



# International Journal of Research Publication and Reviews

Journal homepage: [www.ijrpr.com](http://www.ijrpr.com) ISSN 2582-7421

## Article on Malnutrition in Children

*Dr. Priyanka Gorakshanath Lande<sup>1</sup>, Dr. Athar Ali Sayed<sup>2</sup>*

<sup>1</sup>PG Student (Publisher), <sup>2</sup>Guide

Guru Mishri Homoeopathic Medical College and Hospital, Shelgaon Dist. Jalna

### ABSTRACT –

It is critical public health issue affecting million people in world.

It encompasses undernutrition and overnutrition .

Malnutrition commonly seen in children , pregnant women , elderly .

In malnutrition children have risk of infection and mortality .

It associated with shorter adult height , poor lean weight , less schooling, malnutrition is risk factors for diabetes mellitus , hypertension, dyslipidemias. malnutrition refer to the deficiency of essential nutrition and calories necessary for maintaining good health .

### Introduction and Definition –

Malnutrition is lack of sufficient in the body , malnutrition pt. have lack of vitamin, mineral and other essential vitamin.

It impaired nutrient utilization. malnutrition is condition that result from inadequate intake of nutritive food , vitamin .

It result from inadequate consumption and excessive loss of nutrition .

Malnutrition is refer by deficiencies , excesses or imbalance intake of energy or nutrition.

It is both undernutrition and overnutrition , it term of protein energy malnutrition.

### Malnutrition has two categorized –

- **Unernutriton-**

1. Wasting – it low weight for height . it is loss of weight due to adequate food intake .wasting body have thin appearance , itv result of recent food deficiency .
2. Stunting – it is low height for age . it below 2 standered deviation score. Stunt child are short for her age. It condition from chronic undernutrition.
3. Underweight –low weight for age due insufficient intake of nutrition.
4. Micronutrient deficiency like lack of vitamin, minerale , such as iron , vitamin A and iodine.

- **Oernutrition –**

It xcessive intake of calories and unhealthy food.

1. Obesity – it risk factors of diabetes , cardiovascular diseased.
2. Non – communicable diseased – it condition of hypertension, hart disease.

---

### Cause of malnutrition –

- Poverty – limited nutritional food due poor financial condition.
- Poor dietary habits – eating low nutrition food , fruit not eating , vegetable not eating.
- Food insecurity – food supply problem due to weather change, some enviromental problem .
- Diseased and health condition – chron illness, infection, digestive disordwr, nutrition absorption disorder.
- Lack of awareness- nothing any knowledge abot balance nutrition.

---

### Complocation –

- Increased mortality rate
- Weakened immune system
- Cognative and physical impairment
- Economic burden

---

### Strategies to address malnutrition-

- Promoting brestfeeding for six months it give proper nutrition.
- Nutrition education –education given healthy eating diet.
- Food security initiatives. Support of agricultural policies.
- Supplementation program , providing essential nutrition.
- Health care intervention early detection and care.
- Government and globle policies , it implenting nutrition.

---

### Conclusion –

Malnutrition is a challenged of social and health .

Government effort are providing medicine .

Improving food security, education.

---

### Homoeopathic medicine –

Homeopathic medicine improved to your body respond to nutrition .increased effectiveness of nutrition.

Below some medicine-

1. Ferrum metallicum- it help to iron deficiencny anemia, feel weak, pale skin, shirtness of breath.
2. Natrum muriaticum- it for craz of salty food ,show sign of anemia.
3. Silicea – recomanded for slow growth , short nail ,poor bone development.
4. Calcareo carbonica – it used for calcium ,phosphorus deficiency , especially in pregnancy, elderly ,weak bone.

---

### Reference –

1. GHAI Essential pediatrics textbook
2. Gill pediatrics book
3. Nelson textbook of pediatrics
4. Piyush gupta textbook of pediatrics
5. Rudolphs pediatric

- 
6. Kent homeopathic book
  7. Boriek homoeopathic textbook