

## عنوان مقاله:

The Effect of Islamic Fasting in Ramadan on Osteoporosis

## محل انتشار:

فصلنامه تغذیه، روزه داری و سلامت، دوره 5، شماره 2 (سال: 1396)

تعداد صفحات اصل مقاله: 4

## نویسندگان:

Seyed Mohammad Amin Kormi - *Cancer Genetics Research Unit, Reza Radiation Oncology Center, Mashhad, Iran*

Shima Ardahkhani - *Department of Biology, Faculty of Sciences, University of Zabol, Zabol, Iran*

Mohammad Amin Kerachian - *Institute of Social Security and Welfare Applied Science Higher Education Tehran Province, University of Applied Science and Technology, Tehran, Iran*

Mohammad Amin Kerachian - *Medical Genetics Research Center, Mashhad University of Medical Sciences, Mashhad, Iran*

## خلاصه مقاله:

Osteoporosis is considered as one of the most common diseases that women face after their menopause and is caused by both genetic and environmental factors. Dipeptidyl peptidase 4 (DPP-4) gene is one of the important genetic factors contributing in osteoporosis which has a direct and very important relationship with fasting. Fasting is one of the alternatives proved to reduce the DPP-4 level and activate the Dipeptidyl peptidase 4 inhibitors and so, prevent osteoporosis. On the other hand, the circadian rhythm has a direct relationship with osteoporosis. This has been found by the biochemical markers, indicating that fasting at certain hours of the day, especially during those hours of the day which are recommended as part of the Muslim tradition, is very effective in reducing the effects of osteoporosis.

## کلمات کلیدی:

Circadian Rhythm, Dipeptidyl Peptidase 4, Fasting, Osteoporosis

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/792383>

