

**SATTU MANTHA – AN INTEGRATIVE APPROACH TOWARDS GROWTH AND DEVELOPMENT OF UNDERNOURISHED CHILDREN****Prachi Mishra¹, Ravindra P. Patwardhan², Mamata P. Tirankar³**

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**ABSTRACT**

Undernutrition is one of the most important public health problems. To take improper nutrition balance in the body inadequate intake of food or a specific nutrient led to undernutrition. It is widely recognised as a significant health problem in the world's developing countries. According to Kashyapa Sutra sthana rogadohyaya, the 32nd shloka mentioned Vataja Roga, where Karshya is also included in 27 Roga (Kas.Sam.Su. 17/32). A food preparation called Sattu Mantha, made up of Sattu(yava + Chanaka), Sikta khanda, and jala, has significant changes in the symptoms of undernourished children. Sattu itself is sadyabalkara, sadya tarpana , deepana ,hridya.

Conclusion—It is expected that at the end of the study, I will be able to demonstrate the positive effect of Sattu Mantha on the growth and development of Karshya in children. This could be natural, safe, and cost-effective for undernourished children and improve the quality of life of Krishna children.

Keywords: Sattu, yava, chanaka, Mantha, energy drink, Ayurvedic food supplement.

INTRODUCTION

Ayurveda has employed various preventive measures, such as Aahara Vihara and Pathya-Apathya Palana, to prevent lifestyle disorders.

In many countries including India, people are suffering from health problems because of poor nutrition and/or faulty eating habits.

The word krisha is derived from “कृष तनुकरने” with ‘अच्छ’ प्रत्यय [1]

Undernutrition (Karshya) and overnutrition are two manifestations of malnutrition. Karshya is also physiological in Vataja Prakriti individuals. Krishata can be correlated with underweight children. Malnutrition is a composite form of undernutrition that includes elements of stunting and wasting and is defined as weight for age below two standard deviations from the median weight for age of the standard reference population. A child who is malnourished but does not have any features of marasmus and kwashiorkor and has a weight of 60- 80% is called underweight.

Recent studies show that in India, underweight amounts to 43% in under five children[2].

The department's vision is to develop research methods to understand the Ayurvedic principles of diet and yoga to support and prevent disease. It also participates actively in national health programs and social activities related to health.

- According to Acharya Yogaratnakara [3], children with good appetite and proper eating (Aahara vidhi) may or might be undernourished.
- Acharya Dalhana explains that a person with a lean and thin body, but no other complaints is called Krisha[4].
- Acharya Bhavaprakasha explains Karshya roga as a separate chapter as a Karshya Rogadhikara[5]

To eradicate Karshya(undernourished), following daily and seasonal regimens and eating a proper diet is essential. So, the study aims to highlight the Ayurvedic perspective of causing Karshya and the role of sattu mantha and nutri-bite in managing karshya in children.

NEED OF STUDY:

Malnutrition is one of the most important public health problems. 2019-2021, the statistics of malnutrition are 7.7% of children are severely wasted, 19.3% are wasted, and 35.5% are stunted. [6].

A recent survey by HUNGaMA (Hunger and Malnutrition) report said that the number of underweight children under five is unacceptably high, at 42%[7].

According to Kashyap Sutra sthana rogadohyaya, the 32nd shloka mentioned Vataja Roga, where Karshya is also included in 27[8].

In Siddhi sthana, Chikitsa for a Krusha person is said to be Brimhana chikitsa. When Karshya or Krushata develops because of Swatantra Hetu or its etiological factors, it is called Karshya Roga. Undernutrition is one of the most critical public health problems. To take improper nutrition balance in the body inadequate intake of food or a specific nutrient led to undernutrition. It is widely recognised as a significant health problem in developing countries. [9]. It forms a worldwide perspective and is one of the leading causes of morbidity and mortality in childhood.

“Upashoshita alpa rasa dhatujanya mamsahani shareeram mamsakshayo va” A condition or disease in which the body of a person becomes emaciated, having less quantity of Rasa Dhatu causing the further status of Mamsahinata or Mamsakshaya.[10]

“Shareeropachayetyadi upachayah sthoulyam, apachayah karshya”[11]

According to Acharya Dalhana in his commentary on Karshya, Dhatukshaya is the main event and thus falls under Karshya under Apatarpana janya diseases.[12]

Growth failure is manifested by slowing or cessation of linear growth, static or decline in weight, decrease in mid-arm circumference, delayed bone maturation, normal or diminished weight for height and normal or diminished skin fold thickness.

REVIEW OF LITERATURE:

A literature review includes screening Ayurvedic Samhitas(such as Brihatrayi, Charaka Samhita, Sushruta Samhita, Ashtanga Samgraha and Ashtanga

Hridaya, Laghutrayee, Teeka, etc.), Modern Text-books, contemporary literature, journals, and internet sources to collect sufficient data for study.

ANALYSIS:

Sattu is advised to consume it by mixing it with ghee, sugar, and water. Ghee is a snigdha guna, and sugar madhura rasa provides strength and energy. Mantha preparation from Sattu (yava+ chanaka) is processed twice, i.e. once with fire (Agni) and secondly with water (Toya/Jala). Agni Samskara (processing with fire) makes cereals/grains Laghu, and Toya Samskara (processing with water) provides fluidity (Sara Guna), and friction during the process of mixing makes it more Sukshma (reduces particle size). Due to these Laghu (lightness), Sukshma (smaller particle size) and Sara (fluidity) properties, Sattu get absorbed in the body quickly. So, if Sattu is consumed in the form of Mantha, it provides instant energy and strength.

DISCUSSION

Sattu is advised to consume it by mixing it with ghee, sugar, and water. As Sattu is Ruksha (dry), Vatala (increases Vata Dosha) in nature hence, mixing with Ghee, sugar and water will reduce its Rukshata. By reviewing text As Sattu provides instant strength and nutrition, medical conditions where children are undernourished, weak (Daurbalya) or unable to consume solid food and advised to consume nutritious food, in these conditions, we can use Sattu for providing strength and proper nutrition to the patient. Other symptoms of krisha children where Agni (digestion) is impaired we can advise Sattu as it is Laghu (light) and Deepana (stimulate digestion) easily digestible and enhance digestive strength. We can use Sattu in the form of Mantha, as it is Sadya Balakara (provides strength instantly/quickly) and Sadya Tarpana (provides nutrition immediately), so it will help in fast recovery from cheshta (fatigue). In excessively hot environmental conditions where energy loss is more, Sattu in the form of Mantha can be used as a refreshing or energy drink.

The positive effect of sattu mantha as the growth and development of karshya in children, which could be

natural, safe and cost-effective and improve the quality of life of krisha children.

CONCLUSION

Ayurveda is similar in importance to both Ahara (diet) and Aushadha (medicine). Ayurvedic dietetics involves various food preparations and drinks. Sattu is one such formulation described by almost every classical text. In classics, Sattu's multiple properties have been described in detail. Sattu is a nutritious food whose details about all properties are described in samhitas in the form of Mantha as a regular drink for instant energy and strength. Sattu is also used both internally and externally in the management of various disorders, especially in karshya (undernourished) children.

Swasthavritta is the best option for achieving the goal of personal and public health. Considering all guidelines collected for the prevention and promotion of health from Ayurveda texts, it is concluded that Ayurveda deals with the study of health and its prevention and promotion. Details of health dimensions are the parameters of positive health of undernourished children with excellent physical, mental, and intellectual capacity.

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