



Management of Malnutrition Case in Paediatric Age Group

Priyanka Sontakke

Tantia University Sri Ganganagar, Rajasthan

Abstract

The term Malnourishment refers to both under nutrition and over nutrition. A major paediatric problem is deficiency, and it is responsible for high morbidity and mortality rates especially under 5 years of age group. Though clinical presentations of moderate acute malnourishment are limited, there is reduction in anthropometric measurements - especially weight, height and mid upper arm circumference (MUAC). There are no fixed strategies in Homoeopathy to deal with moderate and severe malnourished children. Hence to know the efficacy of homoeopathy in such cases, case report of malnourished child is described, in which the case is managed very well with homoeopathy and some ancillary measures.

Key word- MUAC, Paediatric, Malnutrition, Homoeopathy.

Corresponding Author:- Priyanka Sontakke, Research Scholar, Tantia University, Sri Ganganagar, Rajasthan.

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INTRODUCTION

Malnutrition in early childhood has serious, long-term consequences on children as it impedes motor, sensory, cognitive, social, mental, behavioral and emotional development.

Malnutrition among the under five children is an important concern for the health authorities in India³. WHO estimates malnutrition accounts for 54% of child mortality & it is a single biggest thread to global health. About 2.3 crore

children in India, up to 6 years of age, are suffering from malnourishment & are under-weight, according to a status report on the anganwadi programme, ICDS⁴. According to UNICEF every year 1 million children under 5 die due to malnutrition related causes in India⁵.

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CASE PRESENTATION-**Preliminary Data:**

NAME: Miss RDS, Age: 2yr 6month

DOB: 10.4.2017 SEX: Female

Religion: Hindu, Address: N

Mother's Obstetric History:

G4 P4 L 4A0 D0

Chief Complaints: Patient having Poor appetite³⁺ and not gaining weight. No any symptoms of malnourishment. Recurrent infection - cough and coryza in every 2-3 months interval.

Physical General:

- Appearance: lean, thin
- Appetite: Poor
- Thirst: Normal
- Hunger tolerance: Can tolerates
- Desire: sweets²⁺
- Aversion: not any
- Food & drink aggravation: not any
- Stool: N, once/ day
- Urine: Normal
- Perspiration: whole body⁺⁺,
- profuse²⁺
- Sleep: sound, on side
- THERMAL: Chilly

Milestone: not any delayed milestones

Mental: Patient is basically calm, quiet in nature both at home and outside. Pampered child, she always wants somebody with her, Desires Company. She has fear (afraid) of dark³⁺, cat²⁺, dog⁺⁻ cries in dark, never go to dark. She mixes easily

with other children and shares her things with them also. Not obstinate or irritable
Anganwadi teacher's observation: calm, quiet, mixes well at anganwadi

Physician observation: restless- never sit at one place- go here and there
Mother mental state during pregnancy: Good

Past History: measles at 6th month of age**Family History:** not any**Vaccination Status:** Given as per schedule, had fever for 1 day during**Examination Finding:**

- RS- AEBE, clear
- CVS- S1S2 N
- P/A- Soft
- CNS- Conscious oriented

Vital Parameters:

- Pulse- 76/ min, NT
- Temp- afebrile
- RR- 18/min

Anthropometry:

- Weight- 9.5 kg
- Height- 85 cm
- Head circumference-44 cm
- Chest circumference- 45 cm
- Mid arm circumference- 14 cm
- Expected weight- 13 kg
- Expected height- 92 cm

GENERAL CONDITION:

- Lean/ thin/ Conscious
- No Pallor/ Oedema/ Lymphadenopathy
- No hair changes/ skin lesion/ changes
- No other signs of malnutrition

Investigations: Not done

Provisional Diagnosis: Moderate acute malnourishment or Grade I malnutrition (73.07%)

Totality:

- Fear of dark 2+
- Fear of animals 2+
- Desires company
- Chilly
- Perspiration profuse 2+
- Craving sweets 2+

Repertorial Totality:

	phos.	stram.	calc.	bell.	pulv.	sulph.	caust.	sil.	car.
	1	2	3	4	5	6	7	8	9
1. MIND - FEAR - dark; of	5	5	5	5	5	5	5	5	5
2. MIND - FEAR - animals, of	11	11	10	9	9	8	7	7	5
3. MIND - COMPANYY - desire for									
4. PERSPIRATION - PROFUSE									
5. GENERALS - FOOD and DRINKS - sweets - desire									

Final Prescription

Calc Phos 200 1PHS/ weekly
For 4 weeks

Follow Up

1. 10/11/2020-Weight 9.7 kg , Height- 87 cm, HC- 44cm, CC- 45cm, MAC - 14cm
2. 11/12/2020- W-10.1kg, H-87cm, HC- 44cm, CC- 45.1cm, MAC-14cm
3. 11/1/2021- W-10.3kg, H-87cm, HC- 44cm, CC- 45.5cm, MAC- 14cm
4. 10/3/2021- W-10.7kg, H-87.7cm, HC- 44cm, CC-46cm, MAC-14.2cm
5. 9/4/2021- W-10.8kg,H- 89cm, HC- 44cm, CC- 47cm, MAC-14.4cm

Discussion: In this case Calc phos 200 1PHS/weekly/month was given and it showed better improvement with increase of weight by 1100gm after 6 months. That is weight gained 260gm more than the expected weight gain. Height improved by 3 cm and MUAC by 0.5 cm in 6 months. Medicine helped to improve the appetite and acted at mental plane also. The recurrence of RS complaints was 1-2times/month. It reduced drastically with constitutional medicine. No any acute RS complaints in 6 month period. Patient is cured only with constitutional medicine. No acute and intercurrent medicine used in between. Even though patient did not follow diet advice- medicine helped to

improve the susceptibility and prevent from acute complaints. That is medicine helped to improve the immunity. Thus absence of infection with the help of constitutional medicine may be the reason for cure in this case.

CONCLUSION

The case was managed only with Constitutional Remedy. With the same repetition of medicine susceptibility is satisfied and patient cured only with constitutional medicine.

The maintaining factors of malnutrition – poor appetite and recurrent infection are cleared with constitutional medicine – calc phos. CR helped in modification of miasm and susceptibility with weekly repetition.

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