



Food factors, why India is “The Diabetes Capital”

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Abstract

India, often called as the “Diabetes Capital of the World” and India has the rapidly increasing number of diabetes cases that may reach to 135 million by 2024. This study unfolds the key factors contributing to the diabetes epidemic in India, focusing on dietary habits, cultural influences, traditional diets that are rich in carbohydrates, sugar, fats that plays significant role in increasing diabetic patient. Religious and cultural influences further reinforce the high consumption of high calorie food, especially sweets. Additionally, many Indians choose a sedentary lifestyle in work places that promote high stress levels, rising alcohol and tobacco consumption. The Indian government has initiated free diabetes screening and healthcare programs, greater awareness, lifestyle modifications, and improved health structure to manage the Diabetes.

Keywords: Diabetes in India, Dietary Habits, Sedentary Lifestyle, Cultural Influence, Public Health

Introduction

As India is known as “The Diabetes capital of India”, so it is a topic to know why and how India becomes the Diabetes Capital with close to 80 million people with diabetes and this number is expected to increase to 135 million by 2045^[1]. Where total Indian population is 140.76 crores as per 2021 Sensex. Here we will going to discuss about only diabetes mellitus.

History of Diabetes in India

Lets evaluate the cause and day to day elevation of diabetic people in India why Indian peoples are more diabetes prone for this we have to know about Indian ancient history at first.

As we know India is a very religious country religious is in every corner in India and with all the holy work to start in India they mean every Indian use sweet dishes. Without sweet the all-holy work is undone for Indian people.

In ancient History of India, we can see the king and queens are very obsessed with sweet dishes, the very current history we can see Indian peoples invented a sweet named as ‘Ledikeni’ as the name of Lady Canning, the wife of Charles Canning, the Governor General of India during 1856-62^[2].

Religious purpose

We all know that India was ruled by British but it is not true very much because there were Brahmin^[3] who ruled Indian People but not India. They ruled by various types of superstitions and used to do very much types of HOMH AND YOGYHA and for this homah and Yajna they need many more types of ingredients and it includes various types of sweet dish like

1. For kirtan they use – Batasa (made up of sugar), Gurha/jaggary (made up of sugar cane), sweet curd, Nakul dana (made up of melted sugar), Monda (made up of melted sugar), Sandesh (made up of sugar and Milk) and many more ingredient as needed.
2. For various Pujas like Durga puja, kali puja, Laxmi puja and Saraswati puja etc they used too many various sweets like – Sandesh, mishit, Danader, Monda, Batasa, Rosogolla, pantun and etc.

3. Religious eating show – In Indian religious eating there are many sweeter dishes served in everyone’s plate like south sweet dish – Mysore pak, Paysam, holige, sweet Pongal, Unni appam, Paddu, burfi. Delhi’s -laddus and Bengals rosogolla is too much praised in all over the India and as well as some other countries.
4. As per the Hindu scriptures from there yajna it is Payasam that arose from the fire named as Agni Kunda by the Payasam Shree Dasarath’s 3 wives get 4 sones one of them is very famous and worshiped as a god named as SHREE RAM^[4]. For this type of praman payasam is very famous holy dish in India.
5. Makhan which is made up of milk and sugar it is considered as a favourite dish of lord Shree Krishna and thus it is considered as a holy dish in India.

Food habits of Indian king and jaminder^[5].

Indian Samantas and Jamindars are very much rich and expends too much of money in their wedding and different pujas and many more ritual here are two example of food habits of king and Jamindars

1st kings’ marriage ceremony of Maharaj Shree Sourish Chandra Roy Bahadur and Maharani Tusarika Devi of Krishna Nagar in 1947, 9th December

Sweet dishes are with approx. calories per 100 gm –

1. Chanar polaw (300kcl)
2. Chanar kari (250-300 kcl)
3. Anarash cahtni (60-100kcl)
4. Rosmundir chatni (50kcl)
5. Adar chatni (50-80 kcl)
6. Komola lebur chatni (90 kcl)
7. Khejurer chatni (80-100 kcl)
8. Mango sweet (200 kcl)
9. Amaer chatni (90 kcl)
10. Koromchar achar (50-70 kcl)
11. Bamboos achar (40 kcl)
12. Lonkar achar (20kcl)
13. Fulkopir achar (30-50 kcl)
14. Koraysutir achar (40-60 kcl)
15. Bonder payes (150-200 kcl)
16. Simuy payes (160-200 kcl)
17. Paester payes (160-200 kcl)

18. Komla lebur payes (180 – 200 kcl)
19. Anaros er payes (200 kcl)
20. Subhasirvad sondesh (150 kcl)
21. Dodo Monda from Diknagar (180 kcl)
22. Pantoya from Swarup Ganj (200 kcl)
23. Cahanar jhilapi from muraganj (300 kcl)
24. Sitabhog from Bordhoman (250 kcl)
25. Mihidana from Bordhoman (200 kcl)
26. Khaja from kalna (250 kcl)
27. Chanabora from baharampur (150kcl)
28. Monohora from beldanga (120-160 kcl)
29. Badami borfi from Krishnanagar (250kcl)
30. Sor bhaja from krishnanagar (180-230 kcl)
31. Sor puria from krishnanagar (230 kcl)
32. Rajbhog from krishnanagar (250-300 kcl)
33. Chanar gojha from krishnanagar (120-160 kcl)
34. Abar khabo from Dwarik (150-200 kcl)
35. Golap ful sondesh from Dwarik (100-150 kcl)
36. Son papdi from Dwarik (250-300 kcl)
37. Kalakand from Dwarik (200-250 kcl)
38. Galchakra from Dwarik (180-220 kcl)
39. Pran dhorfori from Dwarik (200 kcl)
40. Leadykeni from Nabadwip (150-200 kcl)
41. Bedana bude from Nabadwip (10-160 kcl)
42. Amrit jilapi from Nabadwip (250-300 kcl)
43. Himsagar from Baharampur (150-200 kcl)
44. Polaw sondesh from Baharampur (150-200 kcl)
45. Mugger daler jilapi from Balichok (250-300 kcl)
46. Nikuti from santipur (120-150 kcl)
47. Roskodom from kaligonj (150-200 kcl)

That's all about the sweet dishes from various part of Bengal there are total 123 types of food item in this marriage.

This is the scene from one of the Jamindars, easily we can assume the number of sweet dishes prepared in the king's kitchen in the olden time.

Indian sweets uniqueness of different state

All most all the states of India have their unique sweet dishes and they get a unique id for their sweet dishes. Let us know some sweet dishes from different states, you will be wonder to know that in West Bengal all most every district has its own sweet dishes like Langcha from saktigarh, sitabhogha from Burdwan and all.

Now let us discuss about some top states of their own famous sweet dishes and approx. calories of the dishes.

Let's begin -

1. Andhra Pradesh – POOTHAREKULU KUNDA (400kcl/100g)
2. Arunachal Pradesh – KHAPSE
3. Assam – NARIKOL LARU (400kcl/100g)
4. Bihar – THEKUA (500kcl/100g)
5. Chhattisgarh – KHURMA (500kcl/100g)
6. Goa- BEBINCA (370kcl/100g)
7. Gujarat – BASUNDI (300kcl/100g)
8. Haryana – ALSI PINNI (350/100g)
9. Himachal Pradesh – MEETEHE CHAAWAL (250kcl/100g)
10. Jharkhand – TIL BARFI (500kcl/100g)
11. Karnataka – MYSORE PAK (550kcl/100g)
12. Kerala – ADA PRADHAMAN (250kcl/100g)
13. Madhya Pradesh – MAWA BATI (350kcl/100g)
14. Maharashtra – MODAK (200kcl/100g)

15. Manipur – CAHCK-HAO KHEER (200kcl/100g)
16. Meghalaya – PUKHLEIN (450kcl/100g)
17. Mizoram – KOAT PITHA (300kcl/100g)
18. Nagaland – NAP NAANG (350kcl/100g)
19. Odisha – CHENNA PODA (300kcl/100g)
20. Punjab – PINNI (450kcl/100g)
21. Rajasthan – GHEVAR (500kcl/100g)
22. Sikkim – SAEL ROTI (350kcl/100g)
23. Tamil-Nadu – PAYASAM (200kcl/100g)
24. Telangana – SHAAHI TUKDA (400kcl/100g)
25. Tripura – AWAN BANGWI (250kcl/100g)
26. Uttar Pradesh – BALUSHAHAI (450kcl/100g)
27. Uttarakhand – BAL MITHAI (350kcl/100g)
28. West Bengal – RASGULLA (186kcl/100g)

As we can see that every state has their own unique sweet dishes for that reason Indians consumed sweets as a tradition in almost every occasion and every ritual and in every good moment.

Fatty diet plan

In India and as well as in all over the world everyone is health conscious in these days but in olden days, they are not pretty much aware of this basically in India, Indians are pleased to get too much fatty and carbohydrate food products.

Indians used rice and curry in their diet plan with have pretty much carbs in that and as well as too much amount of fat.

In northern part the people were used to eat rice in their daily meal and in south part peoples are pretty much good to have different types of chutneys, rice and a special type of dal called sambar

In eastern part of India, they used rice and chapatti or roti in their daily food habit and also, they used to eat a much amount of meat and fish in the meal and dal as well as. There is a kotha that is Mache baht (fish curry) a Bengali.

In west part of India peoples are used to eat a lot of dals, chawal and an oil fried item called Bada pav.

In the middle part like Punjab, they are used to eat a lot of rotis and dal and tadka as their meal in lunch as well as in dinner, they also drink a lot of milk and milk made product like lassi and Chacha which contain a lot of carbs and proteins. They also add a pretty amount of ghee as their health supplement.

As we discuss that Indian peoples are prone to eat a high protein, fat, carbs diet in their daily food habit so, Indians are too much susceptible to Diabetes

Alcohol Consumption

In olden days alcohol or liquor was only available to the upper cast people whom were considered as ruler of that time. They considered liquor as a healthy and powerful drink.

In various Hindu scripture there were a mentioned a liquid called SOMRASH and it is a drink to show off their prestigious life after that British came to India and available the drink to everyone for business and the plan was goes extremely successful and for prestigious life almost all the rich and middle man use to drink alcohol.

There were a number of plays which include drinking scenes and in recent time almost all movies are incomplete without a drinking scene and without a tipsy villain.

Now a day a 3% of Indian economy coming from the alcohol.

Thus, Indian peoples are getting too much addicted to this and now in every party or in marriage ceremony is incomplete without expensive drinks.

This is a vital cause of why Indians are more susceptible to diabetes.

An actor from West Bengal who done lots of theatres in that time is called as NATTYACHARYA who was GRIRISH Ghosh and he used to drink a lot of alcohol.

Smoking

Smoking is a secondary cause of diabetes and from the ancient time there was some upper-class man used to smoke Hukkah and thus it is a prestigious habit and for British everyone get a rich to it and they copied some people and addicted to it.

Now a day there is no other action movie where the hero doesn't get an entry without keeping a cigarette to his lips.

Almost every Indian detective story the detective is chain Smoker thus just to copy the dignity many people afterword get used to It.

Malnutrition

In a developing country like India there is a much slam areas in almost every big cities of India, the peoples belonging to this community almost 98% of the peoples are suffering from malnutrition and for malnutrition they are getting more susceptible to diabetes.

Stress

Stress is a worldwide problem for almost all community man especially for the office working and business persons, it is a factor which we can't abolish while discussing the cause of diabetes.

Socio Economical factors

India is a developing or under developed country where per head income is very low and many of youths are un employed so it is tough to perform the screening test of diabetes thus the number of diabetic people in paper is just a tip of ice berg there is too many cases of diabetes which doesn't comes under the supervision of govt.

Govt of India recently introduce that every one form any community is allowed to perform diabetes test for free of cost in almost every govt aided Hospitals district wise or in BPHCs

Govt of India also announce a free of cost medicine to all of the Indian people of any category and govt appoint doctors, nurses and pharmacist to deals with the problem in India.

Govt of India is pretty much aware of this problem and the front head persons like doctors, pharmacist, nurses are giving their best to deal with the problem.

Govt of India appoint some other people to aware those persons who can't receive the facilities for various reasons, the non-medical workers also giving their best to deal with this problem, they are trained enough they used to go door to door of peoples and test their blood sugar level and advise them to consult with the doctors.

BPHCs send the required medicines to them some the workers used to go and deliver the required medicines to the required patient.

Conclusion

In conclusion, a complex interaction of dietary practices, culinary culture, and lifestyle factors is largely responsible for India's reputation as the "Diabetes Capital". The increased prevalence of diabetes, especially type 2 diabetes, is mostly caused by Indian cuisine, which is high in carbohydrate-dense foods including rice, wheat, and traditional sweets. Insulin resistance and metabolic diseases are made more likely by the overindulgence in sugar-filled sweets, as well as by the consumption of refined carbs and harmful fats.

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