

Psychology and Psychiatry: Open access

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Abstract: Fish is good for both mental and physical health. Fish contains high quality protein, good lipids consisting of essential fatty acids, important minerals, vitamins etc. The grey matter of the brain consists of about 60 % lipids consisting of essential fatty acids DHA, ARA, EPA etc. DHA is the building blocks of brain tissues. Essential fatty acids are important in prevention and amelioration of many civilization and age related diseases such as heart diseases, dementia, mental decline etc. Fish protein as complete protein contains functional amino acids that are rich in brain, hearts, and eyes that are associated with their functions. Fish also contains important minerals, vitamins that are also good for brain. Factors of mental health are many but how to use the faculty is very important. The important functional components of fish are essential and help in overall well-being and quality of human life boosting performance ability. So the objective of the paper is to discuss the important roles of functional components of fish leading to overall well being, better mental health and mood.

1. Introduction

We are what we eat.

Further we are what we think.

In a sound body there is a sound mind.

When health is lost every hope is lost

Both physical and mental health is important factors for success and happiness

To be our best self, you must have a brain that works at its best.

Quality of brain chemistry is equal to quality of life

Our brain is a complex organ whose functioning largely depends on a great number of vital macro and micronutrients. Fish is a good source of vital nutrients such as high quality protein, carbohydrates, lipid with essential omega-3 fatty acids, vitamins and minerals. The food chain and ecological relationship between human beings and fish will be easily understood by studying the roles of functional food components of the fish required in growth, development, better IQ, and well-being with the prevention of diseases. Even a deficiency of an element or vitamin causes small or great pains to the body and disturbs the mental balance.

Fishes as a aquatic food are easier to eat, easier to cook, easier to digest than the terrestrial animals foods. Fish protein is high quality protein with high biological value and it contains all the essential amino acids and lots of other functional amino acids without which life is not possible. Functional amino acids play great the sthth hight 4Heigl or grea(ts o)117.9 hical value (ein w) (un)s(h)TJ0.09 Tw 0 -6 (a)3 (sie acids (EPA), arachidonic acid (ARA) and eicosapentanoic acids (EPA), which are abundant in brain tissues and associated with better brain development, function and better IQ. Wholesome consumption of small fish gives more calcium, phosphorus, other mineral elements and vitamin A than the large fishes. Presence of mineral elements and vitamins in addition to the high quality protein and lipids makes fish an important functional food.

Functional food are foods that gives health bene ts reducing the risks of disease beyond basic nutrition. So health conscious people have a growing interest and demand for functional foods that give good health and well-being reducing the risks of many civilized related diseases. The protein in salmon produces hundreds of neurotransmitters needed for regular maintenance of the brain and need protein to do so. Protein in sea diet boosts brain performance, they provide the amino acids that

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aspects of functional sh components contributing to mental health.

4. Fish as a good source of high quality protein and peptides

the importance of protein and peptides is central in cell biology. Protein is the major functional and structure (in cell) component.

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8. Fish as a source of minerals required for brain

Fishes are good sources of magnesium, zinc, copper, iron, iodine,

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Anxiety and mood improvement: Deficits in omega-3 fatty acids have been identified as a contributing factor to mood disorders and offer a potential rational treatment approach [35].

Vision: Consuming fish oils may protect against age-related vision loss [36].

Quality of skin and fairness : Fish oil protects skin diseases like psoriasis.

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