

Editorial Note on Malnutrition

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Malnutrition results from inadequate amount of one or more nutrients. It is also called under nutrition or undernourishment. Whereas more amount of nutrients causes over nutrition. Malnutrition during pregnancy leads to physical and mental development problems. This may have symptoms like very less energy levels, lean body, and swollen abdomen. Malnourished children frequently fall ill due to lower immunity levels. This often related to poverty in most cases. Pneumonia and Measeles are contagious diseases that require high nutrition's which causes under nourishment. Malnutrition includes: protein-energy malnutrition. This has two forms Kwashiorkor and Marasmus. Kwashiorkor occurs due to lack of protein in which liver is enlarged. Deficiency of vitamins and carotenoids also develops this disease. Severe malnutrition has high death risk. Deficiency of calories and proteins is known as Marasmic kwashiorkor. Symptoms seen in kwashiorkor children are swollen hands and feet, organs dysfunction like kidneys, liver, nervous system and depigmentation.

Nutritional development efforts are some of the most effective forms of development assistance. Breastfeeding can reduce the risk of malnutrition and death in children, and other efforts to promote this practice have been successful. In young children, providing food between six months and two years improves outcomes. There is good evidence and support for the increasing use of medicine in women during pregnancy and young children in the developing world. Bringing food and donating money to organizations can help provide food for those who need it most. The number of people eating less than the minimum amount of energy needed for the average person to stay healthy while doing simple physical activity. Some strategies help people to buy food at local markets. Simply feeding the students at school is not enough. For those with severe malnutrition compounded by other health problems, hospital treatment is recommended. These often include managing low blood sugar and body temperature,

coping with dehydration, and slow feeding. Ordinary antibiotics are often recommended because of the higher risk of infection. Long-term measures include: improving agriculture, reducing poverty and improving sanitation. Low energy and brain dysfunction also represent a reduction in malnutrition as victims may not be able to perform the tasks they need to earn a living, earn a living, or get an education.

Malnourished children often develop anorexia. Aflatoxins are also a cause for kwashiorkor malnutrition. These are toxins produced by *Aspergillus flavus*. They target liver and cause carcinogenic effects. Marasmus occurs due to energy deficiency. The symptoms involves loss of muscle mass and sub cutaneous fat mass, anemia, circulation disorders, dehydration, throat symptoms, dry skin, irritability. It may be caused due to poverty, anorexia nervosa, malaria, pneumonia.

Breast feeding may reduce malnutrition in children. Supplementation in young children improves the outcomes. The major disease caused due to malnutrition is Tuberculosis. Specific micronutrients deficiency such as Fe, Zn and Vitamins also cause malnutrition. Malnutrition causes HIV transmission by increasing replication rate. Iodine deficiency may cause mental impairment. Undernourishment leads to slow recovery from illness, health problems. It may also cause dementia, depression in children. It may cause digestive problems such as Vomiting, ulcerative colitis.

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CONFLICT OF INTEREST

The author has declared that no competing interests exist.

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