Nutritional Disorders In Childhood - An Ayurvedic Perspective

Dr. Amit S. Deshmukh  
M.D.  
Dept. Of Kaumarbhritya  
(J.A.M. C.&H. Nagpur)  
Dr. Anil Baghel  
(J.A.M. C.&H. Nagpur)

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:

- Ashaḍha Doshas (anashan, adhyashana etc.) during lactation.
- Vihara of lactating mother.
- Graha Janya doshas in stanya
- Dristi Dosha of stana and resultant in adequacy of milk.

2) Weaning disorders in Ksheeraannada
- Parigārbhika
- Phakkā Bala Sosha

3) Visheshyatna dushta 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 GARBIKHA”, 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 deficent 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 arses.

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

<table>
<thead>
<tr>
<th>Roga</th>
<th>Dosha</th>
<th>Dushya</th>
<th>Srotas</th>
<th>Lakshan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ksheeraja Phakka</td>
<td>Kapha</td>
<td>Rasa</td>
<td>Rasavaha</td>
<td>Karshyata, Shosha</td>
</tr>
<tr>
<td>Garbhaja Phakka</td>
<td>Vatta</td>
<td>Rasa</td>
<td>Rasavaha</td>
<td>Sotha, Kota, vridhhi, symptoms of Parigarbhika</td>
</tr>
<tr>
<td>Vyadhiya Phakka</td>
<td>Tridosha</td>
<td>Agni &amp; Grahani</td>
<td>Rasavaha</td>
<td>Viloma Khaya of Dhatu because of Atisaara etc.</td>
</tr>
</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>Quality of Ahara</th>
<th>Effect Produced</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Dravdhikata</td>
<td>Utklesha, parshwa bhenda, Atimootrata, pratisysaya, Atisara.</td>
</tr>
<tr>
<td>2. Dravalpata</td>
<td>Malabandha, sosh kapha moortralpata.</td>
</tr>
<tr>
<td>4. Ati rooksha</td>
<td>Twak sushkata (vit A deficiency?).</td>
</tr>
<tr>
<td>6. Ati madhura</td>
<td>Balakara, Dridhakara, sthoulya, prameha, diminution of agni.</td>
</tr>
<tr>
<td>7. Ati Amla</td>
<td>Danta, netra, kasha dourbalya, atyagni, kapha pitta vyadhi, akala vardhakya.</td>
</tr>
<tr>
<td>8. Ati lavana</td>
<td>Swaranikara, trishnakara glani shaithilya, dourbalya, akala valee palitam, Raktapitam (vit c deficienay?).</td>
</tr>
</tbody>
</table>

In children ‘shukhrara’ indicates disturbance of growth factor while in adults it is anti sperontogenesis. In children ‘shukhrara’ indicates disturbance of growth factor while in adults it is anti sperontogenesis.

10. Ati tikta

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 nutitional 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.

**References :**

5. charaka samhita ,chaukhamba prakashan. Varanasi.