



WEANING FOOD in INFANTS

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ABSTRACT

Ayurveda considers Ahara as Mahaushadha. Ahar is one of among the Trividha Upastambha, It is very essential factor in the promotion of the health and prevention of diseases. In Vedic literature Ahar is consider as nectar. Ayurvedic dietetics is concerned primarily with the energetic of food as a mean of balancing the biological humours (Dosha). According to Ayurveda diet which nourishes both the mental and physical built is called "balanced diet". There is much talk about well-balanced diet in contemporary science about it. Balance diet means which provide enough nutrients to facilitate the body functioning as well as reserve for stressful periods. In Balya Avasta diet and dietetics is very essential because after 6 months weight of child double about 6kg so more need of nutrition to achieve proper growth and development. Appropriate starting of Annaprasha is very essential

KEYWORDS

Ahar, Diet, Balya, Avasta, Annaprashan.

Introduction

Human body is made of Pancha Mahabhootas So Panchabhautic food is essential for nourishment of body¹.

Food is defined as essential substance having a pleasant aroma & taste which is capable of being digested, absorbed & utilized when consumed in proper manner & in appropriate quantity so as to help living organism to replenish the wear & tear of body tissues, produces new body components & that which imparts energy, strength & happiness

Acharya Charak Ahar is in among three Upastambhas (supporting factors) of life, the Ahara (diet), Nidra (sleep) and Brahmacharya, the diet is an essential factor for maintenance of healthy life² Being supported by these three well regulated factors of life, the body is endowed with strength, complexion and growth and continues up till the full span of life. Acharya Charaka has mentioned that, Anna (food) is the best sustainers of life.

Annaprashan

Word Annaprashan nothing weaning. weaning meaning accustoms or free from habit. It is process of accustom the baby to semisolid food. According to UNICEF 1984 weaning is defined as the systematic process of introduction of suitable food at right time in addition to mother milk in order to provide needed nutrients to the baby.³ It is second step for self existence. Weaning also called as complimentary feeding because weaning implies abrupt stoppage of breast feeding.

Time of Weaning or complementary feeding –

Time of weaning nothing but Annaprashan in contemporary science European society for paediatric gastroenterology, Hepatology and Nutrition(ESPGHN) and WHO weaning should be started at age of 6th month of age.

By five months of age, birth weight doubles and the nutritional demands gradually increase and the calcium and iron stores get depleted. Baby needs around 600-700 kal/day, and around 600ml. of Breast milk can supply only 400 kal. And also, the breast Milk supply increases till 6 months and then it plateaus off. By four months of age, the baby achieves head

control and develops hand to mouth co-ordination and starts enjoying mouthing. Intestinal Amylase matures and the gut becomes ready to accept Cereals and Pulses (Legumes). Gum hardens prior to teeth eruption and the baby enjoys gumming semisolids. Thus, baby is 'biologically ready' to accept semi-solids by 4-6 months of age

Annaprashan according to different authors:

Table No. 1 In classical text different opinion given about Annaprashan is as below

According different samhitha	Annaprasha
Kashyap Smhitha	Phala prashan at(fruit juice) 6 th month Annaprashan after eruption of teeth(9 th -10 th month) ⁴
Sushruth smhitha	After 6 th month with laghu and Hitakar food ⁵
Sharangadar	At 6 th -8 th month as per shastrokta method ⁶
Astangasangrah and stangahruday	At 6 th month ⁷
Astanga sangrah tika	At 6 th month and gradually increase ⁸
Bhavprakash Nighantu	At 6 th -8 th month increase according avstaviridhi ⁹

RULES OF ANNAPRASHANA:

(According to Acharya age is divided into kheera, ksheerannad and annad. In ksheerannada avasta Agni will be visham⁵. Simultaneously overall growth and development in first two year is very rapid and malnutrition sets during weaning and post weaning phases so appropriate starting of weaning in pediatric is very important different opinion given by various Acharya regading Annaprashan.)

According different Acharya food supplements.

Various food supplement mention in ayurvedic samhitha these food supplements reach in nutritional value so they are effective in children to achieve growth and development of child.

Table No. 2: Food supplements according to different Acharyas

	Name of samhitha	Food suplliment
1	Astangasngrah & Astangharuday	Modaka (Sweet ball) made from marrow of Priyala, Madhuka (Yastimadhu), Madhu (Honey), Laja and Sitopala ¹⁰
		Modaka made from Dhataki Pushpa, Sharkara and Laja tarpana
		Modaka prepared with Bala, (tender) Bilva, Ela, Sharkara and Laja Saktu (flour of Laja)
2	Kashyapsmhith	cooked liquid made with husk-free well washed Sali or Sasti rice especially old rice, mixed with oleaginous substances and salt ¹¹
		The powders (flour) of wheat and barley can also be given according to congeniality
		Hot electuary cooked with vidanga, salt, oleaginous substances + kodrava
		mrdivika with honey and ghrita
		diet with good quantity of juice of matulunga and salt
3	According to Doshavasta ¹²	
	Vatadikya-	Mrdvika with gruth and honey
	Pittadikya	Matulunga juice and salt

Aharapraman

Quantity of diet depends upon the power of digestion and metabolism¹².

One should eat half of the Amashay with food and drink one fourth of the Amashay the water so that VAYU shall be able to move freely in the remaining one fourth of the Amashay¹³.

According to Charak samhitha one third of the Amashay to be filled with solid food, another one-third with water and the rest one-third left free for free movement of VATA-PITTA and KAPHA¹⁴

Importane of Ahara –

Even if the patient does not take medication, the disease can be cured by taking a beneficial diet and avoiding a harmful diet. If the patient does not follow the diet advised by the physician, medication alone will not cure him.

Conclusion

Weaning is the second step for self existence. The first step is cutting of the umbilical cord. Breast feeding and weaning practices are two most important dietary habits that determine child health as well as morbidity and mortality. In weaning period more chance of malnutrition disorder to avoid it proper introduction of weaning is important. In classics mention most of food supplements are mention these are easy to prepare in home base and effective one. Even if the patient does not take medication, the disease can be cured by taking a beneficial diet and avoiding a harmful diet. If the patient does not follow the diet advised by the physician, medication alone will not cure him.

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