



#HEALTH &amp; FITNESS

# Top 5 health benefits of fasting in Ramadan

Fasting during Ramadan has numerous health benefits in addition to observing one's religious and spiritual obligations. Fasting in Ramadan highlights how giving your body a break from eating can lead you to being healthy. By approaching fasting with mindfulness and intention, both physical and spiritual benefits can be attained in this holy month. So, let's take a look at the top 5 health benefits of fasting during Ramadan.

## Increase in immunity

Our immunity system gets a massive boost from fasting. The decrease in inflammation and oxidative stress reduces the production of pro-inflammatory cytokines and increases the production of antioxidants, which helps fight off illness and disease. According to nutritionists, fasting strengthens the lining of the intestines and enables cleansing. Moreover, it can promote autophagy, a mechanism through which cells purge themselves of harmful and damaged components.

## Helping with insulin sensitivity

Insulin resistance, which is a precursor to type 2 diabetes, can occur when the body's cells stop responding to insulin. Fasting during Ramadan can help improve your insulin sensitivity and reduce the risk of type 2 diabetes.

By relying on stored glucose for energy during fasting, your body's glucose levels decrease, leading to better glucose control

and insulin sensitivity.

According to one scientific study, fasting during Ramadan has positive consequences, increasing insulin sensitivity and lowering insulin resistance, as shown by the impact of fasting on metabolic markers in humans.

## Promotes weight loss

Fasting is a great way to achieve weight loss. By controlling portion sizes and reducing calorie intake, individuals can lose weight and reduce body fat during Ramadan. However, it is essential to resist the temptation to overindulge during non-fasting hours to prevent the reversal of the benefits achieved.



It is important to maintain healthy eating habits and exercise during the non-fasting hours to achieve long-lasting weight loss results. Fasting during Ramadan provides an opportunity for individuals to reset their eating habits and develop healthier relationships with food.

## Good for cardiac health

Fasting during Ramadan can have a significant impact on heart health. It reduces blood pressure and cholesterol levels, which helps to lower inflammation and improve blood flow. This reduction in risk factors can lead to a lower risk of heart disease and stroke. However, individuals with pre-existing

heart conditions should consult with their healthcare provider before beginning to fast, so that they can observe fasting as their health will permit.

## Improves brain function

One of the most remarkable benefits is the improvement in cognitive performance and brain function. During Ramadan, the production of brain-derived neurotrophic factor (BDNF) increases significantly. BDNF is a protein that supports the growth and survival of brain cells, and its increased production enhances memory, learning, and mental clarity. Scientists have also been investigating the link between diet, gut health, and mental well-being, and BDNF plays a crucial role in this connection. Thus, fasting during Ramadan has a positive impact not only on spiritual health but also on mental health.

By Feda Al Hossain

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