing dyslipidemia and prevention of associated diseases, therefore, is a personal responsibility and in case of young children and young adults the responsibility of the caring parents. When it comes to the preservation of health and prevention of disease, the 3000-year-old wisdom continues to be the enduring truth:

“Let Food be Thy Medicine; Thy Medicine be Thy Food”

(Hippocrates, father of allopathic medicine as well as the Ayurvedic science of healing)