CARNOPHOBIA; A CONSCIOUSNESS FOR MEAT

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ABSTRACT
Meat has an important role in our diet, as it contains the entire of essential amino acids and additional vitamins which are help in growth. But in some people there is a fear of meat i.e. is known as Carnophobia that can be due to bad incidence associated with meat directly or indirectly (related to any family member or friend experience). It may be an irrational phobia which can leads to many medical complications. Here in this Short Communication we discuss its features in the light of updated researches.

KEYWORDS: Carnophobia, Meat, Irrational Phobia, Medical Complications.

INTRODUCTION
Meat is animal flesh that is consumed as food by humans. Humans are omnivorous, and have hunted and killed animals to fulfill meat requirement since prehistoric times. Animals such as chickens, sheep, cattle, and eventually their use in meat production on an industrial scale are allowed by human civilization. Meat contains all of the essential amino acids, zinc, vitamin B12, selenium, phosphorus, niacin, vitamin B6, choline, riboflavin and (iron) vitamin K. So that it is an important element of diet.1

Carnophobia is terminology that is used for fear of meat. Word carnophobia is derived from carno is Latin (meaning meat) and phobia is Greek (meaning fear). There are many specific phobias that affect millions of people every day, and carnophobia is no exception to that statistic. It is the extreme and irrational fear of meat.2 Person suffering from carnophobia has difficulty dealing with meat in any way shape or form. There are many causes of such phobia but the most common is environmental. That is, most individuals had traumatic experiences associated with meat in their past. Few examples are; a severe illness directly after consuming meat, A traumatic trip to a slaughterhouse or butcher shop, An accident while preparing meat, Adverse reaction to images or advertising for or against meat products. In some individuals carnophobia is not due to direct exposure of incident related to meat, but rather through family and friends negative views or experiences with meat.3 Symptoms include queasiness and disgust when faced with meat aromas. Others may feel sick in public places where meat is being cooked and served. Such people need medical attention. Because they may suffer with deficiency of certain vital vitamins in their bodies, that can lead to many health disorders. In many cases the person suffering from the phobia of flesh has no idea why they feel the trepidation. On the other hand, even if the person knows that their phobia of muscle is irrational, they would usually remain afraid until some kind of treatment for this phobia is implemented. It is common for a person suffering from a phobia like the phobia of meat to feel embarrassment over their fear. This can increase the anxiety they feel or even eventually cause feelings of depression. Some people will understand about a person's phobia of flesh, while others won't understand and may even be mean or make fun of the sufferer. To an outsider, the phobia of meat may seem silly or stupid, because it is essentially an irrational fear.4

RESULT AND DISCUSSION
Meat is an essential part of diet that helps in body growth. But individuals suffering with Carnophobia may have certain medical disorders, so it is necessary to take this situation as in priority by doctors. Due to carnophobia not only vitamin deficiency has occur but also feeling of anxiety and depression can be seen in those individuals because of mortification in community places where meat serve as a craving food. To some people, it may seem dim-witted or inane thing but this situation must need awareness to resolve this dread. It should be treated as precedence, to thwart the persons from major diseases and health disorders. These sort of short communications are helpful for people among the society to gain awareness of health and well being.5

REFERENCES
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