



A REVIEW ARTICLE REGARDING AYURVEDIC MANAGEMENT FOR MALNUTRITION

**Dr. Brahm Dutt Sharma^{*1}, Dr. Durgesh Nandini Sharma², Dr. Arpita Mathur³,
Dr. Nitesh Vyas⁴, Dr. Surya Prakash⁵ and Anju Nagar⁶**

¹Asst. Professor, Department of Kaumarbhritya, Shri Shiridi Sai Baba Ayurveda College and Hospital, Renwal, Jaipur, Rajasthan, India,

²Asst. Professor, Department of Sharir Kriya, MJF Ayurvedic College, Harota. Chomu, Jaipur. Rajasthan, India.

³Assistant professor. Department of Sharir Rachana, SSSB Ayurveda College and hospital, Renwal, Jaipur, Rajasthan, India.

⁴Asst. Professor, Department of Sharir Kriya, SSSB Ayurveda College and Hospital, Renwal, Jaipur, Rajasthan, India.

⁵Assistant professor. Department of Rog and Vikriti Vighyan, SSSB Ayurveda College and Hospital, Renwal, Jaipur, Rajasthan, India

⁶Student B.A.M.S final year, SSSB Ayurveda College and Hospital, Renwal, Jaipur, Rajasthan, India.

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*Corresponding Author

Dr. Brahm Dutt Sharma

Asst. Professor,
Department of
Kaumarbhritya, Shri
Shiridi Sai Baba Ayurveda
College and Hospital,
Renwal, Jaipur, Rajasthan,
India.

ABSTRACT

Malnutrition generally refers both to under nutrition and over nutrition, but we use the term to refer solely to a deficiency of nutrition. 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. Among these, half of them under 3 are malnourished. **Aim:** - To critical analyses the Ayurvedic pathophysiology of malnutrition and its management. **Materials & Methods:** - Classical texts books of Ayurveda, different internet sites, journal publications and various clinical studies. **Results:** - Ayurveda describes importance of food in three sub-pillars of life. The article highlight the effect of different Ayurvedic drugs in management of malnutrition. **Conclusion:** - Different herbal medicines

supplementation, *Panchakarma* and balanced diet can prevent malnutrition.

KEYWORDS: Malnutrition, Ayurvedic management, *Yuktivyapashraya Chikitsa* & *Panchakarma*.

INTRODUCTION

The World Bank estimates that India is one of the highest ranking countries in the world for the number of children suffering from malnutrition. 5.9 million Children under the age of 5 year died in 2015. More than half of these early child deaths are due to condition that could be prevented or treated with access to simple, affordable interventions. Malnutrition is the underlying contributing factor in about 45% of all child deaths, making children more vulnerable to severe diseases.^[1] National nutrition week is celebrated every year from September 1 to 7. The theme 2014 is “*Poshak Aahar Desh Ka Aadhar.*”^[2] 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. 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 year.^[3]

Ayurveda describes malnutrition under *Apatarpanjanya Vyadies*.^[4] The nearest similarity of malnutrition with Ayurvedic diagnosis is *Karshya*. *Karshya* is mainly caused by *Vata dosha*.^[5]

Symptoms of malnutrition in children can include^[6]

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.

Table no. 1: Showing *Nidana* (Causes) of malnutrition in terms of classical texts⁷:-

Aaharaja	Viharaja	Manasik
Katu & Tikta Rasa	Kriya Atiyoga(excess exercise)	Stress
Ruksh Annapan	Ratri Jagrana, Vata & Atapa Sevana	Fear, Depression
Alpa Bhojana,	Malnutrati Nigraha	Ati krodha(anger)

Table no. 2: Showing classification of malnutrition according to WHO:-⁸

Degree of PEM	Stunting%	Wasting%
	Height for age	Weight for height
Mild:- Grade I	87.5-95%	80-90%
Moderate:- Grade II	80-87.5%	70-80%
Severe:- Grade III	<80%	<70%

Protein-energy malnutrition: treatment & management- Yuktivyapashraya Chikitsa

Vidarikandadi Churn used with milk & honey.^[9] *Talamkhana* with goat milk is useful in malnutrition. *Laja-Adi Yog* (combination) is also used in malnutrition.^[10] According to *Charak Bringan Chikitsa* is helpful to come out from *Karshya*.^[11]

Vidarikandadi Yog is a potential drug for enhancing the sport performance due to its *Brinhaneeya* effect.^[12] 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.^[13] 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.^[14]

Panchakarma Therapy (Purification)

In *Karshaya* (malnutrition) prominent *Dosha* is *Vata*. *Basti* is the best therapy to win over the *Vata dosha*.^[15] 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*.^[16]

Different from of drugs used in malnutrition

Ghrut – *Ashwagandhaadi*^[17], *Shishu Shosh Nashak*^[18], *Kalyank*, *Shatpal*^[19], *Trivrith*, *Brahmi ghreet*.^[19]

Tail - *Lakshaadi Taila*^[17], *Shosh-Nashak Taila*^[18], *Raj Taila*.^[19]

Kwatha - *Kakoli*, *Shirkakoli* with goat milk.^[16]

Churna - *Swarn Bhasm* with *Ghee* & honey¹⁵, *Kusta Churna*^[17], *Panchkol*^[16]

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 not so effective just like Ayurvedic therapies & different *Brianghaniya* combinations.

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