

Nutritional Disorders In Childhood - An Ayurvedic Perspective

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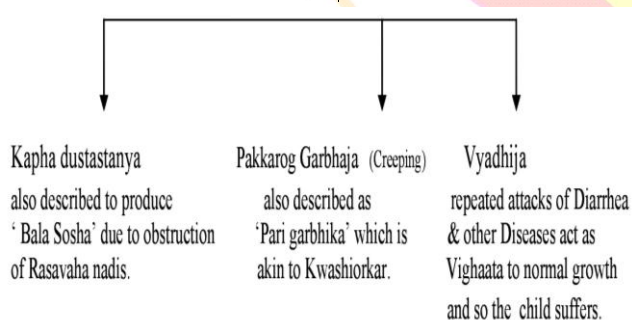
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Introduction :

It is a common observation that children of developing countries specially vegetarians lack adequate nutrition especially in terms of protein-caloric requirement to achieve the normal growth. Many workers made efforts to prepare nutritional supplements by adding various locally available pulses, legumes etc. However the problem is that they don't provide essential amino acids like methioine, cystine etc. which are only available mild and meat soups.

Ayurvedic books describe malnutrition in different terms such as :



All these conditions may finally lead to failure in growth and development. The child fails to acquire locomotors stability with inadequate neuro-muscular co-ordination. He is unable to stand and so creeps lika a snail. These are described below:

Kuposhana Janya Vikara In Balya.

1) Dusta stanya janya vikara nidanas

- Qualities of ahara consumed during lactation.

- Asharja Doshas (anashan, adhyashana etc.) during lactation.

- Vihara of lacating mother.

- Graha Janya doshas in stanya

- Dristi Dosh of stana and resultant in adequacy of milk.

2) Weaning disorders in Ksheeraannada

- Parigharbhika

- Phakka.Bala Sosha

3) Visheshayatna dushita Janya vikara

- Quantitative (Pramana)

- Qualitative (swabhava)

Dusta stanya janay vikaras:-

Sthanya is formed from rasa dhatu of Mother which inturn is formed from the ahara taken by her. Thus the vitiation of Ahara rasa leads to vitiation of Sthanya.

Weaning disorders:-

Making the child who is accustomed in taking mother's milk only, to take shaka, mamsadi dravyas and making him to digest them is the ultimate aim of weaning. This stage is very crucial in the child's development. This is called "KSHEERANNADA" stage. In this stage the digestive power of child is unstable. Deficiency of body building substance that is proteins may occur and it may result in various diseases. In Ayurveda "PARI GARBHIKA", BALA SOSHA" and PHAKKA ROGA" are described corresponding to this stage.

Parigarbhika :-

When a women becomes pregnant, while feeding the first child, the quantity of milk decreases in her. Even though mild is produced it will be deficient in nutrients. Then the first child gets deficiency of nutrients and becomes lean. This is described as parigarbhika.

In this stage as the digestive power of child is not strong even if we provide nutritious supplements the child may not be able to digest it. There by the following symptoms arises.

- . Aruchi, Agnimandya, Chardi, Kosta Vriddhi (Liver)
- . Karshya, Kasa
- . Tandra, Bhrama
- . Discoloured Brittle Sparce Hair.

Phakka roga :-

Even after one year of age, if the child is unable to walk on its own it is called ‘PHAKKA ROGA’ Along with inability in walking, emaciation of the body and decrease in physiological immunity, delayed milestones are some of the features of this disease.

Roga	Dosha	Dushya	Srotas	Lakshan
Ksheeraja Phakka	Kapha	Rasa	Rasavaha	Karshyata, Shosha
Garbhaja Phakka	Vatta?	Rasa	Rasavaha	Sotha, Kota, vridhhi, symptoms of Parigarbhika
Vyadhija Phakka	Tridosha	Agni & Grahani	Ras-avaha	Viloma Kshaya of Dhatus because of Atisaara etc.

To compare with the concepts of western medicine Phakka roga can be the outcome of several conditions viz; PEM, Neuromuscular dystrophy, Iron deficiency anemia coupled with secondary infections, Rickets etc ultimately leading to failure in locomotion.

Other Nutritional Disorders:-

Not only the deficiency of nutrition, but also excess nutrition also causes diseases. Diseases occurring in “ annada stage” can be divided in to two varieties.

- i) Quantitative (pramanta)
- ii) Qualitative (swabhavata)

Quantitive :

Adhikahara :- Due to excess intake of ahara “Ama” will be produced.

This vitiates the tridoshas. It causes heaviness in the body along with immobility and may be responsible for many other diseases.

Vistambha – obstruction

Udveshtana – Girdle pain with reversal of apanavayu.

Klesha – Vague pains or distress

Visuchika – If the undigested ahara is withstanded it results in ‘Alaska’ or ‘Visuchika’

This ultimately causes moorcha, bhrama, pralapa.

Alpahara :- If the child gets less quantity of nutrients than the body requirement, the following conditions occur.

Atyagni, krishatwam, nidransa, bhrama, shakrinmootra, bala kshayam, upachaya nasam, Due to apana vatha Vikriti. So many types of vatha vikra can occur. Mental performance diminish and ojokshaya results.

Quality of Ahara Effect Produced

1. Drvadhikata Utklesha, parshwa bhenda, Atimootrata, pratisyasya ,Atisara.
2. Dravalpata Malabandha, sosh kapha mootralpata.
3. Guru bhojana Ajeerna, Amatwam.
4. Ati rooksha Twak sushkata (vit A deficiency?).
5. Ati snigdha Kapha vardhaka, medo sanchayakara praseks, Hridgaurva, tandra, Alasya, Ajeema, Aruchi, kapha, Meda, Kantharogas.
6. Ati madhura Balakara, Dridhakara, sthoulya, prameha, diminution of agni.
7. Ati Amla Danta, netra, kasha dourbalya, atyagni, kapha pitta vyadhi, akala vardhakya.
8. Ati lavana Swarhanikara, trishnakara glani shaithilya, dourbalya, akala valee palitam, Raktapitam (vit c deficienay?).
9. Ati katu Agni deepana, suska, Karshyakara shukrahara, mukha guda asya akshi paka (vit B complex deficiency). In children ‘shukrahara’ indicates disturbance of growth factor while in adults it is anti sperontogenesis.
10. Ati tikta rookshata in dhatu decreases poshaka Kaphadatu, Drishtinasaka, vathaprakopakara. Twak vikara vriddikaram.

11. Ati Kashaya Vatha dustikara, Kapha pitta hara, pakti, mardava kara (softens digestive system)

All above said factors are having the influence both on mother and child.

Conclusion:-

- Ayurveda stands no less behind in explaining the nutritional disorders and their management in children.
- Efforts should be made to put Ayurvedic menu of nutritional supplements into National Programmes.
- Ayurvedic methods of understanding and Analysing Kuposhana Janya Vikaras is necessary to adapt Ayurvedic line of management.

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