

Importance of Nutrition in Child Growth

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Abstract: *Proper nutrition is essential for growth, development and well-being. One way to evaluate a society economically, socially, is to evaluate the nutrition of the children in that society. Many diseases are seen in our country today due to lack of proper clean and adequate food. Children's growth is stunted due to lack of proper food. Excessive malnutrition also stunts intellectual growth. Decreased ability to fight disease. Diarrhoea, worms and malnutrition are closely related. Because of the general economic and social situation, the area is not kept clean and drinking water is not properly maintained. In many households, the older ones go to work and the older siblings take care of the children. Children who suffer from childhood malnutrition, scratching growth and disease often do not give up even in adulthood. Even in adulthood, the ability of these children to work, the immune system is low, and a proper and balanced diet is important from an early age.*

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1. Introduction

The average Indian child has the same growth rate as the average American child. After this, the growth rate of the American child remains stable, while the Indian child begins to travel to death, blindness or disability due to malnutrition and such a low life. Statistics show that one lakh children die of malnutrition every month in the country. The number of blind children also goes into the millions. It is estimated that at least two and a half lakh children in the country are blind, as many are deaf, about five lakh are disabled and twenty to thirty lakh are mentally ill. Looking at these statistics, it can be said that the situation is frightening, but the reality is even more frightening. The number of children suffering from malnutrition or the diseases arising from it is not taken into account in the number of children suffering from other diseases.

In fact, it is because of malnutrition that the immune system in children is so weakened that they are exposed to the disease. Surveys conducted in a limited area show that the statistics and findings of the whole country are not very reliable. Back ward areas of backward states and affluent states.

The condition of child malnutrition is worse than the national average. Malnutrition is not a mere phenomenon, leaving some to die. It is a political process. This process presents two options to the majority of children in the society. Death or sick and life less. Malnutrition is already determining the future of the society as a superpower. The condition is rooted in destroying the possibilities and mobility of childhood. Malnourished children become disabled citizens. And we pass on this legacy of disability inherited from an irresponsible society to our children. Malnutrition affects the body and mind. A physically weak child cannot have an active relationship with those around him. As a result, his mental capacity also remains undeveloped. In a society where there is no reliable system

of child nutrition, the existence and place of children is not respected.

In such a society, adults consider children as a tool of their own convenience and therefore childhood is constantly plagued with insecurities and uncertainties like divine. Parents allow children to be born until the fear of death is overcome. Giving birth to children is not a creation for them but a product. In such a situation the abilities of the children remain undeveloped. His childhood ends without participating in social life. They die prematurely and become disabled citizens. The ideal conditions for malnutrition and related diseases in tropical and subtropical countries, including India, are mainly related to poverty. Poverty is not only an economic situation in India and other countries of the Third World, but also a political and cultural situation. Lack of pulses, grains and other foodstuffs is just one aspect of poverty-based malnutrition.

Two more important aspects are the lack of uniform distribution of available food and the control of the upper class of society over the best type of food, the value of many items like vegetables, fruits, honey, nuts, milk in India is determined by the purchasing power of the upper class. Poor people produce this substance. But they cannot use them because they have to depend on these things to meet the various necessities of life. Political blindness deepens their helplessness. Peanut butter and fruits are exported for foreign exchange.

The supply of important protein sources like pulses is reduced in order to increase grain production. Ignorance and superstition about diet and nutrition is an important cultural reason for the increase in malnutrition. Throwing away a page of rice, overcooking vegetables, removing dandruff from the dough are some of the things that are going on in our society on a large scale, so people waste their limited resources. Especially the middle class, which is the economically affluent class - suffers from such

misconceptions about diet. The decline in breastfeeding due to the influence of the upper class life and the advertisements based on it and the increase in the artificial diet of children are mentioned in the first chapter of the book. These side effects are more prevalent in the middle class.

This class is only a symbol of social prestige, so artificial food is widely used. These include cold drinks, vitamin pills, tonics, biscuits, chocolate, corn flakes and many more. Eggs, meat and fish are eaten only as a prestige in many families. Many cannot afford it on a regular basis. The less money these people spend on these foods, the more money they can get for a nutritious vegetarian diet. But being a pure vegetarian does not increase their social prestige.

Wide spread lack of tools and ignorance have created problems of dirt and pollution. That is why it helps to increase malnutrition. Lack of sanitation and health awareness in the villages creates an empire of filth, while in the cities the empire of filth spreads more dangerously due to industrial occupations. The outbreak of diseases appears to be exacerbated during bacterial and viral infections in rural areas. Dirt in the city disrupts the natural properties of food and radiation-related diseases are spread due to toxic gases in the atmosphere. All this ultimately becomes the basis of malnutrition. The biggest misfortune in India is that instead of increasing the vitality of children, the goal is to save them from death. There are programs to stop malnutrition instead of a nutritious diet.

1.2 Research Methodology

Research is an academic discipline with varying significance as per the field of study and research. Any research to be meaningful and useful it is needed to be carried out with sense of dedication in a certain scientific way. Here the word scientific has very special significance as it relates to certain principles and theoretical laid down norms as regulation which in broad term must be defined as research methodology. Hence the present chapter is important for the any researcher as it deals with the vulnerable section of the society the women and the children.

In order to conduct research scientifically, it is prior to ensure following of the proper research methodology which help to remove flaws in research and helps to arrive at conclusions without any bias and prejudice. The proper research methodology consists of or begins with the process of selection and topic, formulation of topic with the guidance of the research supervisor and preparing an ideal research design. The research design is the key part that determine the direction of research and it helps to save time and energy. After preparation and sanction of the research design by the panel of research review expert the research continues his work in the field using the updated methods of primary and secondary data collection. For the collection of required data to be processed, he has to connect with the predetermined sample units to surmise and predict the nature of the problem on the basis of valid logical interpretation with help of existing theories of research frequently modified by the academics.

1.3 Research in Social Sciences

The industrial and technological revolution has increased the complexity of human life. All these complexities are coming more and more in the new social structure. For this, the development of the world, naturally, needs to solve the problem immediately. If research is not undertaken, it is difficult to make sense of it. Research is the search for knowledge. In terms of interpretation, research is the scientific and systematic research on a particular problem. Research has been interpreted by many scholars and social scientists. Research, like Webster's International Dictionary, is a careful and critical examination of facts and principles. Research has many features. Research emphasizes the generalization of the development of principles and theories. It is based on evidence. The accuracy of the observations, the aggregation of the information, the specific skills for careful design, all these processes are all verified, there are many features and objectives of the research.

The objectives such as development of knowledge, scientific study of histories, classification of facts, reliable predictions of past events, study of contexts and regimes, aspirations of creative ability, aspirations of social service and aspirations of respect in society are important. The scope of research in history and social sciences is as large as human behavior. Industrialization has created many problems in the country. It is imperative to find solutions to the pressures of labor, industrial technology, objective approaches, new jobs, changes in business structure and demand. This is the scope and nature of the study of research in history. Research in history is important because it provides guidance for social planning. Facilitates social control. Gives knowledge for happiness. Suggests therapeutic tools, Vishwasards suggests hypotheses and discovers techniques and tools for research.

1.4 Field work study method

The field of study for the present research work is 7 tahsils of the Akola District. The researcher has selected the sample of 350 respondents from this district. The sample is taken from both the rural and urban areas of the district. The interview schedule is prepared and respondents are interviewed by the researcher visiting to their locations in person. As per the research methods for field survey, the questionnaire was also distributed to collect the responses with their convenience. It is found that most of the respondents were illiterate, for which the researcher interviewed them by asking questions using their dialect. As the researcher belong to the same district, it was not difficult to interact in their mother tongue. In response to the questions of the researcher, many women did not answer freely in the presence of the elders from their family. This is one of the limitations noted down by the researcher.

1.5 Importance of Breastfeeding

Only breastfeed the baby for the first six months after birth. Breast milk is the best food for the baby during this period. It is important to take the limb for half an hour immediately after the baby is born. The first chickpea contains a lot of protein and antibodies. So don't let this scream go to waste. From the first day onwards, the process of getting milk is

quick and easy. If this is not done, the chest will ache and it will be difficult to pull the baby. On the 3rd to 4th day, after the screaming, the milk starts coming as usual. In case of shortage of milk, add boiled and cooled water, sugar and serve with a spoon. But every time the baby needs to be fed first.

There are many benefits to breastfeeding a baby. Breast milk is a complete food for the first six months as it meets all the dietary requirements of the baby. It is available immediately when the baby is hungry, does not have to be bought. Its temperature is right for the baby. Mother's milk is pure, the germs do not enter the baby's stomach.

Breast milk contains many prophylactic substances. That is why mother's milk helps the baby to fight against diseases like diarrhea, polio and measles. Burning on the body helps to strengthen the mother-child relationship. The benefits of breastfeeding also benefit the mother. The uterine sac contracts quickly and helps to reduce and reduce bleeding. The weight remains under control. When a baby drinks breast milk, the ovaries do not usually produce sperm. Therefore, menstruation does not start early and helps in prolonging the period. But this is not a sure way to prolong the cradle, so it cannot be relied upon. This often results in a lot of milk coming out automatically. There are no definite proven drugs in modern medicine to increase breast milk. But Ayurvedic medicines e.g. Kadubol and asparagus are used. Details about this are given at the concluding of part of this description that follows.

The mother's diet should include pulses, greens, papaya, milk, eggs, fish, etc. as much as possible. Sometimes the nipples (bonds) are turned inwards. Therefore, the baby cannot suck by holding the breast in the mouth. It has to be treated from pregnancy. Pulling and rubbing the nipples regularly with the fingers on a daily basis is beneficial. But if it is not used, squeeze the milk and serve with a bowl and spoon. A separate butch for breast augmentation is available at the drugstore (nipple shield). It is also useful.

1.6 Other Supplement Diet

After the sixth month, the above food should be started as a supplement with breast milk. First cook any vegetable like spinach, safflower, carrot, cabbage in thick rice leaf, thick water of Varana and add salt or sugar and soften it. Juice or gar of any fruit (e.g. orange, citrus, ripe banana, mango, chickpea, grapes, etc.) should be taken and half a cup should be filled daily. This gives the baby vitamin C. The spoon should not be placed on the tip of the tongue, but on the back of the tongue. Otherwise the baby pushes the spoon with its tongue or spits the substance.

Taste one new dish at a time. The new food should be given to see if it is digested properly. It is important to taste all foods at this age. This is because milk alone is not enough for the baby to grow properly after six months. If the above food is started late, some children will only develop a love of milk by then. One of the causes of malnutrition is to start the food on the top (ie late). To avoid this, after six months, slowly boil the fruit, eggs, rice kheer, naanchi kheer, varanbhat (cooked very softly) or khichdi, soft boiled potato,

chapati, bread, banana, papaya, mango, guava, etc. After ten months start giving whole eggs, broth, any leafy vegetables, carrots, tomatoes, ghee, butter, etc.

Remember these 9 tips when feeding and drinking babies.

- 1) First breastfeeding in half an hour after birth.
- 2) Breastfeeding only for six months.
- 3) Breastfeeding should be continued for eighteen months.
- 4) Give a homogeneous liquid like Khiri for six months. These are easy to digest.
- 5) Add a little protein every time in a liquid like khiri e.g. Bean or peanut paste.
- 6) Feed children at least 6 times a day. Children's stomachs are so small that they can't eat as much as adults do.
- 7) Start giving vitamins and minerals after four months.
- 8) Carrots, papayas, green vegetables, jaggery etc. should be cooked and diluted. Otherwise the growth rate slows down during that period.
- 9) Oil and Ghee have higher caloric content than fats, so even a low diet can compensate for double the calorie intake.

2. Conclusion

Nutrition is essential for growth, development and well-being. Poor nutrition in the first two year can slow a child's physical and mental development for the rest of her or his life. Child need a verity of nutrition food such as meat, fish, pulses, grain, eggs, fruits, vegetables, breast milk.

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