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Effect of Ayurvedic Nutritional Intervention on Health status of
Underweight preschool children

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Abstract

Child under nutrition is a serious problem damaging to both children and nations. It leads to growth failure, inadequate psychosocial development, intellectual, social and emotional development. There are high incidence rate of chronic diseases and death among undernourished children. Therefore, judicious intake of nutritious food is of utmost important. The present study was carried out to assess the efficacy of Mudgadi modaka as nutritional intervention on objective parameters of underweight preschool children aged 3-5 years. An uncontrolled clinical trial with 20 participants selected purposively from Malappuram district attending to OPD of Swasthavritta, V.P.S.V Ayurveda College, Kottakkal. Intervention was provided for 3 months. Anthropometric measurements and hemoglobin value were assessed on 0th day, 45th day, 90th day and after follow up (135th day). Data was analyzed by RM ANOVA. Height, weight, BMI, Mid-arm circumference and haemoglobin level showed statistically significant ($P < 0.01$). Study substantiates that Mudgadi modaka as Nutritional intervention has efficacy on objective parameters of health of underweight (BMI less than 5th percentile) preschool children aged 3-5 years. Further studies are needed to use the formulation for community health.

Keywords: Undernutrition; Nutritional intervention, Modaka, *Karshya*

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