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## ROLE OF AYURVEDA IN MANAGEMENT OF CHILDHOOD KARSHYA (UNDER NUTRITION) - A REVIEW

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### ABSTRACT

Malnutrition causes more problems in children than any other age group as they may lead to growth (Both physical & mental) retardation and susceptibility to repeated infections. More than one third of the world's children live in India. Ayurveda describes importance of food in three sub-pillars of life. The article highlights the effect of different Ayurvedic drugs in management of malnutrition.

**Keywords:** Malnutrition, Children , Ayurveda.



## INTRODUCTION:

According to Ayurveda, 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.

According to UNICEF, in 2017 globally, 51 million children under five were wasted of which 16 million were severely wasted. This translates into a prevalence of 7.5% and 2.4%, respectively. Malnutrition and poor diets constitute the number-one driver of the global burden of disease. We already know that the annual GDP losses from low weight, poor child growth, and micronutrient deficiencies average 11 percent in Asia and Africa—greater than the loss experienced during the 2008–2010 financial crisis.

Nearly half of all deaths in children under 5 are attributable to under nutrition, translating into the loss of about 3 million young lives a year. Under nutrition puts children at greater risk of dying from common infections, increases the frequency and severity of such infections, and delays recovery.

According to the modern science the reason for malnourished child because of repeated infection like diarrhoeas, pneumonia, infectious diseases where his/her appetite is poor, digestive capacity is also affected and immune status is also depressed causing a vicious cycle infections and infestation. Malnutrition has a huge magnitude

therefore it is difficult to treat every children or individuals at their door step or at the field level. Moreover, though the treatment is free at the Public Health Centers, but these are located in periphery and the patients face difficulty to access Public Transport, while some cannot even afford it. Taking ill children to the PHCs for the treatment, individuals may lose their daily livelihood which some cannot afford and due to this they prefer homely or blind believes treatment. Looking at all these reasons, individuals tend to ignore minor health issues, which later on turn into chronic diseases. Thus, they get stuck in the vicious circle of malnutrition. To eradicate malnutrition, government is providing day to day meal (hot cooked food) and take-home ration (THR) to the beneficiaries. However, this has been unable to solve the entire problem. Here we want to take your attention that Malnutrition is weakening the affected individual physically and intellectually and further has been found to reduced immunity also owing to this decreased immunity, the individual gets easily affected by the surrounding infections and suffers from various diseases which may prove fatal. Therefore, frequent illness is one of the major symptoms of malnutrition. If victim not getting or treated by the medicament supports as a result, the victim suffers from various irreversible damages at every stage of their life and gets stuck in the vicious circle leading to stunted growth. Therefore, our concept is giving the medicament support through nutrition to prevent, manage control and eradicate malnutrition. If we want all-round growth of our society, the society should be free from malnutrition. To strengthen the hands of the Government we came out with a unique concept

"Doctors at your door steps" to help manage health issues due to malnutrition, by using Ayurvedic Medicament Nutrition Therapy.

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. 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 Different from of drugs used in malnutrition Ghrith – Ashwagandhaadi, Shishu Shosh Nashak, Kalyank, Shatpal , Trivrith, 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.

Nutritional intervention with this ayurvedic nutritious product showed significant weight gain among children with grade I and grade II protein energy malnutrition. Ultimately, we found that this ayurvedic

nutritious therapy was very helpful in decreasing the incidence of illness in cases as compared with control is cost effective product can be added to regular food of children which will help in increase in their weight and haemoglobin level which will directly increase the immunity of child to fight with common childhood infections. As government of India has goal of elimination of malnutrition from India by 2022 and as per the N4G (Nutrition for Globe) by 2030-malnutrition free world, we can use this therapy to help to achieve this goal as from this study we can say that it will help to increase 5 time more increase in gradation of malnutrition as well as minimise ill effects by malnutrition. We can say that this ayurvedic nutritious therapy decreases the incidence of illness which might be due to increase in immunity, improved in appetite and digestion therefore results in consumption of food was increased and shown anabolic effect due to this possible mechanism of weight gain (5 times more as compared to controls) and haemoglobin level are increased. Results of this study are very encouraging and this ayurvedic therapy is found be very effective in improvement in weight, nutritional grade, haemoglobin level and overall health of all children as well as pregnant and lactating women of all age group. Factors to be considered to draw any conclusion - Socio-Economical status, awareness of health/ANC care, frequent pregnancies, no adequate support from family members, lack nutritious diet, addicted parents, hard strenuous work, instable life styles, inadequate facilities in remote area, traditional customs prohibit them get delivered at health centres .

## CONCLUSION

Malnutrition is a major problem in world. The problem is mainly related with nutritional supplements. Many programmes conducted by Indian government are helpful in improving the nutritional health of children. Apart from this these programmes are so effective just like Ayurvedic therapies & different Brianghaniya combinations.

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