



JHSE

JOURNAL OF HUMAN SPORT AND EXERCISE
University of Alicante



Universitat d'Alacant
Universidad de Alicante

Editorial


Submissions


J|

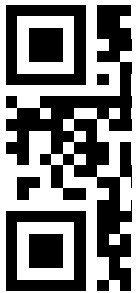
GO TR

Indicator

SJR 

Cites
per doc 

Total
cites 



CU

ARTICLE TOOLS



Print

this

article



Indexing

metadata



How

to

cite

item



Finding

References



Review

policy



Email

this

article

(Login

required)



Email

the

author

(Login

required)

FONT
SIZE

Browse



• By

Issue

• By

Author

• By

Title

Search

All 

Search

USER



Username

Password

Remember
me

Log In

[Announcements](#)

Home > Vol 8, No 4
(2013) > Chaki

Exploring
scientific
legitimacy
of
orthorexia
nervosa: a
newly
emerging
eating
disorder

Biswajit Chaki,

Sangita Pal, Amit

Bandyopadhyay

Abstract

Eating disorders

are a range

maladaptive

eating behaviours
characterized by
highly restrictive
and unhealthy
food intake
patterns that lead
to variety of
psychiatric,
physiological and
health
complications
such as
depression,
anxiety, and
personality
disorders etc.

Many of these
psychological
eating disorders

such as anorexia
nervosa or bulimia
nervosa have been
recognized as
disease by the
Diagnostic and
Statistical Manual
of Mental
Disorders (DSM
IV) of American
psychiatric
association.

However there are
many newly
identified eating
disorders which
are yet to be
recognized as
disease by

American
psychiatric
association.

Orthorexia
nervosa (ON) is
one such
unrecognized
psychological
eating disorder in
which the person
becomes obsessed
with eating pure,
healthy and right
kinds of foods to
improve health.

There are no
standard
diagnostic criteria
for ON and in

recent times

different

researchers used

different

questionnaire to

assess the

presence of

orthorexic

characters. Many

researchers have

raised questions

about the validity

of ON as a unique

disorder and many

of them preferred

to describe ON as

a variant of

existing eating or

anxiety disorder.

On the other hand many researchers believe that ON is an unique eating disorder different from other recognized eating disorders and it should be recognized as a disease in the planned fifth edition of the American Psychiatric Association's (APA) Diagnostic and Statistical

Manual of Mental
Disorders (DSM
5), due to be
published in 2013.

The review aims
to highlight the
present
understanding
about ON
including its
character,
physiological and
psychological
consequences and
different
diagnostic
features used by
different
researchers to

evaluate ON. The review will compare ON with other recognized eating disorders, and assess the scientific validity of ON to be considered as a valid psychological eating disorder by American Psychiatric Association's (APA).

Key words:

Orthorexia

nervosa, eating

disorder

doi:

10.4100/jhse.2013

References

Martina M.,

Cartwright, MM.

Eating disorder

emergencies:

Understanding the

medical

complexities of

the hospitalized

eating disordered

patient. Critical
Care Nursing
Clinics of North
America 2004; 16
(4): 515-530.

Becker AE,
Grinspoon SK,
Klibanski A,
Herzog DB. Eating
disorders. N Engl
J Med 1999; 340
(14): 1092- 8.

Kaye WH, Klump
KL, Frank GK,
Strober M..
Anorexia and
bulimia nervosa.
Annu Rev Med

2000; 51: 299–

313.

Keel PK, Klump

KL, Leon GR,

Fulkerson JA.

Disordered eating

in adolescent

males from a

school- based

sample. *Int J Eat*

Disord 1998; 23

(2): 125– 32.

Bratman S, Knight

D. *Health Food*

Junkies:

Orthorexia

Nervosa –

Overcoming the

Obsession with
Healthful Eating.

New York:

Broadway Books,
2000.

Catalina Zamora

ML, Bote

Bonaechea B,

García Sánchez F,

Ríos Rial B.

Orthorexia

nervosa: A new

eating behavior

disorder? Actas

Esp Psiquiatr

2005; 33(1): 66-8.

Bartrina JA.

Orthorexia or

when a healthy
diet becomes an
obsession. Arch
Latinoam Nutr
2007;57(4):313-
5.

Nymah H. A direct
question: is