

Editorial Note on Malnutrition

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Editorial Note

Malnutrition is a condition that occurs when a person consumes a diet that is deficient in one or more nutrients, or contains an excessive amount of one or more nutrients, resulting in health problems. Under nutrition or malnutrition refers to a lack of nutrients, whereas over nutrition refers to a surplus of nutrients. Malnutrition is a term used to describe a situation in which a person is not getting enough calories, protein, or micronutrients. If under nutrition happens during pregnancy or before the age of two years, it will result in long-term physical and mental disorders.

The most common cause of malnutrition is a lack of access to sufficient high-quality food. This is often linked to high food costs and poverty. A lack of breastfeeding, as well as a variety of infectious diseases that increase nutrient requirements, such as gastroenteritis, pneumonia, malaria, and measles, may play a role. Protein-energy deficiency and nutritional deficits are the two major types of under nutrition. Iron, iodine, and vitamin A deficiency are all common micronutrient deficiencies. Deficits may become more frequent during pregnancy due to the body's increased need. Over nutrition in the form of obesity is beginning to appear within an analogous population in some developed countries. Other causes of malnutrition include anorexia and bariatric surgery.

Some of the most important ways of development assistance are attempts to improve nutrition. Breastfeeding has been shown to minimize childhood malnutrition and death, and some attempts to encourage the practice have

been effective. Between the ages of six months and two years, supplying food (in addition to breast milk) enhances results in young children. In the developing world, there is also strong evidence to support the supplementation of a variety of micronutrients to pregnant women and young children. Delivering food and helping organizations that do so will aid in bringing food to those who need it the most. Some tactics assist people in purchasing food from local markets. It is insufficient to simply feed students at school.

In certain cases, treating extreme malnutrition at home with ready-to-use medicinal foods is a viable alternative. Treatment in a hospital environment is required for anyone with serious malnutrition that is compounded by other health issues. Low blood sugar and body temperature are often addressed, as is dehydration and incremental feeding. Antibiotics are typically administered on a daily basis due to the high risk of infection. Improved farming practices, poverty reduction, and sanitation are among the longer-term interventions. For the remainder of this article, the word malnutrition applies to under nutrition unless otherwise specified. SAM and MAM malnutrition are the two forms of malnutrition. SAM applies to children who are seriously malnourished.

The term MAM stands for moderate acute malnutrition. Protein-energy malnutrition is sometimes referred to as under nutrition (PEM). Other definitions include both micronutrient deficiencies and protein energy malnutrition. It varies from calorie restriction in that calorie restriction isn't often associated with negative health consequences. Underfeeding is referred to as hypo alimentation. The words "extreme malnutrition" and "severe under nutrition" are commonly used to define PEM. PEM is often related to a lack of micronutrients. Kwashiorkor and marasmus are two types of PEM that often coexist.

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