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Original Research

Ayurvedic management for Malnutrition

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ABSTRACT:

Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients. Malnutrition is the underlying contributing factor in about 45% of all child deaths. Ayurvedic nutritious therapy decreases the incidence of illness which might be due to increase in immunity, improved in appetite and digestion.

Key word: Ayurveda, Malnutrition, starvation

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INTRODUCTION

Malnutrition, according to the World Health Organization (WHO), refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients. It is well-known that maternal, infant, and child nutrition play significant roles in the proper physical and intellectual growth and development, including future socio-economic status of the child. According to World health organization the incidence of low weight at birth estimates that more than 20 million children, every year and approximately 150 million children younger than 5 years have low weight patterns for their age.¹

Malnutrition is the underlying contributing factor in about 45% of all child deaths, making children more vulnerable to severe diseases. National nutrition week is celebrated every year from September 1 to 7. The theme 2014 is "Poshak Aahar Desh Ka Aadhar." November 14, 2016 – Malnutrition is said to have claimed the lives of 25 children in Rajasthan in the last two and half month. Nearly half of them are from Barmer alone. According to reports, 16 more children in Barmer were in the critical condition.² Only 2 out of 25 kids died of malnutrition. Jaipur state health minister Rajendra Rathore admitted to two deaths of children due to malnutrition one in Barmer and the other in Pratapgarh. Both the children were aged 4 years. Ayurveda describes malnutrition under

Apatarpanjanya Vyadies. The nearest similarity of malnutrition with Ayurvedic diagnosis is Karshya. Karshya is mainly caused by Vata dosha Symptoms of malnutrition in children can include Failure to grow at the expected rate, both in terms of weight and height (known as "failure to thrive"). Changes in behavior, such as being unusually irritable, sluggish or anxious. Changes in hair and skin colour.³

According to Ayurved, starvation, consuming dry food (Ruksh ahar) etc are the reasons of malnutrition. People with malnutrition / under nourishment or over nourishment / obesity are always prone to some or the other ailment. Therefore, to cure these conditions, malnutrition in the instant case, "Brihanachikitsa" (i.e. administering medication and nutrition) is prescribed. Even though the main causes are lack of food and poor diet because of poverty and unemployment. It is also due to an illiteracy and ignorance about food, hygiene and health; natural, financial and geographical calamities; diseases due to lack of potable water and proper sanitation⁴. Food intake without hand wash leads to contracting worms and infectious diseases. For under privilege society the medical treatment is beyond their pocket limit. Until not focused on the issue of illness we cannot give justice to our efforts properly. Birth from weaker or malnourished parents (bijadosh). The reasons for which any disease persists for a long time makes

individual sever malnourished. A malnourished individual cannot bear Stuffed meals, appetite, thirst, diseases, acute/heavy dose of medicines medicines, and even extreme heat, cold. Since malnourished person is suffered from hyposthenia naturally, many diseases cause them to be annoying.⁵

PROTEIN-ENERGY MALNUTRITION: TREATMENT & MANAGEMENT

Yuktivyapashraya Chikitsa Vidarikandadi Churn used with milk & honey.

Talamkhana with goat milk is useful in malnutrition.

Laja-Adi Yog (combination) is also used in malnutrition. According to Charak Bringan Chikitsa is helpful to come out from Karshya.

Vidarikandadi Yog is a potential drug for enhancing the sport performance due to its Brinhaneeya effect. Indigenous diet drug Shoshjit Yog along with standard diet is a good alternative for the treatment of malnutrition as it enhances absorption of nutrients & increase the total serum protein. The roots of Withania Somnifera (WS) are used extensively in Ayurveda, categorized as a Rasayana, which is used to promote physical and mental health and to provide defense against disease.⁶

PANCHAKARMA THERAPY (PURIFICATION)

In Karshaya (malnutrition) prominent Dosha is Vata. Basti is the best therapy to win over the Vata dosha. Combination of Kshira Paka and Kshira Basti therapy in Karshya is better than individual Kshira Paka therapy or Kshira Basti therapy. Best results due to the synergistic effect of Kshira Paka and Kshira Basti.⁷

DIFFERENT FROM OF DRUGS USED IN MALNUTRITION

Ghr̥it – Ashwagandhaadi, Shishu Shosh Nashak, Kalyank, Shatpal, Trivriith, Brahmi ghreet.

Tail - Lakshaadi Taila, Shosh-Nashak Taila, Raj Taila.

Kwatha - Kakoli, Shirkakoli with goat milk.

Churna - Swarn Bhasm with Ghee & honey, Kusta Churna, Panchkol

DRUG REVIEW

Criteria for selection of ayurvedic poshak, balya (to increases the body weight), rasayan (immunity), sapta dhatu poshak (overall body constituents boosters enhancers), herbs were selected. There are two types of the constituents: Ayurvedic Dietary and herbal constituents according to beneficiary groups.⁸

Ayurvedic Dietary Constituents are Soya, Whole Wheat, Ragi, Til (seasum), Halim, Spinach, Beetroot, Skimmed Milk, Vegetable Oil by sunflower, Cow Ghee, sugar and Jaggary, which are common in all products.⁹

Ayurvedic Herbal Constituents are Shatawari, Ashwagandha, Amalaki, Vidarikand, Arjun, Balhirda, Behada, Dikemali, Haldi, Hirda, Jeshthamadh, Kutaj,

Kakadshingi, Murudsheng, Myphal, Nagarmotha, Pimpali, Karanj, Sunth, Vavdinga, Vekhand, Gulvel, Jatamansi, Manjishtha, Gokharu, Wakeri, Chopchini, Kuda, Brahmi, Shankhapushpi which are according to the needs of the beneficiary group. Sharma et al analysed the ayurvedic pathophysiology of malnutrition and its management. Classical texts books of Ayurveda, different internet sites, journal publications and various clinical studies were studied. Ayurveda describes importance of food in three sub-pillars of life. Different herbal medicines supplementation, Panchakarma and balanced diet can prevent malnutrition.¹⁰

Rathod et al¹¹ used ayurvedic nutritious therapy as a preventive care which helps to improve digestion, rejuvenation, immunity, srotasakarya-saptadhatu vridhhi and work on medicament requirement and need as per the type, age of the beneficiary as well as area and atmosphere according to Ayurveda and epidemical diseases. This study was conducted with the objective to evaluate its effect on illness due to decreased in immunity level, nutritional grade and weight on children less than 6 years of age along with change in haemoglobin level in 3 years to 6 years of age group. Second objective was to evaluate its effect on change in the weight haemoglobin and immunity level of breastfeeding mother and in pregnant women. By simple random sampling, 1035 cases and 1019 controls from age group 0 to 6 years of age children, for breastfeeding mother 186 cases and 153 controls and for pregnant women 234 cases and 102 controls were selected after taking all required permission from all concern department of Maharashtra government. They found significant increase in weight and thereby increase in nutritional grade in cases of 0 to 6 years of children. Increased in weight was found in 97.1% cases and 82.8% control. 40% cases show increased level on nutritional as compared to 8.4% of controls. Haemoglobin level was significantly increased (91%) in cases as compared to control (36.51%). This nutritious therapy was also useful in breastfeeding and pregnant women for increasing in weight and haemoglobin level in them. This low cost highly effective verified Ayurvedic nutritious therapy can be used with daily food of children as therapeutic supplementary as improvement in digestion and rejuvenation as it is proved to be effective in increasing the weight, haemoglobin level nutritional grade level and immunity which help in minimize frequently illness in these children, in pregnant women and in lactating mothers.

Rathi et al¹² evaluated the comparative efficacy of SDK syrup with and without Panchakarma procedures. Children affected with Moderate Acute Malnutrition aging 1 year to 6 years were selected for the present prospective work. As pilot study, total of 30 patients were enrolled divided equally into 2 groups. Group A patients received only medicines while group B received medicines along with (external oleation, sudation and medicated enema) by

for 7 days per month up to 3 months for 21 days. Patients were treated with syrup- with for initial 7 days. Thereafter SDK syrup for 3 months, at a dose of 5ml twice/thrice a day as per age (calculated by Young's formula) was given to both groups. The BMI in post treatment was found significant in Group A ($P<0.001$) and Group B ($p<0.001$). Owing to additional Panchkarma procedures, Group B had shown better efficacy than Group A. However, there were no significant changes in BMI Z score, weight for height and height for age % of post treatment in both groups.

Upadhyay et al¹³ conducted a literary review was conducted with help of several important Ayurvedic and Modern text books, Research papers, Journals to collect information on Ashwagandha Ghrita. The description of Karsya clearly correlates with under nutrition. Karshya is described in almost all samhita from both point of view i.e. preventive as well as curative. Ashwagandha Ghrita is described in Chakra Dutta, Yog. Ratnakar, Bharat. This yoga contains Goghrita, Ashwagandha Kalka, Godugdha and Water. Karshya is directly related to recurrent infections. This literary review article shows antimicrobial activity against various organisms. Conclusion: Ashwagandha contains alkaloid and steroids and ghrita has yogvahi and Sanskaranuvarti properties and these are responsible for Increase in body mass.

CONCLUSION

Authors suggested that ayurvedic nutritious therapy decreases the incidence of illness which might be due to increase in immunity, improved in appetite and digestion.

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