

**GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY,
UNANI, SIDDHA AND HOMOEOPATHY
(AYUSH)**

**LOK SABHA
UNSTARRED QUESTION NO. 6633
TO BE ANSWERED ON 6TH APRIL, 2018**

MALNUTRITION AMONG CHILDREN

6633. SHRIMATI KAMLA DEVI PAATLE:

Will the Minister of **AYURVEDA, YOGA AND NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY (AYUSH)** be pleased to state:

- (a) whether a large number of children are suffering from malnutrition and if so, the details thereof; and
- (b) whether AYUSH system of medicine provides affordable diagnosis, prevention, treatment and management of child malnutrition and if so, the details thereof?

ANSWER

**THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYURVEDA,
YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY
(SHRI SHRIPAD YESSO NAIK)**

(a): As per the recent report of National Family Health Survey (NFHS) – 4 conducted by Ministry of Health and Family Welfare in 2015-16, 35.7% children under 5 years of age are underweight and 38.4% are stunted indicating a reduction from the previous NFHS – 3 conducted in 2005-06, which reported 42.5% children under 5 years of age as underweight and 48% stunted. The above data shows that there is a reduction in the level of malnutrition among children in the country.

(b): The System-wise details of Ayurveda, Unani, Siddha and Homoeopathy medicine providing affordable diagnosis, prevention, treatment and management are as under:-

Ayurveda

Malnutrition / Nutritional disorders have been defined in Ayurvedic ancient classical texts as Kuposhanjanya Vyadhi. The diagnosis is done on the basis of Ayurvedic approach of Nidan Panchaka and the Dashavidha Pariksha. The prevention and treatment starts right from the stage of pregnancy. For this purpose, Ayurveda has elaborately described Garbhini paricharya i.e. antenatal care, which also includes dietary and lifestyle advocacies according to the stage of pregnancy. The line of treatment and management of undernourished children is aimed at improving Agni i.e. digestive fire, removal of Ama i.e. intermediate metabolites and improving the nutrition. Medicinal herbs like Sunthi (Dry Ginger), Pippali, Mareech etc are used to improve the Agni and removal of Ama. In case of breastfed children, mother is given Shatavari Churna,

Jeerakaadi lehyam, Methi modaka etc to improve lactation and its quality. Children fed only on milk are given milk boiled with Sunthi. There are good numbers of single and compound poly-herbal medicines which could be administered to children for the management of malnutrition. These include Shatavari, Vidaari Kanda, Amalki, Jeeraka, Preenanamodaka, Rambhaphalarasayana, Ajamansrasayana etc. In addition to the internal medication, external application of oils in children, such as Chandan bala lakshadi taila, bala ashwagandhadi taila, mahamans taila etc are also useful.

Homoeopathy

Homoeopathic system of medicine has medicines to address malnutrition which is due to underlying disease like worm infestations etc. However treatment needs to be supplemented with adequate nutritional diet if it is primarily due to under nutrition. Diagnosis is based upon clinical signs and symptoms and laboratory tests where ever required. The first line of handling these cases is prevention through healthy and nutritious diet. The parents of the children are educated to provide healthy and nutritious diet to their children to prevent malnutrition.

Siddha

For prevention, Siddha advocates Supplementation of Sowbakya Suntee lehyam which promotes Milk secretion and the same is included in the AMMA kit distributed to every delivered mother. By this, Breast milk secretion is enhanced and low birth weight is prevented. Other than this Thetran kottai lehyam, Nellikai lehyam, Annabedhi chenduram and Uraimathirai are formulations used in Siddha for prevention of Malnutrition.

Unani

Some common remedies used to treat the undernourished children under Unani system of medicine are Jawarish Amla, Sharbat Foulad, Habbe Jawahar, Kushta Khubsul Hadeed etc.