

3rd World Congress on

HUMAN GENETICS AND GENETIC DISORDERS

October 20-21, 2017 | Toronto, Canada

Healthy neurodevelopment with nutritional therapy

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Today there is an increase in depression, stress, psychological disorders in women. Many factors contribute to the mental illness which eventually leads to psychological disorders. The various aspects which solve this problem and the etiologies are included. Antioxidants: Possible relation of consumption of dietary antioxidants with memory and *Alzheimer's disease*, depression, diabetic neuropathy. Serotonin: A neurotransmitter and a contributor to the feeling of wellbeing and happiness. How abnormal levels of serotonin cause neurobehavioral disturbances? Amygdale: part of brain, involved in decision making and emotional reactions. The involvement of Amygdale in the social networks and its complexity in one's life and the dietary changes for proper functioning are Nutrition: vitamin-K, B12, zinc, phosphorus are involved in the mental wellness of the mother and fetus. How a deficit of this effects the mental development of the infant and mental stability of mother. Vitamin-E: a fat soluble vitamin, acts as an antioxidant. How Vitamin E and Vitamin C work synergistically to eliminate a psychological disorder especially Alzheimer's disease. *Neurotransmitters*: they are chemical messengers that enable neurotransmission requirement of thiamine vitamin-B1 for wellbeing of neurotransmitter which consecutively leads to the healthy functioning of nervous system. Toxins: with pollution a woman runs a higher risk of pre-term delivery. Such babies would have poor development of brain. The diet for mother which minimizes the effects of pollutants on the baby is Tryptophan: An amino acid involved in signaling which benefits the brain. Possible psychological changes encountered due to consumption of tryptophan. Fats: relation of fat with menopausal irritations, depression, aggressive behavior. How obesity contributes to mental sickness especially depression? Neuroinflammation: inflammation of the nervous tissue. How proper nutrition brings significant changes.

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