



International Journal of Nutrition and Lifestyle

Volume 3, Issue 1, Mar 2023

CONTENTS

1. Nutrition Normal and Therapeutic for Health and Longevity - Sheel Sharma and Deepika Dhawan.....1-9
2. Prevention of Sarcopenia in Chronic Liver disease patients amongst Rajasthani population - Mahima Sharma, Vineeta Bansal, Karan Kumar and Vivek Saraswat.....10-28
3. Intermittent fasting: A boon or a bane - Tanvi Garg.....29-38
4. Study of Nutritional status of Hypertensive patients - Geeta Kumari & Renu Mogra.....39-51
5. Nutritional status of Atherosclerosis patients - Raveena Meena & Sumitra Meena.....52-63

**RESEARCH THRIVE PUBLICATIONS**

81, Bhriugu Nagar, Ajmer Road
Jaipur-302021, Rajasthan, India

Contact: +917737099220

Email: contact@researchthrive.com

INTERNATIONAL JOURNAL OF NUTRITION AND LIFESTYLE

(An International quarterly online open-access peer-reviewed journal)

Website: <http://www.researchthrive.com>

EDITORS

Editor-in-chief	Prof. (Dr.) Vineeta Bansal Ph.D., R.D. Professor & Head - Clinical Nutrition and Dietetics Mahatma Gandhi Medical College & Hospital, RIICO Institutional Area, Sitapura, Jaipur-302022, Rajasthan, India. R.D. No.: 562018 e-mail ID: drvineetabansal@mgumst.org https://www.mgumst.org/college-faculty/vineeta-bansal/417/417/8/462
Patron	Prof. (Dr.) Ranjana Nagar (Patron) Professor (Retd.) - Nutritional Biochemistry Foods and Human Nutrition Department of Home Science University of Rajasthan, Jaipur, India e-mail ID: ranjananagar@yahoo.com
Editor	Prof. (Dr.) Sheel Sharma M.Sc. (Honours School), University Medalist, Ph. D (Punjab University, Chandigarh) Professor, Biochemistry & Human Nutrition, Department of Food Science and Nutrition, Banasthali Vidyapith, Banasthali-304022, India e-mail ID: sheelsharma@banasthali.in http://www.banasthali.org/banasthali/wcms/en/home/lower-menu/faculties/home-science/top1homescience/faculty/facultyaiidep.html
Editor	Dr. Vipin Bhayana PhD, FCACB Division Head, Clinical Biochemistry, Associate Professor, Western University

	Pathology and Laboratory Medicine, London Health Sciences Centre & St. Joseph's Health Care, London, Ontario, Canada e-mail ID: vipin.bhayana@lhsc.on.ca / vbhayana@uwo.ca https://www.schulich.uwo.ca/biochem/people/faculty/Bhayana.html
Editor	Prof. Jonathan Deutsch Ph.D., CHE, CRC Professor and Director, Drexel Food Core Lab, Department of Food and Hospitality Management College of Nursing & Health Professions, Drexel University, Philadelphia, Pennsylvania-19104, USA e-mail ID: jdeutsch@drexel.edu https://drexel.edu/cnhp/faculty/profiles/DeutschJonathan/
Editor	Dr. R. Mahendran Associate Professor and Head Centre of Excellence in Non-Thermal Processing National Institute of Food Technology, Entrepreneurship and Management (NIFTEM) - Thanjavur (an Institute of National Importance; formerly Indian Institute of Food Processing Technology - IIFPT) Ministry of Food Processing Industries, Government of India Pudukkottai Road, Thanjavur - 613005, Tamil Nadu, India http://www.iifpt.edu.in/profile/mahendran.php https://publons.com/researcher/1436947/mahendran-radhakrishnan/ https://scholar.google.co.in/citations?hl=en&user=YwIxVO0AAAAJ&view_op=list_works&sortby=pubdate
Editor	Dr. Satyam Tripathi Yoga Therapy Consultant Director, Union Centre Pte Ltd Union Yoga Ayurveda, Beauty World, Mandarin Park Shop Houses, 51 Chun Tin Road, 599625, Singapore e-mail ID: ayur.st@gmail.com https://unionyogaayurveda.com.sg/dr-satyam-tripathi-2/
Editor	Dr. Amarjeet Kaur Scientist (Food & Nutrition), College of Community Science, Punjab Agricultural University, Ludhiana-141004. Punjab, India e-mail: sekhonamarjeet@pau.edu https://www.pau.edu/cohs/index.php?act=manageDepartments&DO=viewFaculty&intDepTitleID=5&intLinkID=1&strDepTitle=Faculty
Editor	Dr. Vandana Sabharwal Assistant Professor, Department of Food and Nutrition

	Institute of Home Economics, University of Delhi, F- 4 Hauz khas, New Delhi -110016 e-mail: vandana.sabharwal@ihe.du.ac.in http://ihe.du.ac.in/wp-content/uploads/2022/03/Dr.-Vandana-Sabharwal-converted.pdf
Editor	Dr. Manoj Kumar Jangid Specialist Pediatrician, NMC Royal Hospital, Dubai Investment Park 1, Dubai, United Arab Emirates e-mail: manoj.jangid@nmc.ae https://nmc.ae/hospitals/dubai/nmc-royal-hospital-dip-16
Editor	Dr. Narendra Chouhan Specialist Physician, Anaesthesia and Critical Care SSMC, Abu Dhabi, United Arab Emirates E-mail: nchouhan@ssmc.ae
Editor	Ms. Megha Panchal Yoga Instructor / Yoga Therapist Union Yoga Ayurveda, Beauty World, Mandarin Park Shop Houses, 51 Chun Tin Road, 599625, Singapore e-mail: megha283@gmail.com https://www.yogasingapore.net/instructor-profile/
Editor	Ms. Sandra Thiemann-Muller Ayurveda Therapist Union Yoga Ayurveda, Beauty World, Mandarin Park Shop Houses, 51 Chun Tin Road, 599625, Singapore e-mail: sandra.thiemann@gmx.ch
Editor	Ms. Anjana Singhal Pharmacist, Director - Subsist Pharma 622 B, 12th A Road, Sardarpura, Jodhpur-342001, India e-mail ID: singhalanjana547@gmail.com

ABOUT THE JOURNAL

International Journal of Nutrition and Lifestyle is an open-access, peer-reviewed online journal that publishes high-quality research papers. It's a scientific research journal devoted to original articles based on Experimental / Community / Clinical Nutrition & Lifestyle-related research or practices that contribute to holistic Health & Wellness of human beings.

Language of Journal: English

Starting Year: 2021

Format of Publication: Online Only

Frequency of Publication: Quarterly (March, June, September, December)

Aim of the journal

- The prime objective of the International Journal of Nutrition and Lifestyle is to provide a platform to highlight quality research by eminent researchers in the field of Nutrition and Lifestyle contributing to Holistic Health and Wellness. We aim to facilitate students & researchers from academic & clinical fields; to share and publish their knowledge & scientifically proven practices with fellow researchers as well as policy- makers.

Scope of the journal

- The scope covers all research related to holistic wellness that includes physical, mental, social, emotional, and spiritual wellness of a human being leading to a higher Happiness Quotient
- The Journal covers all types of research work in the field of Dietary practices/guidelines, Diet and Disease, Dietary Surveys, Clinical Nutritional Interventions, Public Health Nutrition, Nutrigenomics, Molecular Nutrition, Food Processing and Technology, New Product Development, Value Added Food Products, Nutritional Epidemiology, Weight Management, Organic & Agri-based Food Researches, Food Biotechnology & all relevant health-based studies
- Lifestyle based researches including Yoga, Exercise, and Herbal medicinal researches are also included

AUTHOR'S GUIDELINES

General guidelines

Articles are accepted on the strict understanding that the material in whole or in part has not been, nor is being, considered for publication elsewhere.

Ethical guidelines

- 1. Avoiding Plagiarism:** The journal may use plagiarism detection software to screen the submissions. If plagiarism is identified, the research article will be rejected.
- 2. Authorship consent:** Corresponding / Submitting author is believed to have obtained prior consent from all authors before submitting a manuscript to the Journal.
- 3. Acknowledgements:** Under acknowledgements, mention contributors to the article other than the authors. Sources of research material should be named along with their location and duly credited.
- 4. Conflict of Interest:** Authors are requested to disclose any possible/applicable conflict of interest that may or may not arise.
- 5. Funding source:** Authors are requested to mention the source of funding for their research while submitting a paper.
- 6. Appeal of Decision:** The Editor's decision on a paper shall be final & binding to all and cannot be appealed.
- 7. Permissions:** If all or parts of previously published illustrations are used, permission must be obtained from the concerned copyright holder(s).
- 8. Copyright:** If the manuscript is accepted, the corresponding / submitting author is required to email a copyright consent to the Journal on behalf of all authors on the paper.

Manuscript preparation guidelines

- 1. Type of Manuscript:** While preparing a manuscript, authors should refer to manuscript preparation guidelines. Generally, we need to adhere to the following guidelines:
 - a) Original Papers:** The paper is generally about 5000 words including tables, figures, references. Typically a table or figure is equivalent to 150 words while a photograph is equivalent to 300 words. The Paper should include: Summary (fewer than 150 words) containing the main results and conclusions; up to 10 keywords that accurately identify the paper's subject, purpose and focus; an Introduction with clear objectives. Materials and Methods with experimental detail, sources of material must be given and statistical methods must be specified by reference, unless non-standard. Results should be presented properly using well-designed tables and/or figures; data should not be repeated in tables & figures, appropriate statistical data should be given. If the editor finds inadequate mathematical treatment of the data, the manuscript will be returned un-refereed. Discussion should cover the implications and consequences and the conclusions should be concise; brief Acknowledgements / References.

b) Review Articles: (fewer than 5000 words): These are concise, critical but constructive and conclusive written for non-specialists.

2. Manuscript format & structure

- a) **The language of publication is English.** Pls. ensure your paper is clearly written in standard, scientific English language appropriate to your discipline.
- b) **Standard Usage, Abbreviations and Units:** Spelling and hyphenation should conform to The Concise Oxford English Dictionary. Statistics and measurements should always be given in figures, e.g. 10 min., except when the number begins with a sentence. When the number does not refer to a unit of measurement it should be spelt in full unless it is 100 or greater. Abbreviations should be used sparingly and only if a lengthy name or expression is repeated throughout the manuscript, and never in the title. The abbreviated name or expression should be cited in full at first usage, followed by the accepted abbreviation in parentheses.
- c) **Metric SI units** should generally be used
- d) **Main Text:** Text files should be formatted double-spaced with no hyphenation
- e) **Structure:** All manuscripts should include

3. Title Page: The title page should carry an informative title that reflects the content, the names of the authors, and the place(s) where the work was carried out. The full postal address plus email address of the indicated corresponding author must be given. Upto 10 relevant keywords to aid data retrieval and indexing. Title should be in font Arial, size 16 bold. Author's names should be in 12 bold with an asterisk on corresponding author's name.

Affiliation, address & email id should be written in Arial, 12 italics. Other parts of the manuscript should be in Arial 12 un-bold, just headings should be in 14 Arial, bold & subheadings in 12 Arial bold. References should be written in 10 Arial Summary (or Abstract), used in the Paper / Review: It should include an introduction of one or two sentences followed by comparative data between treatments where interesting effects were observed, followed by conclusion.

Statistical Methods

Statistical methods used should be well defined supported with references.

References

The references should be in full containing names of all the authors with the title of the paper. References should be written in Arial, font size 10. References in the text should be cited by the authors' names followed by year of publication, unless there are three or more authors when only the first author's name is quoted followed by et al. e.g. Smith et al. (1999) or Jones and Smith (2000). Add a, b, c etc. to distinguish between two or more

references with the same author name and year date (e.g. Jones 1999 a, b). At the end of the paper references should be listed in the order as mentioned in text following the Vancouver style of referencing (<https://library.viu.ca/citing/vancouver>) as shown below - Gupta V, Nagar R. Physico-chemical and acceptability of rabadi (a fermented soya flour product) as affected by cooking and fermentation time. Int. J. of Food Sci. Technol. 2008; 49: 939 - 943.

It is essential that all citations and references are carefully checked before submission, as mistakes may cause delays.

Tables, Figures and Figure Legends

Each table & figure should have proper title & cited in the text with table no. & figure no. Axes on graphs should always be titled and include units where appropriate.

Ethical Guidelines

Please give a statement describing any ethical guidelines under which your research was carried out. Where ethics approval was not required a simple statement that "Ethics approval was not required for this research." is sufficient. This should be placed below the Acknowledgements section.

Conflict of Interest

You must provide a brief statement describing any potential conflict of interest in the work you are reporting here. If there is no conflict of interest, a simple statement to that effect is sufficient.

Author Response

Please include a detailed point-by-point response to the decision letter with your resubmission. To help editors and reviewers, kindly highlight key changes after acceptance

Upon acceptance, the manuscript will be forwarded to the Production Editor, who is responsible for the production of the journal

Before publication, corresponding author will receive article for proof corrections. Proofs must be returned to the Production Editor within three days of receipt. Each article will be given a DOI at the time of publication.

Submission guidelines

The manuscript can be submitted in a single WORD software file by "Submission" tab on the website <http://www.researchthrive.com>

Note:-

- Any change in the author's designation and affiliation should be notified at the earliest
- Please make all correspondence by email at contact@researchthrive.com. Always quote your manuscript ID in each conversation via mail.