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## RESEARCH ARTICLE

# AYURVEDA AMRITANAM-CAUSE FOR CONCERN

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### ABSTRACT

Food is the basic requirement of the human life. It is said that an individual's personality can be judged by the type & amount of food taken by him or her. Many people suffer from various disorders due to the insufficient or excess nutrition. It become little sensitive; when we think about school going children. This article is mainly focused on Nutritional Disorders in school going children. A survey was conducted by which nutritional disorders like obesity, vitamin B deficiency problems were detected among children.

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## INTRODUCTION

India is one of the highest ranking countries of the world for the children suffering from nutritional disorders. These can either be because of under nutrition or over nutrition. In Ayurveda 'Santarpanajanya Vyadhi' & Atparpanajanya Vyadhi'. Nutritional disorders can be particularly serious in children, Since they interfere with growth and development of and may predispose to many health problems such as infections and chronic diseases. Nutrition may be defined as the science of food and it's relationship to health. It is concerned primarily with the part played by nutrients in body growth, development and maintenance. The word Nutrient or food factor is used for specific dietary constituents such as proteins, vitamins and minerals. Dietetics is the practical application of the principles of nutrition. It includes planning of meals for the well and the sick. Good nutrition means maintaining a nutritional status that enables us to grow well and enjoy good health.

**Survey:** A survey was conducted among the school going children of age-group 5 to 14 yrs, residing in and around Sankhali, Goa; regarding nutritional disorders. It was found that 41% of the students were overweight, 59% were in normal range, 9% were underweight. 35% children have low level haemoglobin, 46% children are having normal levels of haemoglobin, 29% children have not checked their haemoglobin levels. Parents were asked to select whichever following symptoms their child suffered from. On basis of their assessments the observation has analysed and presented through statistical presentation.

## RESULTS

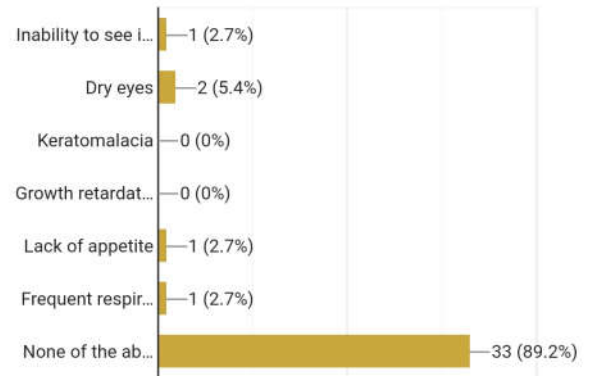
It was found out through the survey that 41% of the students suffering from obesity while 9% were undernourished.

35% students suffering from anemia  
5% suffered from Vit A deficiency

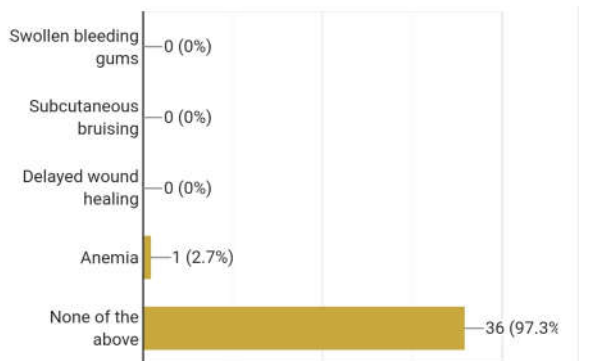
16% Suffered from Vit B deficiency  
 1% suffered from Vit C deficiency  
 13% suffered from Vit D deficiency  
 44% suffered from iron , fluorine, calcium and etc deficiency symptoms:

**Deficiency of Vitamins & Minerals**

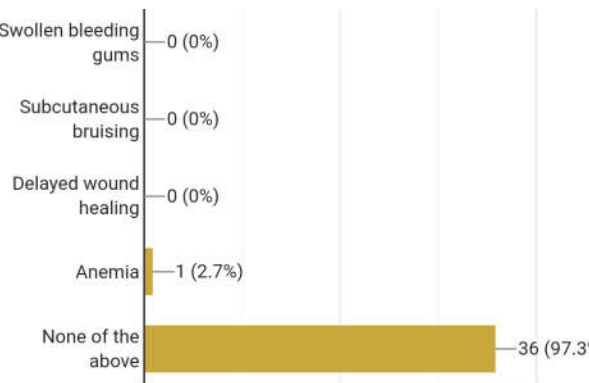
Vitamins	Deficiency
<u>Vitamin A</u> (Retinol)	Night blindness, Conjunctival Xerosis, Bitot's spot, Corneal Xerosis, Keratomalacia, Follicular hyperkeratosis, Anorexia, Growth retardation, Respiratory and Intestinal infections.
<u>Vitamin B</u> Thiamine(B1)	Beriberi, Wernick's Encephalopathy
Riboflavin (B2)	Angular stomatitis
Niacin(B3)	Diarrhoea, Dementia, Dermatitis (Pallegra)
Folate	Megaloblastic anemia, Glossitis, Cheilosis, Diarrhoea, Distention, Flatulence.
Vitamin (B6)	Dermatitis, Dementia, Anemia, Depression.
<u>Vitamin(B12)</u>	Megaloblastic anemia
<u>Vitamin C</u> Ascorbic acid	Scurvy, Subcutaneous bruising, Delayed wound Healing, Anemia and weakness.
<u>Vitamin E</u>	Hemolysis in infants, Neuromuscular dysfunction in spinal cord, loss of retinal reflexes, impaired balance and coordination, muscle weakness, visual disturbances.
<u>Vitamin K</u>	Impaired blood clotting, internal bleeding without injury



**Figure No-2** Showing the % of school going students with their health issues related to Vitamin B deficiency



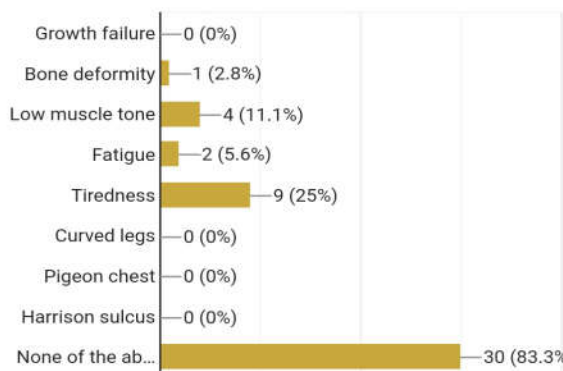
**Figure No 3.** Showing the % of school going students with their health issues related to Vitamin C deficiency



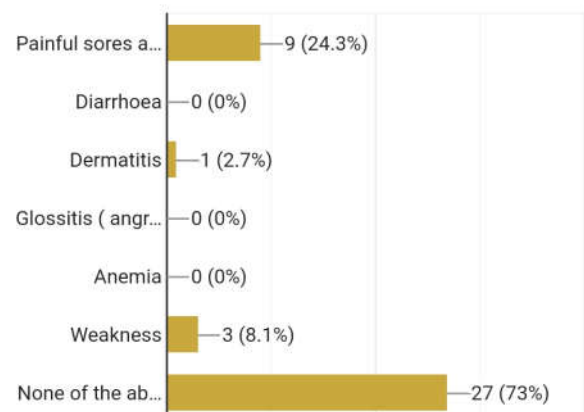
**Figure No 4.** Showing the % of school going students with their health issues related to Vitamin D deficiency

Vitamin D.Calciferol(D2), cholecalciferol(D3)	Rickets, Osteomalacia
Iron	Nutritional anemia, Impaired cell mediated immunity, Reduced resistance to infections
Iodine	Goitre, Nystagmus, Spasticity, Neuromuscular weakness, Hypothyroidism, Retarded physical development & impaired mental function, Increased rate of spontaneous abortion & still birth, Neurological cretinism, myxoedematous cretinism, dwarfism, severe mental retardation
Fluorine	Dental caries
Zinc	Growth failure, sexual infatilisim in adolescents ,loss of taste & delayed wound healing.
Calcium	Osteoporosis, fragile bones, bone fracture
Sodium	Severe loss results in metabolic alkalosis
Potassium	Weakness, loss of appetite, muscle cramps & confusion, severe deficiency results in cardiac arrhythmias

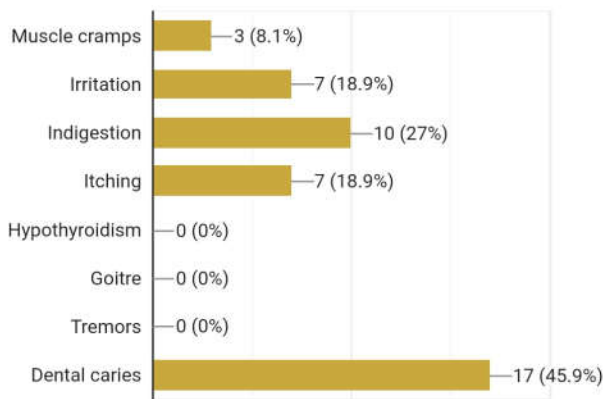
Above table lists the vitamins & minerals and the problem caused by their deficiency.



**Figure 1.** Showing the % of school going students with their health issues related to Vitamin A deficiency



**Figure No-5** Showing the % of school going students with their health issues



## DISCUSSION

In today's era over nourishment has become a cause for nutritional disorders. Obesity in children is one of the major concerns in today's era. Obesity is considered as main cause for multiple disorders like diabetes mellitus, hypertension, PCOD etc. Anemia, Vitamin B is also one of leading nutritional Disorders among children. Due to low levels of Hb, iron. Fluorine calcium deficiency leads to dental carries in children. Nowadays people are aware of nutrition and nutritional food; but use of this food with wrong combination of leads to hazardous results. In Ayurveda, concept of Virruddha aahar has been explained by various Acharya's with their harmful effects over human body. Under the heading of, 'nutritious recipe' various new food combinations are advertised which are harmful to the health. People are consuming instant food packages, fast food etc. In the concept of Asta Ahara Vidhi Vidhana and Visheshayatana, benefits and harmful effects of following dietary rules (while eating) are mentioned. Outdoor activities and sports, games etc are being ignored by the children due to indulgence in television, mobile and video games etc. Children like to have fast food like pizza, burger, and chicken items from commercially cultivated source. They avoid eating vegetables & simple homemade food. Revolutionary steps are now taken at Government level like AHARA KRANTI as a part of Azadi Ka Amrit Mahotsava but at grass route level the things are going with different direction. Food is the basic need of the human body. Body build and health of an individual depends on type of food consumed by the individual. So if such healthy diet and regimen is given to the individual right from the childhood there will be better growth and development of the individual.

## CONCLUSION

It can be concluded that from the survey that many children suffer from Anemia, Vitamin B deficiency, and Obesity. Nutritional deficiency sometime lead to memory related issues or cognitive imbalance.

There is an urgent need of making bridge in between policy maker of health like Government, service providers, parents and students. Comprehensive training, orientation and health education together can help to establish Eka Bharat Shreshtha Bharat and Sashakta Bharat. When these services will be explored and implement from Ayurveda; it will help to establish AYURVEDA AMRITANAM which a concept of concern for the goal of health for all.

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