



Title : Risk Assessment of Cardiovascular Disease among Srinathji temple workers of Nathdwara, Rajasmand, Rajasthan

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Introduction:

Rajasthan is a worldwide famous for its tremendous historic and spiritual foundation. In this series, Nathdwara is famous for "Lord Srinathji Temple". The big part of town's economy is based on Mahaprasad which is a material substance of food which is used as religious offerings to God that is prepared in temple. Mahaprasad is distributed in large amount among temple workers on regular basis. The major ingredient of Mahaprasad is sugar and fat. There are more than 36 varieties that are available in the form of laddoo, rabri, saghar, mathari, puri, sabzi, aamras, barfi, khoa, achaar etc with 22-38g fat content per 100g. Moreover it is the foremost part of workers daily diet. Besides this a higher amount of fat and sugar is used in their homemade food preparations.

Methodology:

The study assesses the prevalence of cardiovascular disease among Srinathji temple workers of Nathdwara. The above stated factors lead to risk of cardiovascular disease which has been assessed by measuring the nutritional status of 90 male temple workers selected randomly between the age group of 35-50 years who consume Prasad on daily basis. Nutritional status has been gauged by anthropometric measurement, biochemical and dietary survey of the selected sample.

Result:

Dietary survey reveals that the diet of workers in comparison to the balance diet was inadequate. 87.4% of daily sugar was contributed from Prasad which provide high amount of visible fat (51.2%). Study also exposed that BMI, cholesterol, tri-glyceride, HDL, LDL, VLDL was at the risk of Cardiovascular Disease. Furthermore temple workers found to be obese as they consume 50-250 grams of energy dense Prasad daily, along with 50% of temple workers consuming tobacco with frequent intakes of tea and coffee on daily basis which found to be exaggerating the risk of CVD among them.

Conclusion:

High lipid profile was observed in 33.33% subjects, study showed high prevalence of obesity among workers and presence of non communicable disease risk factors such as high intake of tobacco, tea/coffee and high consumption of fat, sugar from Prasad, high lipid profile and blood glucose level requires immediate attention to prevent non-communicable disease in later life.

Reference:

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