

A Bird View On Pros And Cons Of Jeans Pants Over Dinacharya

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Abstract –

In today's era the jeans are trendy fashion, earlier jeans were used or factory workers as their material is thick and requires very less maintenance. Because of these advantages only they have become trendy and today most of us wear jeans day or another. somewhere we forgot that cloth are made to protect our body and to maintain the body temperature. As most of the jeans are stitched tight, tight wearing causes heat which leads to high risk of low sperm count in males and infertility, UTI, tight pant syndrome in females.

Keywords – jeans, fashion, advantages, infertility

Introduction –

Many people like to wear clothes which are trendy. Fashions and designs of clothes keep on changing. Maybe, this is because people want to wear something different and smart. The entire industry involved in designing, manufacturing and marketing clothes keeps this trend alive.

Somehow tight clothes have also entered the pattern of what is fashionable and many people can be seen wearing tight skinny jeans and body hugging dresses.

Tight clothes in any form; whether jeans or tops or undergarments are harmful.

Very tight jeans can compress the nerves of the thighs causing pain, tingling and numbness in the thighs and or legs. Cramps in the calf muscles can occur due to wearing very tight pantaloons or jeans. Muscle pain can occur due to constriction of the blood vessels hampering blood supply and also due to the pressure on the muscles and soft tissues.

The problem of heart burn i.e. burning sensation in the chest increases by wearing tight clothes. This happens because the pressure on the abdomen forces the flow of acid upwards causing heart burn. Low blood pressure can result from wearing tight jeans, because the blood circulation and return of blood to the heart is impaired. One feels dizzy on standing due to low blood pressure and this can lead to fainting.

In women very tight clothes are known to cause sterility. This is more so in those who have been using tight clothes since teen years.

Tight clothes have been implicated in causing endometriosis a condition causing chronic abdominal pain in women. Recent researchers have postulated that chronic abdominal pain in women of higher class during the Victorian era could have been because of wearing clothes which were very tight across the waist.

Tight brassieres are a known cause for breast cancer in women. Tight clothes also increase the warmth and dampness in any part of the body making the part more susceptible to fungal infections. Fungal infections over genital parts and around in women have been known to result from tight undergarments.

Pregnant women are advised to wear loose comfortable clothes because of multiple health hazards. Tightness around the abdomen is harmful for pregnant women as well.¹

In Men - In men wearing tight undergarments and or pantaloons can increase the warmth in the scrotal region and reduce sperm production. In extreme cases, it can result in infertility. Men can also suffer from fungal infections on and around genital parts due to tight undergarments, though it is more common in women.²

Thus it can be seen clearly that there are multiple harmful effects of wearing tight clothes but absolutely no advantage. Therefore before an individual decides to wear and buy a tight fit

What is meralgia paresthetica

Doctors say that if you wear tight clothes like jeans etc then you can become victim of this disease, sensory nerves provide activeness from pelvis to

your thighs and if you are wearing tight cloths continuously then you start experiencing in-activeness in your thighs and sometimes many people frequently visits to their doctor with a complain that they can not feel activeness in their thighs and are facing huge problems while sitting, walking and doing daily works. You should not avoid this symptom of in-activeness in your thigh as this temporary problem can become permanent in a longer run and will cause more troubles to you.

Effects on males and females

By wearing tight jeans and tight cloth wear males are prone to get bladder oriented diseases such as urinary tract infection, low sperm count, fungal infection and even impotency issues.

Females can also become victim of fungal infection and due to intense pressure on nerves they can start feeling in-activeness in their thighs. Tight jeans along with high heels combination is more dangerous and harmful as they give double impact on the nerves, which will led to permanent issues in future. As women, the clothes we believe to be the sexiest are often the tightest. For this reason, we squeeze into skinny jeans, struggle to pull the cloth all the way up to our waist where we will then have to suck in our belly to get the button to close. As soon as we get home at the end of the day, we strip off these restrictive garments and change into sweatpants, finally able to breathe again, skin covered in indented lines from the clothes.

Some Other Troubles

Sometimes due to tight jeans or dress you can feel pain or itching on the skin nearby to your waist and thighs, also you can experience frequent stomach ache problem. It can also cause blockage problem to your blood circulation and other harmful effects to your organs. Mr. Shelly was the victim of same issue and she was kept under medical observation for a longer period and it can also give you pain in your back and legs.

Spider Veins

Skin tight jeans can cause harmful problem of spider veins in which due to intensive pressure on your veins they start appearing in different colors

like red, purple or blue, it looks like web of spider or branches of a tree and it can be seen easily on your skin specially on your face and your legs. Because of this disease you will feel pains in your legs, itching, swelling and your skin color can also become dark. Females face this problem of spider veins more than that of males and they also experience problems of stomach ache.

A Better Mindset

A great question to ask when you're putting on tight clothes is why you are doing it. As we grow older, we outgrow our clothes, and it can feel frustrating when you don't fit into the sizes you used to. However, we should take a moment and think about the fact that our clothes should fit our bodies and not the other way around.

The message that tight clothes send is that you are too big for them, but it should be your clothes that fit you, not your body that fits a size. Thinking that you need to wear tight clothes or putting off replacing your tight clothes with clothes that fits can be damaging to your self-esteem.

Wearing the right size for your current body, investing in loose-fitting clothes, and even going braless are great ways to optimize your wardrobe for your health.

Conclusion

Due to continuous wearing of tight cloths and jeans males and females both experiences problems of fungal infection and to eradicate such issues one should wear fitting ordinary cloths and girls should wear simple footwear along with jeans so that they do not give excess pressure on their nerves.

Ting trendy looking dress, he or she should be aware of the harm it can cause.³

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