



HEB

Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
 (Constitutionally Entitled As Health-Education, Bureau)

JRIM

Malnutrition in Children and its management through Ayurveda Dietary Protocols: A Review

Dr. Mahesh Chand, Dr. Mahaptra Arun Kumar & Dr. Rajagopala S.*


*P.G. Scholar, Dept. of Kaumarabhritya, All India Institute of Ayurveda, Sarita Vihar,
 New Delhi-110076.

Email ID: serviceheb@gmail.com

Abstract

Children are the future of the country and their future depends on their healthy body and the mind while the completely healthy status has not been achieved yet. Malnutrition in children has always been a concern since ages and continues to be a threat to the developing countries. Many measures have been taken but the eradication has not been achieved as the primary cause “the food” has not been dealt properly. Every child is different and so is the strength to digest and assimilate the food, but the dietary habits and the intake of food are the same for everyone. Ayurvedic literature has efficiently described the dietary habits personalised according to different individuals so that it can be beneficial in the long run and the undesirable effects have also been described caused due to the lacunas in the dietary habits. A review of diseases mentioned in Ayurvedic literature in correlation to Malnutrition has been done in this article along with the management by the food as medicine.

Key words: Malnutrition, dietary habits, *atikalshya*, *balshosha*, *parigarbhik*,

Access this Article Online	Quick Response Code: 
Website: http://heb-nic.in/jrim	
Received on 06/10/2021	
Accepted on 8/10/2021 © HEB All rights reserved	