

Effect of Intermittent Fasting on Cardiovascular Health: A Narrative Review

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ABSTRACT

Intermittent fasting (IF)/ Time Restricted Feeding (TRF) has emerged as a widely recognised dietary strategy, not only for promoting weight loss but also for its potential benefits to cardiovascular health. IF has been shown to significantly reduce key risk factors for heart disease, including hypertension, high cholesterol, and inflammation. This review examines the potential of intermittent fasting to improve heart health, highlighting its advantages beyond weight management and its promising role in the prevention of heart disease. This narrative review aims to evaluate the impact of intermittent fasting on cardiovascular health focussing on its effects on blood pressure, cholesterol, inflammation, and overall heart function. This review followed IMRAD pattern for non systematic review. The search items like "Time Restricted Feeding", "Alternate Day Fasting", "Meal Skipping", "Intermittent Fasting", "Caloric Restriction", "Cardiovascular disease" using Boolean operators AND, OR were used. The databases probed were Google scholar, PubMed, Scopus for relevant research published from 2015 to

2024. The study including both male and female individuals ranging from age group 16-84 years who utilised intermittent fasting as an intervention on cardiovascular health. Initially a total of 1,844 articles were identified through comprehensive database searches. After removing of 1039 duplicates, remaining 805 articles were screened by title and abstract and 788 excluded. Seventeen full text articles were screened for inclusion in this narrative review. Out of 17, 8 full text studies were included in the review. The results of all eight studies revealed that IF/TRF, improves insulin sensitivity, glucose metabolism, liver enzymes, and cardiometabolic health including lipid profiles. Three randomised controlled trials also reported that 4- and 6-hour TRF resulted in mild weight loss over eight weeks. It overall concludes that intermittent fasting is a safe diet therapy and provides a promising effect on cardiovascular and metabolic health.

Keywords: Alternate day fasting, Caloric restriction, Cardiovascular Disease, Meal skipping, Time restricted feeding