

Food Science 2021: Impacts of kwashiorkor on children and its management- Muhammad Kamil Fareed - Department of Food Science and Technology, MNS- University of Agriculture, Multan, Pakistan

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Abstract

Malnutrition is a major public health problem especially in the developing countries of world. Malnutrition is a medical as well as social disorder. Undernourished baby and young children are at higher risk of a death caused by some common infections as undernutrition not only increases the intensity and frequency of these infections but it also delays the recovery option. Undernutrition commonly caused by an insufficient utilization of fats, carbohydrates, proteins and micronutrients. Kwashiorkor is a disease of intensive protein malnutrition. It has been reported in both developed and developing countries. In the developing countries, many cases of kwashiorkor occur due to poverty and deficiency of knowledge about feeding. Usually the kwashiorkor occurs in areas with low food supply, lack of guidance about nutrition and high rates of malnutrition. The condition happens in the setting of inadequate intake of protein in the presence of adequate caloric intake. Kwashiorkor commonly affects the infants and children around the age of weaning through age 5. Symptoms of the kwashiorkor include dehydration, lack of fat and muscle tissues, slow healing wounds, changes in the color of hair and dermatosis. If the treatment of kwashiorkor not done timely then it may lead to the diseases like gastrointestinal diseases, cardiovascular diseases, losing of immune system functions, electrolyte imbalances and urinary tract infections. The scientists of the world continued to find out the natural history of disease that occur in the children and they determined something remarkable. Children who were died because of digestive system disorders and presenting with cough, diarrhea and breathing problems were also having the signs of kwashiorkor during this time (skin changes, anorexia, pitting edema, etc). A child with kwashiorkor faces many problems like heart failure, metabolic problems and dies than those with simple wasting. Kwashiorkor is considered as the predominant form of acute childhood malnutrition. Effective treatment about kwashiorkor can usually reverse symptoms and signs of this disease. Doctors treating the kwashiorkor first give carbohydrates and then adding minerals, vitamins and proteins. It is essential to reintroduce food slowly and carefully to avoid refeeding syndrome and it takes one week or more in the protection of disease.

This work is partly presented at 33rd International Conference on Food Science and Technology, October 25-26, 2021