

Tibetan Diet Regimen and its effect on Obesity and Cardiovascular Disease

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Dietary Regimen and Lifestyle modification is the key to cure all kinds of metabolic disorders. Number of chronic diseases can easily be prevented by changing the diet and lifestyle. Gyushi recommends the fasting and dietary restrictions for the prevention as well as to cure few metabolic related diseases including Cardiovascular Disease.

Some studies suggest that BMI (Bio mass Index) of Tibetan people are lesser than other ethnic group in Tibet and this led to the believe that the dietary habit of Tibetan people might be the reason for this lower BMI among Tibetan population in Tibet. In order to understand this scientifically, a clinical research study was conducted at Tubingen University Hospital in Germany in 2010-2012 for a period of two years for 524 people. A parallel group of 262 people each was put on Tibetan Diet and while the other 262 were put on West Diet as per American Heart Association Diet Recommendation and German Heart Association Diet Recommendation. It was a double blind randomly selected Clinical Trial.

After the completion of the study there was a significant change in metabolic syndrome as well as body weight of people who were on Tibetan Diet as compared to the other group. This study indicates that the Tibetan Principle of Diet approach has a significant role in reducing body weight as well as in bringing desirable changes in the bio-markers of metabolic syndrome.
