



## MALNUTRITION & OVERCOME PRACTICE

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### ABSTRACT

Several different nutrition disorders may develop, depending on which nutrients are lacking or consumed in excess. According to the World Health Organization (WHO), malnutrition is the gravest single threat to global public health.<sup>[1]</sup>

**KEYWORDS:** Several different nutrition disorders may develop, depending on which nutrients are lacking or consumed in excess.

### Malnutrition

Obese people, who consume more calories than they need, may suffer from the sub nutrition aspect of malnutrition if their diet lacks the nutrients their body needs for good health. Poor diet may lead to a vitamin or mineral deficiency, among other essential substances, sometimes resulting in scurvy - a condition where an individual has a vitamin C (ascorbic acid) deficiency.

Though scurvy is a very rare disease, it still occurs in some patients - usually elderly people, alcoholics, or those that live on a diet devoid of fresh fruits and vegetables. Similarly, infants or children who are on special or poor diets for any number of economic or social reasons may be prone to scurvy.

According to the National Health Service (NHS), UK, it is estimated that around three million people are affected by malnutrition (subnutrition).<sup>[2]</sup>

According to the Food and Agriculture Organization (FAO), the number of people globally who were malnourished stood at 923 million in 2007, an increase of over 80 million since the 1990-92 base period.<sup>[3]</sup>

### Causes of Malnutrition<sup>[4]</sup>

There are many causes for malnutrition. These causes can be divided in two main categories.

(A) Causes related to food.

(B) General causes.

(A) Causes related to food: A lot of causes related to food are responsible for malnutrition.

1. Lack of nutritious and Balanced Diet: Lack of nutritious and balanced diet is responsible to a great

extent for malnutrition in children. In our country, because of poverty, there is a lack of essential elements like Proteins, carbohydrates, fats etc. in everyday meal; hence, manifestation of malnutrition in children is natural.

2. Indigestive and Harmful diet: Intake of indigestive and harmful diet is one of the main causes of malnutrition. Children belonging to the rich families do have expensive food items but in general these food items are indigestive and harmful. Intake of such type of food items often leads to lack of hunger and hence sometimes the children fall prey to malnutrition.

3. Lack of Regulated Diet: Irregular intake of food is one of the main causes leading to malnutrition. The timings for breakfast, lunch and dinner must more or less be fixed. Indiscipline in this matter is very bad. This bad habit of taking irregular meals causes indigestion and finally results in malnutrition.

### (B) General Causes

1. Dirty Environment: Dirty environment of home and school also causes malnutrition. In Indian cities the home and school environment becomes dirty due to lack of fresh and pure air, lack of sunlight, non-availability of playground, dirty lanes, which hampers right nutrition of children.

The children working in glass factories, leather industry, brick industry etc. face the kind of dirty, unhygienic and unhealthy environment, which is hard to imagine. Hence child labour must also be completely banned so as to avoid the children from such filthy environment.

2. Lack of Sound Sleep and Rest: Lack of space and suffocated bedroom causes lack of sleep. Besides this excess of homework and Television watching in late hours causes lack of sleep. Lack of sleep results in indigestion. Which leads to malnutrition. Lack of proper and sufficient rest also leads to malnutrition.

3. Negligence of Children: Negligence of children at home and in school causes anxiety in children. This also results in malnutrition.

4. Bodily diseases: Many children being infected from the diseases are neither able to have balanced diet nor their bodily functions take place properly resulting in malnutrition.

5. Heavy work: The digestive process of children gets affected because of continuous hard work. Especially for the children of low income- groups, the heavy labour uncoupled with balanced diet take a toll on their physical and mental development. Nearly forty percent of total children in India suffer from malnutrition.

6. Lack of Exercise and Games: The lack of exercise and games also leads to malnutrition. Even if a child takes a balanced and nutritious diet, the lack of exercise and games results in slowing down of digestive process and consequently the food is not digested properly causing malnutrition. This also causes physical deficiencies.

#### **How to Overcome Mal nutrition**

People who suffer from hunger are not getting enough food and suffer hunger in the long term can lead to the malnutrition.

#### **FOR IMMEDIATE RELEASE<sup>[5]</sup>**

People who suffer from malnutrition to lack of nutrients needed by the body to grow or to maintain health. Someone could get malnutrition in the long term or short-light conditions or heavy. Malnutrition can affect the physical and mental health. People who suffer from malnutrition would be easy to disease or even died from side effects. Children who suffer from malnutrition will also be affected growth, they usually do not grow as it should (dwarf) with body weight below normal.

Malnutrition Causes People will suffer malnutrition if they are not able to benefit from the foods they eat, for example in people with diarrhea, excess nutrients, or because the diet is not balanced, so do not get enough calories and protein for body growth.

Some people can suffer from malnutrition because of diseases or conditions that cause the body unable to digest or absorb food perfectly. Examples of celiac disease patients who experience gastrointestinal disorder triggered by a type of protein there is lots of gluten in flour. This celiac disease affects the body's ability to absorb nutrients, causing a deficiency.

Then there is also a disease that affects cystic fibrosis of the pancreas, whose function is to produce the enzymes needed to digest food. Likewise, people with lactose intolerance that is difficult to digest milk and processed products.

#### **Here are some factors that can lead to poor nutrition**

A diet is not balanced nutritional content, There is a problem in the digestive system, The existence of certain medical conditions.

As mentioned earlier, malnutrition can occur when the body is not getting enough food and nutrition, as in the case of starvation. 1 type of vitamin deficiency can be categorized as poor nutrition. In some cases of malnutrition can show very mild symptoms or no symptoms. But in other cases of severe malnutrition can cause organ damage remains even been saved.

Currently malnutrition remains a significant problem throughout the world, especially in children. Poverty, natural disasters, political problems and wars can lead to malnutrition and hunger, even in any part of the world.

Signs and Symptoms of Malnutrition Malnutrition can affect the body's health both physically and mentally. The more severe conditions suffered malnutrition (nutrition more or less) will increase the risk of physical health problems.

In severe malnutrition can occur such as marasmus cases (weak muscles) due to protein and energy deficiency, cretinism and brain damage due to iodine deficiency, blindness and the risk of infectious disease increased from deficiency of vitamin A, it is difficult to concentrate due to iron deficiency.

Signs and symptoms of malnutrition depend on the type of nutritional deficiency. However, common symptoms of malnutrition are:

Fatigue and lack of energy, Dizziness, Immune system is low (which cause the body to fight infections difficulties), The skin is dry and scal, Swollen and bleeding gums, Rotting teeth, It's hard to concentrate and have a slow reaction, Weight loss is less, Growth is slow, Weakness in the muscles, Abdominal bloating, Bones are easily broken.

There is a problem in organ function When a pregnant woman experiencing malnutrition, the child may be born with low weight and are at risk for not survive. The children who experience malnutrition are also often difficult to follow the lessons in school.

1. Do not eat between meals, because the body needs time to digest food properly. If it's hungry, overcome with fruits (apples, pears, bananas, etc.). Addition will not interfere with the digestive process too, the other benefits your stomach is full enough, so you do not overeat at lunch.

2. Vegetables, fruits, and seeds such as bean sprouts germinate very well to generate energy.
3. For breakfast, choose fresh fruit, fruit juice, or raw vegetables. Liver which is an important organ for detoxification (toxins expenditure of the body) work more efficiently between midnight and noon. Other foods that will affect this detoxification process.
4. Once a day, you should include fresh vegetables that will facilitate the body's metabolism in the diet. Similarly, meat, milk and processed products, or fish.
5. Drink 8 glasses of water a day. On average, the body loses about 3 / 4 liters of fluid through sweat, breath, and urine. If you prefer, you can add a drink of tea. Stay away from coffee, alcohol, and carbonated drinks.
6. Eat fruits and vegetables rich in fiber, because fiber helps the digestive process of the disposal well and overcome your obesity.

One of the reasons I follow the tips on eating for energy is now I was able to set the pattern for how I eat. With my pattern, my life became better by always get proper nutrition and avoid fat, because the foods I eat now completely been into energy and good nutrition as well. Now I just hope to be able help others as well.

## CONCLUSION

The aim is to make sure the patient is receiving a healthy, nutritious diet. The doctor or dietitian will work with the patient to make sure enough calories are being consumed from carbohydrates proteins, fats and dairy, as well as vitamins and minerals. If the patient cannot get their nutritional requirements from the food they eat, oral supplements may be needed. An additional 250kcal to 600kcal may be advised.

## REFERENCES

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