

Evaluation of wrong Childhood Dietary habits and practical intervention with Ayurvedic Dietetics

Dr Apexa Vyas¹

¹Reader

Department of Kaumarabhritya
Institute of Teaching and Research in Ayurveda (ITRA),
Jamnagar, Gujarat, India

Abstract: In physiological stages of human life, childhood period is considered as very imperative and sensitive period due to its extra responsibility of growth and development. Food being a basic source of nutrition, it plays major role towards the maintenance of health. In addition to nutritional aspect of food, dietary habits and lifestyle are also having significant impact on paediatric health. Modernization and western way of living is becoming customary nowadays with an obvious rise in faulty dietary habits in paediatric age group which is directly related to proportionally increase in many childhood disorders. This article is aimed to focus on dietary factors and their effect on child health; and usefulness of Ayurvedic concepts related to diet along with their possible practical implementation. These mentioned areas will be explored with a view in center of Acharya Kashyapa - an author of Kashyapa Samhita and the father of Ayurvedic Paediatrics (Kaumarabhritya).

Keywords: Ayurveda, Ayurvedic dietetics, Childhood Disorders, Childhood Dietary habits, Kashyapa Samhita, Paediatric health

1. INTRODUCTION:

Food is essential requirement for proper growth and development of all human beings. Childhood period is growing period with an extra responsibility of development of bodily system and their proper functioning, making this period vulnerable to many health issues and consequences if basic need of good food is impaired. A healthy diet provides required amount of nutrients needed to perform physiological functions and maintain homeostasis of the body. Overall health status and resultant good immune resistance help the human body to fight and protect against different diseases. So choosing the right food and healthy dietary habits for a child should be a primary concern of every parent as well as health professionals dealing with child care. Preventive aspects are discussed here by focusing faulty dietary habits which are linked with number of paediatric disorders. Introducing Ayurvedic principles in a suitable way to paediatric population might help to develop child's healthy food habit and thus important footstep towards preventive areas of paediatric healthcare sector.

2. CHILDREN'S WRONG FOOD HABITS WITH PROBABLE ACCOUNTABLE CAUSES:

List of prevalent wrong dietary habits observed in paediatric age group is described in Table - 1 with their probable accountable causes for those habits or food behavior. This table contents are prepared and enlisted as per author's observation. Table - 1 Children's wrong food habits with their probable accountable causes

Sr.no.	Improper food habits	Probable Cause (Parent, child, family level)
1	Eating while watching TV / playing video games / watching mobile video etc	- Lack of awareness about healthy food habits - Easy way to finish task of eating - Not bothering about its bad impact on child's health
2	Overeating	- Lack of awareness about healthy eating habits - Eating while watching TV or playing video games or watching mobile video etc
3	Eating when not feeling hungry	- Lack of awareness about healthy eating habits - Hectic school – work schedule - Rigidity in following daily routine
4	Eating too fast	- Lack of awareness about healthy eating habits - Hectic school – work schedule - Fast eating to complete eating for jumping to another task like paying or another interesting activity
5	Eating too Slow	- Lack of proper education of good eating habits - Lack of interest in eating or aversion to food - Forceful eating making boring task for a child - Anorexia / any disease or psychological issues
6	Selective eating / comfort eating	- Lack of awareness about healthy eating habits - Poor discipline of eating habits taught by parent

7	Refusal to eat vegetables or fruits	- Lack of awareness about healthy eating habits - Poor discipline taught by parent in eating habits - Excess of outside and packaged food
8	Eating unhealthy snacks	- Lack of awareness about healthy eating habits - Easy availability - Parental freedom - Trend in society to give packaged food to child
9	Eating too less than required quantity	- Lack of awareness about healthy eating habits - Wrong psychological manner to be lean specially in adolescent girls - Anorexia or any organic disease
10	Aversion to food	- Anorexia or any organic disease - Psychological issues - Lack of interest in eating - Lack of awareness about healthy eating habits
11	Overconsumption of foods containing high sugar, fat and salt.	- Lack of awareness about healthy eating habits - Easy availability - Parental freedom
12	Drinking too much sugary drinks or cold drinks	- Lack of awareness about healthy eating habits, - Easy availability - Parental freedom
13	Skipping breakfast	- Wrong psychological manner to be lean specially in adolescent girls - Lack of awareness about healthy eating habits - Disturbed digestion leading to anorexia - Hectic school – work schedule
14	Eating at irregular hours	- Lack of awareness about healthy eating habits - Hectic school – work schedule - Disturbed daily routine
15	More fast food as a meal option	- Lack of awareness about healthy eating habits - Easy availability - Comparison with peers - Parental freedom
16	Junk food between meals	- Lack of awareness about healthy eating habits - Easy availability - Parental freedom - Customary or comparison of peers
17	Outside food or restaurant food	- Lack of awareness about healthy eating - As a part of changed lifestyle at weekly or fortnightly - Trend in westernized culture adopted for any celebration - Parental freedom - Customary or comparison of peers - As a rewards or festive gathering - As a mean of joy and change in routine - Freedom from cooking

3. PROBABLE RESPONSIBLE FACTORS FOR CHILDREN'S ALTERED FOOD HABITS:

Changing cultural norms of community with adopted contemporary life style have vastly changed food habits of childhood population worldwide. A swift towards modernization in Indian culture has put a huge impact on paediatric population and paediatric health of Indian society. Some frequently observed and more prevalent factors which are directly or indirectly associated for this changing food habits are enlisted below.

- Parent's affection towards readymade and outside food
- Children's affection towards readymade and outside food
- Guardian's unenthusiastic or ignorant behavior in changing their children's wrong food habits
- Regular or frequent use of readymade / outside / packaged foods by guardians and thus inspiring their children for the same
- Amplified trends of parties, celebrations, functions and gatherings have given huge surge in intake of restaurant food, fast food and packed food
- Vast exposure to visuals in terms of advertisements and public displays, attracts people and mainly children to consume those food items
- Situations like nuclear families, working mothers, socioeconomic status, hectic lifestyle routine etc making people deficient of time for staying at home and preparing food for family

- Increased globalization in the viewpoint of careers and jobs, have made people staying at different areas nationally and internationally and adopting altered lifestyle other than their natives
- Lack of education and knowledge about health hazards of such food products
- Mesmerizing and illusive way of advertizing probably works like hiding the fact about ominous side of these food items towards the health.
- Lack of knowledge or ignorance about vital importance of healthy food for healthy living (primary factor)

There is also considerable role of food and beverage industries for inspiring people for consuming their products with tempting advertisements. Accessible proximity of such packet food, fast food and cold drinks adds up its frank usage by children. Hence these all should be kept in considerations while managing disorders of paediatric age group.

4. CHILDREN'S WRONG FOOD HABITS AND THEIR ADVERSE EFFECT OF ON HEALTH:

Wrong eating practices as well as excess consumption of fast foods cause adverse effects on paediatric health. Such tempting and tasty food with less nutritive value badly impacts on metabolism, leading to deficiencies of essential nutrients like vitamins and minerals. Frequent and massive consumption of fast foods and beverages containing excess fat and sugar results in additional weight gain and its consequences in children. Obesity and many life style disorders are on rise, leading to further derangement of physiology and negative impact on immune system of growing children. Possible presence of high amounts of preservatives, taste enhancers, food artificial food colors, other food additives etc is likely to be harmful at certain extent for children's health.

List of some lifestyle disorders displayed in Table – 2 are largely occurring due to poor quality diet or wrong food habits [1]. Majority of these diseases are having chronic course without any complete cure options or satisfactory treatment modalities. These diseases may either manifest during childhood or serve as a primary etiology for their adult onset. Observing the significant increase of lifestyle disorders and their dreadful effects on human health, preventive efforts starting from early childhood might be the only ray of hope..!

Table – 2 List of lifestyle disorders found in paediatric age group

Sr.no.	Disease	Sr.no.	Disease
1	Obesity	11	Allergies
2	Malnutrition	12	Depression
3	Gastrointestinal tract disorders	13	Hyper activity disorder
4	Respiratory disorders	14	Hormonal imbalance
5	Skin disorders	15	Hypertension
6	Coronary Heart Disease	16	Metabolic disorders
7	FTT (failure to thrive)	17	Impaired Fertility
8	Rheumatic arthritis	18	Hyper activity disorder
9	Osteoarthritis	19	Diabetes (Type 2)
10	Carcinoma	20	Many others

5. Ayurvedic Dietetics:

According to Ayurveda food with all its good nutritive values expects several additional considerate like appetite, timings of eating, eating method, mental status while eating, season etc to provide maximum benefits to the human body. Majority of traditional food practices are scientifically established and being followed since thousand years; are having Ayurvedic fundamentals behind particular food pattern for specific geographical areas. Inclusion of precise variables in dietetics like environmental factors and individual's suitability shows sophistication of Ayurveda being a great health science. Diet and its related aspects are found in almost all the classics of Ayurveda. Although Kashyapa Samhita is selected here for the review because of two prime reasons i.e. 1) this classic is enriched with many important aspects related to Kaumarabhritya (Ayurvedic paediatric) and 2) Kashyapa Samhita is one of the least explored classics amongst all Ayurvedic texts.

Appreciating the utmost utility of food for ideal health, Acharya Kashyapa has employed the term *Mahabheshaja* (supreme medicine) for *Aahara* (food); shows its usefulness as sustenance as well as for endowing good health [2]. Though scattered references related to food are found in many chapters of Kashyapa Samhita, but comprehensive description of all important aspects related to food is observed in *Bhojyopakramaniya Adhyaaya* [3], a dedicated chapter on dietetics. Specific attributes and guidelines mentioned in this chapter are tabulated in Table – 3; are expected to be followed for promising health benefits of food. These attributes and guidelines are explained with their probable meaning as well as desirable or undesirable effects towards health.

Table – 3 Dietary attributes and guidelines as per Kashyapa Samhita (*Bhojyopakramaniya Adhyaaya*)

Sr.no.	Particulars	Meaning	Effect	Applied aspect
1	<i>Ushna</i>	Hot (freshly prepared to eat, hot enough to eat)	<i>Kapha Shamana</i> (Pacifies <i>Kapha Dosha</i>), <i>Vatanulomana</i> (facilitates functions of <i>Vata Dosha</i>), Speed up digestion process, <i>Annabhilasha</i> (desire to eat food), <i>Laghuta</i> (lightness of body) and <i>Agnidipti</i> (improves digestion)	- Prevention of <i>Kaphaja Vyadhi</i> (Disorders occurring due to vitiation of <i>Kapha</i>) - Good for digestion
2	<i>Snigdha</i>	Having sufficient unctuous quality (<i>Ghruta</i> , oil etc)	<i>Prinana</i> (nourishment), increases <i>Paurusha</i> (physical strength), <i>Dhatu-Upachaya</i> (tissue formation) improves <i>Bala</i> (physical strength) and <i>Varna</i> (complexion)	- proper nourishment - good for physical strength, overall health and skin complexion
3	<i>Satmyam</i>	Congenial (suitable / harmless)	Long life (100 years), Prevents <i>Anuchita Ahar Vikara</i> , <i>Satmya</i> – doesn't harm (Su. Su - 46)	-doesn't cause harm to the body
4	<i>Matrvat</i>	Proper quantity	<i>Sukha Paripaka</i> , <i>Avirodhi</i> to <i>Swasthya</i> , <i>Agni</i> and <i>Cheshta</i> (Physical +Physiological)	-good for digestion and health
5	<i>Avirodhi</i>	Not having opposite virtues	Good for <i>Swasthya</i> (health), <i>Ayu</i> (longevity), <i>Varna</i> (complexion), <i>Bala</i> (physical strength), <i>Sukha</i> (happiness)	- good for healthy life - doesn't harm in terms of disturbing physiology and producing any disease
6	<i>Naatyushna</i>	Not too hot	Causes <i>Daaha</i> (burning sensation) at <i>Jihva</i> , <i>Kantha</i> , <i>Aushta</i> , <i>Hridaya</i> , <i>Udara</i> , Inability to identify <i>Rasa</i> (taste), <i>Mukhapaka</i> (stomatitis), <i>Avipaka</i> (Indigestion), <i>Akshipaka</i> (eye inflammation), <i>Visarpa</i> (erysipelas), <i>Raktapitta</i> (bleeding disorders), <i>Bhrama</i> (vertigo), <i>Jwara</i> (fever) etc	-Prevents <i>Pittaja & Raktaja</i> diseases
7	<i>Naatisheeta</i>	Not too cool	<i>Shoola</i> (pain in abdomen), <i>Grahani-Mardava</i> , <i>Dhruna</i> (dislikes to food), <i>Kapha-Vata Vriddhi</i> (increase in <i>Kapha & Vata Dosha</i>), <i>Kasa</i> (cough), <i>Hikka</i> (hiccup)	-Prevents disease <i>Kaphaja & Vataj</i> - Prevents digestion impairment
8	<i>Naatisnigdha</i>	Not too unctuous	<i>Tandra</i> (drowsiness), <i>Trushna</i> (thirst), <i>Ajeerna</i> (indigestion), <i>Udara Roga</i> (abdominal diseases), <i>Kaphaja Roga</i> , <i>Medoj Roga</i> , <i>Kantha Roga</i> (diseases related to throat)	- prevents <i>Kaphaja & Medoj Roga</i>
9	<i>Naatiruksha</i>	Not too dry in nature	<i>Vishtambha</i> (constipation) , <i>Udavarta</i> (upward movement of gases), <i>Vaivarnya</i> (discolouration), <i>Glaani</i> (languor), <i>Over eating</i> , <i>Vata Prakopa</i> (vitiation of <i>vayu</i>), <i>Mutra Nigrahanam</i> (retention of urine)	-Prevents digestive disorders - prevents <i>Vataroga</i>
10	<i>Naatidravam</i>	Not too much liquid (fluidy)	<i>Utklesha</i> (nausea), <i>Bahumutrata</i> (polyuria), <i>Parshwabhedha</i> (pain in flanks), <i>Pratishyaya</i> (coryza), <i>Vidabheda</i> (diarrhea)	-prevents <i>Kaphaja Roga</i> -prevents digestive disorders

11	<i>Naikarasa</i>	Not containing single rasa (having all rasa)	Daurbalya, Adradhatva (due to Ek Rasa Sevana) Dosha – Apravruddhi, Dhatu Samya, Bala & Ayushya Vruddhi, Arogya and Agnidipti	-maintains nutrition level -prevents disturbance at Dosha-Dhatu level
12	<i>Naatishushkam</i>	Not too dry in nature	<i>Vishtambha</i> , <i>Mutra-kshaya</i> , <i>Kapha-kshaya</i>	-Prevents disease digestive disorders - prevents Vataroga
13	<i>Naatibahu</i>	Not too much in quantity	<i>Vishtambha</i> (constipation), <i>Udveshtana</i> (cramps), <i>Klesha</i> (pains), <i>Cheshtahani</i> (loss of activity), <i>Visuchika</i> (disease due to over-eating) etc disease.	-Prevents digestive disorders due to over eating
14	<i>Naatistokam</i>	Not too less in quantity	<i>Atyagni Vikara</i> (diseases of excessive fire – digestive/metabolic), <i>Krushata</i> (emaciation), <i>Bhrama</i> (giddiness), <i>Atrupti</i> (non-satiation), <i>Laghuta</i> (lightness), <i>Nidra</i> , <i>Mala</i> , <i>Mutra & Bala Kshaya</i> (loss of sleep, feces , urine and strength)	-Prevents diseases due to poor eating & Malnutrition
15	<i>Suchau Desha</i>	At clean and hygienic place	Tushti, Pushti, Ayu, Aarogya Mano-Vighata (if Anishta to Mana)	-good for digestion and health
	<i>Suchau Patre</i>	Clean vessels and plates	Tushti, Pushti, Ayu, Aarogya Mano-Vighata (if Anishta to Mana)	-good for digestion and health
	<i>Suchi Paricharenopani tam</i>	Brought by clean cook / servant	Tushti, Pushti, Ayu, Aarogya Mano-Vighata (if Anishta to Mana)	-good for digestion and health
16	<i>Kaale</i>	Timely / on feeling hunger (Kashyapa view)	Tushti, Pushti, Vardhate, Sukhen Jiryate, prevention against Ajeeranaja Roga	-Prevents digestive disorders due to indigestion
17	<i>Prangmukha</i>	Facing east direction	Deerghayu (Good for longevity)	-proper light -auspicious
18	<i>Tushni (Shantachitta)</i>	Without stress and worries (relaxed mind) / not involved in talking etc other activities	Indriya Ahlaada, Manasatmya	-good for digestion and health
19	<i>Tanmana (+ Ajalpan)</i>	Involvement or focus towards eating, not involved in talking etc other activities	Can focus on Matra, Pakti, Yukti and Guna (qualities) / benefits of Anna	-good for digestion and health
20	<i>Aaswadayan</i>	Interestingly eating / to enjoy eating	Can know Rasa and Rasa-vishesha	-good for digestion and health
21	<i>Naatidruta</i>	Not too fast / hurry	No focus on Aharvidhi, Unable to know Indriya Prasannata and Vatanulomana etc physiological parameters	-good for digestion and health
22	<i>Naativilambit</i>	Not too slow	Food doesn't remain fresh – hot, Chances of over eating, Difficult digestion of cool food (not fresh – hot), more than sufficient quantity and tasteless food	-good for digestion and health
23	<i>Na Pratanto</i>	Not continuous / more frequent eating	<i>Trushna</i> , <i>Murchha</i> , <i>Agnisada</i> , <i>Anga-sidanam</i> , <i>Jwara</i> , <i>Kshaya</i> , <i>Atisara</i> , <i>Darshan Mandata</i> (those who eat more frequently)	-Prevents digestive disorders due to indigestion - prevents impairment of metabolism
24	<i>Naakankshito</i>	not having desire to eat	Avipaka, Aruchi, Chhardi, Shoola, Aanaha	-good for digestion and health

There are total 24 attributes and guidelines mentioned by Acharya regarding diet which are collectively said as *Chaturvimshati-Aahara-Maana* [4]. Some of these criteria are dealing with quality and characteristics related to food; and some are describing situations around and person's status while eating which are having conditioning relation with digestion of the food. Explanation about their effect and thus contribution towards health or illness is described in this table. In brief *Chaturvimshati-Aahara-Maana* is a group of quantitative and qualitative parameters importantly related with food digestion. Taking care of these subsets will help to obtain maximum health benefits of good food because they will either positively influence or negatively interfere with the digestion of food.

6. AYURVEDIC DIETETICS W.S.R. TO PAEDIATRIC CLINICAL PRACTICE:

In contrast to contemporary treatment, Ayurvedic treatment additionally comprises certain sets of restrictions in regards to diet and lifestyle. This is collectively known as *Pathya-Apathya* - do and don'ts to be followed during treatment of particular diseases and individual's body constitution. This is supposed to be very unfavorable part of Ayurvedic treatment for majority of people because of hesitation for following such dictums. When it comes to paediatric practice in Ayurveda, this treatment part becomes most difficult for paediatrician and more unenthusiastic for parents.

Dietary habits and food preferences of children are set in early infancy. These are responsible for eating behavior of a child which is directly linked to overall child's health. This childhood period serves as window period for correcting and shaping up good diet habits and lifestyle of a child. Wrong food preferences and rejections to healthy food items can be modified by correcting with good ones through social influences with an active involvement of family members. Indirect influence of peers, heroes of fictional story or any famous television character will work here nicely. Intervention in this area requires intense determination and positive reinforcement as primarily necessitates from family as well as paediatrician or medical professionals. There are some experience based contemplation mentioned below, which should be well understood by parents as well as paediatricians for effectual results in this critical area.

Another important reason for utilizing this ayurvedic knowledge in paediatric practice is wide range of diseases coming across paediatric practice either with their chronic and complicated stages or with their unexplained etiology. As per usual findings also, people are not approaching to Ayurveda as a primary solution for any health issues but come after being tired of trying all contemporary treatment modalities. Thus working in this clinical area requires much dedicated and strict attitude of Ayurvedic paediatrician for providing effective Ayurvedic treatment. Though Ayurveda science believes in cause and effect theory, causative factors in terms of diet and lifestyle should be focused and corrected essentially.

At Paediatrician level -

1. Explain and educate the parents about causative role of food for their child's illness, when child is very small to understand (less than 2 years).
2. Explain and educate the parents as well as child patient about causative role of food for their child's illness, when child is capable to understand partial or whole conversation (more than 2 years).
3. Offer some information about Ayurveda concepts with simple understanding, easy to follow rules at regular level and making them familiar about. Some examples are given below.
 - *Viruddhashana* (foods having contradictory effect if taken together) – some food combinations should be always avoided to eat together to prevent its harmful effect on our body eg. No milk or milk items in lunch, dinner or breakfast with other food items
 - *Ajeernaashana* (eating when earlier food is not digested) – to skip or avoid food when one is not feeling hungry
 - *Adhyashana* (over eating / more than required quantity) – to avoid over eating
 - *Tanmana* (conscious eating) – mindful eating, no Television or Mobile phone while eating, avoiding negative and stressful discussions during lunch and dinner time
 - Categorize some common foods as healthy and unhealthy foods for daily use eg. green gram for regular or frequent use & curd not for routine
 - Conscious intake of “not so good food” – limiting the use of packed food, fast food etc. Preparing scheduler with child's active participation works very effectively here by selecting weekly, monthly frequency for particular items. Child is advised to mark on calendar on having those items and not to eat those for some duration as per the scheduler.
4. Educate or re-educate the parents about,
 - Fresh food Vs Packed food, difference and nutritive benefits
 - Homemade Vs Outside food, difference and nutritive benefits
 - No milk shakes or smoothies with other snacks or fast food items
 - No milk or milk sweets in lunch or dinner
 - Avoiding cheese, maida and similar ingredients for regular use
 - Restricted use of noodles once in a month, medium pack with sharing to other family members. It should be chewed properly and not to be swallow (as shown in many advertisements).
 - Very limited use of chocolates / food packets (wafers, chips, balls etc) like once or twice in a month.
 - Discouraging use of ready to cook breakfast to avoid preservatives and other additives within.
 - Replacing biscuits, toast etc baked snacks with fresh food like Paratha, Roti, Poha, Upama etc.
 - Limiting frequent and excess use of tomato sauce and other such preparations, which are commonly used as tempt for child for making them to eat parallel healthy items. This can be replaced with freshly made tomato chutney like recipe.

- By giving new trendy names for regular or traditional recipes, difference is observed in children's interest and enjoyment in eating the same things.
- Involving the child and making him interesting in cooking related family talk mainly to introduce regular kitchen ingredients and their health benefits.
- Not introducing packet foods specially biscuits, chocolates, cakes, gathiya etc to infant less than 1 year age. And prolong the introduction till possible age.

Parent's part -

1. Understanding the fact that parents themselves play primary role to shape up dietary habits of their child. They can be a good role model.
2. Active and enthusiastic involvement of parent and positive eating environment is having significant effect on children's food habit.
3. Basic education about nutrition for parents as well as child is must required thing for its better implementations like
 - Adverse effect of bad or wrong food habit on health
 - Positive effect of good food habit on health
 - Have some basic Ayurvedic knowledge about healthy & unhealthy food and its related aspects
4. Flexibility to adopt required positive changes in diet and lifestyle as per expert advice of Ayurvedic doctor.

At Organization level -

1. Health Awareness programs focusing children about food and health (like informative lectures, short drama, slogan etc).
2. Involvement of Ayurvedic professionals in school health programs for sharing basic Ayurvedic knowledge regarding diet and related aspects (like informative lectures, health talks, interactive sessions with parents etc).
3. Involvement of Ayurvedic professionals in national programs or mission directed for women's health and family health to utilize ayurvedic wisdom in this respective area.
4. Initiatives from Ayurveda professionals in terms of Ayurvedic knowledge sharing in form of lectures, videos or talk shows targeting women of the society. Because women are playing most important in kitchen management as well as child's wellbeing, their active involvement in this area gives impressive benefits to the civilization.

7. CONCLUSION:

Increasing burden of non - communicable diseases and substandard level of children's health put the preventive side of intervention on preeminence for whole scientific community. With augmentation in numerous maladies nowadays faced by human beings, preventive approach is the only solution for preventive health of mankind. Considering the ill effects of wrong food over paediatric health, shifting towards healthy food habit is the only smart way towards preventive paediatrics. This is the time for setting up diet discipline of a child which in long term will help to be healthy in his adulthood. As per experience of exclusive Ayurvedic paediatric practice, some diktats prepared as simplified rules few of which are mentioned in this article, this can be practiced successfully in paediatric patients as well as their parents with their active anticipation for sustainable period. Though it is prepared considering local area's prevalent food habits, this may vary according to different areas and locality. Feasible and sustainable approaches from Ayurveda fraternity for improving and strengthening health care system are the need of hour. Children being the future of any civilization, their health bears a great magnitude to whole mankind hence cannot be ignored at any cost.

8. ACKNOWLEDGEMENT: Author is grateful to all innocent paediatric patients and ITRA hospital where it would be possible to serve the society through great science of Ayurveda.

9. CONFLICT OF INTEREST: Author has no any conflict of interest.

REFERENCES:

- [1] <https://www.ahchealthenews.com/2017/10/24/27-medical-problems-caused-poor-diet/>, partial reference, [cited on 25-06-19].
- [2] Vriddha Jeevak, Kashyapa Samhita with edited introduction by Pandit Hemaraj Sharma and translation and Vidyotini hindi commentary by Ayurvedalankar Shri Satyapal Bhisagacharya, The Chaukhambha Sanskrita Series office, Banaras -1, 1st edi 1953; Khilasthan, 4th chapter - Yushanirdeshiya Adhyaya, Shloka no - 6. Page no- 249.
- [3] Vriddha Jeevak, Kashyapa Samhita with edited introduction by Pandit Hemaraj Sharma and translation and Vidyotini hindi commentary by Ayurvedalankar Shri Satyapal Bhisagacharya, The Chaukhambha Sanskrita Series office, Banaras -1, 1st edi 1953; Khilasthan 5th chapter - Bhojyopakramaniya Adhyaya, Shloka no - 3, Page no- 255
- [4] Vriddha Jeevak, Kashyapa Samhita with edited introduction by Pandit Hemaraj Sharma and translation and Vidyotini hindi commentary by Ayurvedalankar Shri Satyapal Bhisagacharya, The Chaukhambha Sanskrita Series office, Banaras -1, 1st edi 1953; Khilasthan 5th chapter, Bhojyopakramaniya Adhyaya, Shloka no - 3 to 40, Page no- 255 to 258.