

# Ayurvedic Insights into Paediatric Nutrition: A Holistic Approach to Child Health

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## ABSTRACT

**Introduction:** Under-nutrition during the fetal period, caused by placental, maternal, or fetal factors, can lead to Intrauterine Growth Restriction (IUGR), impaired organogenesis, and low birth weight. Persistent undernutrition during infancy increases the risk of growth failure, Failure To Thrive (FTT), and long-term metabolic disturbances into adulthood. Ayurvedic approaches can make tremendous inputs in this scenario clarified through various evidence based scientific studies.

**Aim:** This paper aims to explore the Ayurvedic holistic approach in addressing contemporary health challenges, with a focus on fostering a healthier and more prosperous future.

**Materials and Methods:** Our literature review, which included a thorough search of Ayurvedic texts, textbooks and online databases like Scopus and PubMed, aimed to shed on light on the concept of

Paediatric nutrition in Ayurveda for ensuring meticulous growth and development of the children.

**Results:** Nutrition and growth and development is mutually contributing to each other and it can make significant changes. Priyalamajadi modaka and Sreeratna modaka contributing significant changes in the anthropometrical parameter with a significant value of  $p < 0.05$ .

**Conclusions:** Ayurveda considers Ahara as *Trayopasthambha* and plays key role in nourishing the *Sharira*, *Mana*, and *Atma* and it offers valuable insights into the systematic and scientific approach to infant nutrition. So, failure to thrive can be sort out by using Ayurvedic concepts.

**Implications:** The integrative management of the nutrition deprivation among children below 5 years and failure to thrive through Ayurvedic approaches will be contributory for the current scenario.

**Keywords:** Failure to thrive, Ahara, Integrative, Ayurveda

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