

NUTRITIONAL DISORDERS

A MORBIDITY PROBLEM

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Disorders due to malnutrition can be prevented as most of them are related to habits of eating. The common deficiency diseases include: beriberi, scurvy pellagra vitamin A deficiency, hypo-protonemia, sprue, anemias and rickets. Nutritional disorders are prevalent in varying degrees among all ages and groups of people. Malnutrition is an underlying cause of disease and debility. The following nutritional deficiency diseases may be found in all parts of the country.

1. Vitamin A Deficiency

Symptoms: Xeroderma (Rough dry skin) Phrynoderma of extremities, night blindness, xerosis of conjunctiva, defective teeth, reduces resistance.

Treatment: - Depends on severity of the condition large doses of concentrated vitamin A. Sword-fish liver oil and other fish liver oils.

2. Vitamin B Deficiency - Beri Beri

Symptoms: Poor appetite, Pleural neuritis enlarged heart, oedema.

Prevention: Balanced diet, including: pulses, groundnuts, yeast, liver, eggs, pork, sufficient to supply 330 I.U. or one milligram daily.

Treatment: Balanced diet and thiamine 10-50mg daily by mouth.

3. Vitamin B Complex Deficiency

Symptoms: Burning of eyes, lips, tongue, corneal vasculature, Keratitis, dimness of vision, fissuring at corners of the mouth, magenta tongue, seborrhea dermatitis.

Prevention: Balanced diet including yeast, milk products, meat, liver, eggs cheese.

Treatment: - Balanced diet and riboflavin

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15 to 20 mg daily in divided doses.

4. Vitamin C Deficiency-Scurvy

Symptoms: swollen and bleeding gums, haemorrhages under the skin, tender swollen joints, restlessness, weakness, anemia, reduced resistance, retarded wound healing, vitamin c is easily destroyed by heat and exposure to the air.

Prevention: Balanced diet including 30-50 mgs of vitamin c daily fresh citrus fruits, amla orange, lime and vegetables, such as green leafy vegetables, sprouted grains.

Treatment: Infants 300 mg daily for one week, then reduce. Adults: 19 mg daily for one week, then 50 mg each day as needed.

5. Vitamin D Deficiency-

Rickets and osteomalacia symptoms: Deformed Bones.

Prevention: Balanced diet that includes 400 to 800 I.U. daily for the growing child. Liver oils, egg yolk, milk, ghee, fish liver oils are the richest sources of Vit. D.

Treatment: 1,200 I.U. daily with adequate milk and one egg.

6. Iron Deficiency-Anemia

Anemia may be associated to hook worm and other parasitic infestations, Stool Examination and treatment for parasites is essential to the prevention and treatment of nutritional anemia.

Symptoms: Low haemoglobin, paleness, general debility, low-vitality, low resistance to infection prevention: Balanced diet that includes 20-30mgs daily, liver, eggs, leafy green vegetables, jaggery, raisins and other dried fruits that are rich in iron.

Treatment: Balanced diet iron injection and 0.29 mg ferrous sulphate three times a day.

7. Iodine Deficiency- Goitre

Iodine deficiency condition are found in areas where iodine is not available in water and soil.

Symptoms: Enlargement of thyroid gland protruding eyes, nervousness.

Prevention: Iodized salt, fish.

Treatment: Depends on extent of growth and general surgery may be indicated.

8. Kwashiorkor hypo-protonemias:

Little is known of this disease yet it is most important form of malnutrition known today.

Symptoms: Diarrhoea, edema, depigmentation of skin and hair, thickened: hyperkeratotic, skin lesions over pressure points and enlarged fatty liver, mortality is high.

Prevention: Balanced diet with grade A proteins may prevent the disease.

Treatment: Diet high in grade A protein, fresh vegetables and fruits and supplemented vitamins.



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