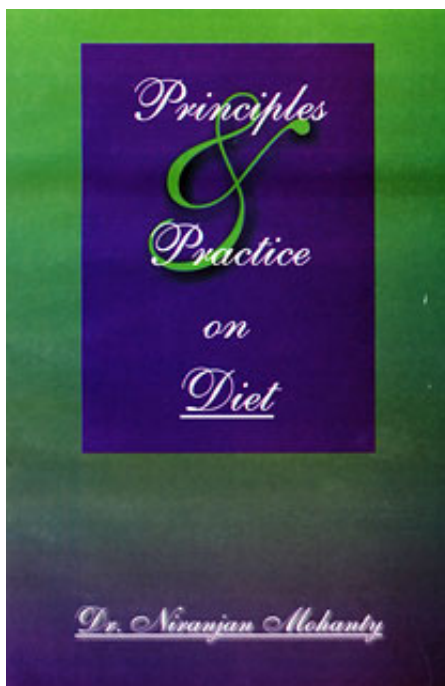


Niranjan Mohanty

Principles and Practice on Diet

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PREFACE

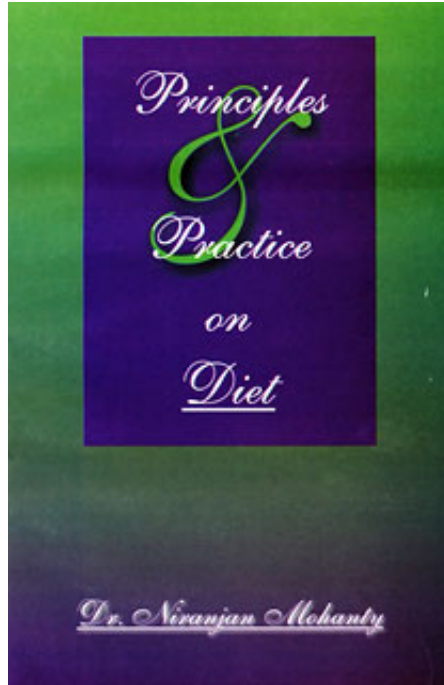
New concepts, new strategies and new tools resulting from new discoveries are added year after year. There by the frontiers of medicine is being extended each year by addition of new discoveries. The same is visualised in the field of nutrition too.

In last few decades by rediscovery of vitamins and minerals the knowledge in this area has enormously expanded - But unfortunately the doctors who are neophytes get panic to answer to their clients when they ask about the diet. It is because sufficient coverage are not been given in the four walls of their class room and also little exposure to this subject during their training. To my mind, this area should get rightful place in medical education for better prospective of medical profession.

In each branch of medical science there is visible growth and they are facing tremendous challenge in dealing/treating with patients. The treatment is not only confined with simple application of medicament. It associates all auxilsary measures and prescription of specific diet for specific patient too. Hence it is felt urgently needed/imperative to provide a hand book ready with all practitioners on their table to consult it while giving dietary prescription to the patients.

In the frame work of this literature attempts have been made to discuss the principles of diet in three main disciplines of medicine. Then disease wise the principles and practices on diet have been delineated.

We hope our attempts will surely meet the necessity.



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