

MALNOURISHED HEALTH CARE THROUGH AYURVEDA IN MOTHER AND CHILD***¹Dr. Dharam Chand, ²Dr. Deena Nath Singh, ³Dr. Shweta Mishra and ⁴Dr. Sanjay Prakash**¹ M.D.(J.R.) Dept Of Roga Nidana Evam Vikriti Vigyana Govt. Ayurvedic P.G. College & Hospital, Varanasi²Assistant Professor, Dept. of Roga Nidana Evam Vikriti Vigyana Govt. Ayurvedic P.G. College & Hospital, Varanasi.³Assistant Professor, Dept. Of Kayachikitsa & Panchakarma Govt. Ayurvedic P.G. College & Hospital, Varanasi.⁴Assistant Professor, Dept. Of Dravyaguna Govt. Ayurvedic P.G. College & Hospital, Varanasi.***Corresponding Author: Dr. Dharam Chand**

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Article Received on 21/12/2022

Article Revised on 11/01/2023

Article Accepted on 01/02/2023

ABSTRACT

In the field of ayurveda Malnutrition is mentioned under Apatarpanajanya vyadhis, on the basis of severity malnutrition may be considered as Karshya, Phakka, Parigarbhika and Balashosha. For the management of malnutrition Ayurveda Principal play an important role in child as well as mother. According to (Su.Su.5/29) Aahar in children grouped as Chhirapa, Chhirannada, and anada. Fala prashana, anaprashana, (ka.kh.12/15-18) and mother milk, in the absence of mother milk cow milk is preferred (Su.Sa.10/48). According to Vridhya Charakya Anna-Pistha-Dugdha-Mansa-Ghrit provides 10 Times more energy in increasing orders. According to IMCR Milk, Pulses, Meat, Fruit, green leafy vegetables, Others Vegetables, Cereals, Starchy Vegetables, Fats and Oils are comes under Aahar Varga. The main contents of aahar is Carbohydrate, Protein, Fat, Water, Minerals and vitamins. By the deficiency of these constituents in our food may cause the malnutrition in child as well as in mother. More than 25% of the world's hungry people reside in India. Since 1990, children have made small advances, while the proportion of the population that are hungry has grown. In India, 44% of children under the age of five are underweight. 72% of infants and 52% of married women have anemia. Poverty is also cause of malnutrition in world's 2nd largest population. 15% of all diseases that affect India are brought on by the scourge of maternal and child malnutrition. In the fourth round of the NFHS, which was conducted in 2015-2016, the prevalence of underweight 35.7%, stunted 38.4%, and wasted children 21% under the age of five. To decrease the level of malnutrition among children and mother Govt. of India running so many nutritional deficiency programs. In the field of Ayurveda management of malnutrition can be cured by the help of Apatarpan chikitsa, pathya Apatha aahar sevana in our daily routine.

KEYWORDS: Child & mother malnutrition, different types of Aahar, govt. nutritional programs.**INTRODUCTION**

Ayurveda is a holistic health strategy that concentrates more on sickness prevention than illness treatment. People of all ages and working in a variety of occupations have reportedly benefited personally and spiritually from the includes the practice to healing used by Ayurveda. In our country malnutrition is very big problem now a day in child as well as in women. In the ayurveda malnutrition can be classified on the basis of severity as **Karshya, Phakka, Parigarbhika and Balashosha** in the children. Women are also facing the same problem as child for malnutrition; in continuation of this poverty is the leading cause of malnutrition.

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women have anemia. 15% of all diseases that affect India are brought on by the scourge of maternal and child malnutrition. In the fourth round of the NFHS, which was conducted in 2015-2016, the prevalence of underweight 35.7%, stunted 38.4%, and wasted children 21% under the age of five. By providing education, decreasing poverty, and use of ayurvedic management can reduce this India's great problem.

MATERIAL AND METHODS

Matter related to Education, Poverty in country, malnutritional national programs where thoroughly reviewed from various classical text of Ayurveda, modern literatures, scientific journals, monograph and internet etc.

DISCUSSION

Malnutrition is very big problem in our community among child and mother, according to ayurveda mentioned under Apatarpanjanya vyadhis. In the ayurveda malnutrition can be classified on the basis of severity as *Karshya* - is explained in *charak samhita* in *asthanidaniya*, *Phakka* – Run down condition of the body is known as *Phakka roga* (ka. Chi. Phakka chikitsa adhyay), *Parigarbhika* – When the pregnant women feeds breast milk to child then kaasa, agnishad, vaman, tandra, karshya, aruchi, bhram and udar vridhi symptoms are present is known as *parigarbhika* and *Balashosha* - In the children aruchi, pratishiya, jwara, kaasa, sosha, mukha-natra snigdha and shewat are the symptoms. In addition to the fact that poverty is the main cause of malnutrition, women and children also struggle with it.

There are some fastest way to cure malnutrition -

*Having a healthier, more balanced diet. *Eating "fortified" foods that contain extra nutrients. *Snacking between meals. *Having drinks that contain lots of calories. *Getting supermarket deliveries at home.

There are some foods to cure malnutrition - Plenty of fruit and vegetables. Plenty of starchy foods such as, pasta, bread, rice, potatoes. Some milk and dairy foods or non-dairy alternatives. Some sources of protein, such as meat, fish, eggs, and beans.

We can maintain regular digestion, absorption and elimination with the use of ayurvedic eating practices. If you're undernourished, The most overt manifestation of malnutrition is frequently weight loss brought on by the loss of muscle, fat, and organ mass. The fact that muscle function deteriorates prior to changes in muscle mass suggests that changed food intake has significant effects separate from those on muscle growth.

Poor diets deficient in essential nutrients during pregnancy, such as iodine, iron, zinc, folate, and calcium, can result in anemia, pre-eclampsia, haemorrhage, and mortality in mothers. They can also result in a stillbirth, a low birth weight, wasting, and delays in a child's development. While breastfeeding, when nutritional sensitivity is at its highest and cow milk is preferred in the absence of breast milk, women have specific nutritional needs throughout their lives. This is especially true before and during pregnancy. The survival and wellbeing of mothers and their children depend on providing women with a healthy food, enough resources, and care.

In India about 25% of the world's hungry population, while the percentage of the population that is hungry has increased since 1990. Underweight is a problem for 44% of children under five in India. The prevalence of anemia is 72% in babies and 52% in married women. Malnutrition in women and children, a scourge, is responsible for 15% of all diseases that impact in our country. Underweight prevalence was 35.7%, stunting

was 38.4%, and wasting children were 21.0% in the fourth round of the NFHS, which was carried out in 2015-2016.

In order to improve the health-seeking behaviour of pregnant women and lactating mothers, the **Pradhan Mantri Matru Vandana Yojana** (PMMVY) is being implemented. It also aims to partially make up for wage loss so that the woman can get enough rest before and after giving birth to her first child. Under the umbrella of the **Integrated Child Development Services Scheme** (ICDS), the government implements the Anganwadi Services, Pradhan Mantri Matru Vandana Yojana, and Scheme for Adolescent Girls as focused interventions to address the issue of malnutrition in the nation.

On 18 December 2017, the government launched **POSHAN ABHIYAN** has as one of its objectives to enhance the nutritional status of adolescent girls, pregnant women, and nursing mothers. Inadequate nutritional intake, a lack of access to healthcare, a lack of access to hygienic conditions, and an unfavorable environment are all mediating effects of poverty as a primary cause of malnutrition. The main goal of developing countries has been to reduce poverty and malnutrition through a variety of welfare programmers. While the national and local governments have been putting various social programmers into place in the crucial areas of livelihood, health, nutrition, and education to reduce poverty.

CONCLUSION

Malnutrition in child and mother is difficult to manage but proper diagnosis, proper education, decreasing poverty and govt. nutritional programs can give positive and significant effect to cure the disease. This will give a great impact on our society as well as our country.

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