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 texts[7]:-

<table>
<thead>
<tr>
<th>Aaharaja</th>
<th>Vihara</th>
<th>Manasik</th>
</tr>
</thead>
<tbody>
<tr>
<td>Katu &amp; Tikta Rasa</td>
<td>Kriya Atiyoga(excess exercise)</td>
<td>Stress</td>
</tr>
<tr>
<td>Ruksh Annapan</td>
<td>Ratri Jagrana, Vata &amp; Atapa Sevana</td>
<td>Fear, Depression</td>
</tr>
<tr>
<td>Alpa Bhojana,</td>
<td>Malnutradi Nigraha</td>
<td>Ati krodha(anger)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Degree of PEM</th>
<th>Stunting%</th>
<th>Wasting%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild:- Grade I</td>
<td>Height for age 87.5-95%</td>
<td>Weight for height 80-90%</td>
</tr>
<tr>
<td>Moderate:- Grade II</td>
<td>80-87.5%</td>
<td>70-80%</td>
</tr>
<tr>
<td>Severe:- Grade III</td>
<td>&lt;80%</td>
<td>&lt;70%</td>
</tr>
</tbody>
</table>
Protein-energy malnutrition: treatment & management- Yuktivypashravya 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

Ghrit – Ashwagandhaadi[17], Shisu 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.

REFERENCES


5. Vagbhata, Ashtanga hridayam, Nirmala Hindi commentary by Dr. Brahmanand Tripathi, Chaukhambha Sanskrit Pratishthan Dehli, Reprint, 2010; 161.


13. Dr.Rameez Uddin, Dr.Rakesh Kr. Nagar, Prof. Abhimanya Kumar, “A clinical study to evaluate the efficacy of Shoshjit yog in Malnutrition”. Journal of Ayurveda; ISSN NO. 2321-0435, 11-17.


16. Journal of Ayurveda: A clinical study of Ksira Basti and Ksira Paka of Balya drugs on Kashrya, Karshipra Rajoria, Dr.Sarvesh Kumar Singh, Prof. Radheyshyam Sharma; ISSN NO. 2321-0435; 39-44.

17. Yogaratnakara with ‘Vaidhyaprabha’ Hindi commentary by Dr. Indradev Tripathi and Dr. Daya Shankar Tripathi, Balrogadikar Balkas-swas Chikitsa, 79,80,81,84; 844.
