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Management of Moderate Acute Malnutrition through Amylase-Rich Foods Powder along with Ashwagandha Rasayana: A Case Study

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Abstract

Background:

Moderate acute malnutrition (MAM) is a critical global health issue, particularly affecting children under five. India's prevalence of *underweight children* is among the highest globally, nearly twice that of Sub-Saharan Africa. Malnutrition involves deficiencies or imbalances in energy and nutrient intake[1]. The modern approach for MAM includes providing adequate calories (150 kcal/kg/day) and proteins (3g/kg/day)[2]. However, reduced appetite in children often poses challenges for this treatment. *Ayurveda* identifies diseases like *Balashosha*, *Karshya*, *Phakka*, and *Parigarbhika* correlating with malnutrition, rooted in digestive fire disturbances (*Agni Vaisamya*). Correcting digestion is essential for proper absorption of nutrients.

The treatment modality is based on altering the *Visam Agni* with *Deepan-Pachana Bhrimana* by introducing an appetite stimulant. The case was managed with the help of Amylase-rich food powder as an

appetite stimulator, and *Ashwagandha Rasayan* provided *Bhrimhana*.

Objective

The purpose of this study was to evaluate the efficacy of Cereal based Amylase food powder along with Ayurveda treatment.

Method

Following Ayurveda basic principles as root basis, A two years old female child with Moderate acute malnutrition (*Balsosha*). Based on the history provided by patients mother and after examining the patient treatment plan was made. The protocol included *Amapāchan* by *Chitrakadi Vati* and *Agniwardhana* with integration of Cereal based Amylase rich food powder and *Brihmana* by *Ashwagandha Rasayana* for *Brihmana* was introduced to the patient and dietary modifications as per requirement.


Result

The integrative treatment approach proved successful in achieving liking for food, improved appetite, digestion and weight gain. There was subjective as well as objective improvement in patient conditions.

Keywords: *Balashosha*, *Karshya*, *Phakka*, *Parigarbhika*, Amylase-rich food, Case report

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