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A Review on Nutritive Porridge - Panchamutti Kanji for Malnourished Children (Ottasathukuraivu)

Dharshini Priya G^{1*}, Bakkiya Devi. M², Vennila. K³, Meenakshi Sundaram. M⁴

¹PG Scholar, ²PG scholar, ³Lecturer, ⁴Head of the Department, Department of Kuzhandai Maruthuvam, National institute of Siddha, Tambaram Sanatoruim, Chennai, Tamil Nadu, India.

Abstract

Siddha is mainly based on preventive aspect first rather than curative. Food is considered as the first pillar of our body. Many common health problems can be prevented through nutritious diet. Food is important as a nutritional source, also with therapeutic value and most importantly it plays a vital role during the post treatment period in re-gaining the diminished strength due to the harmful effect of the disease. Nutritional disorders are described in scattered manner in Siddha texts. Childhood undernutrition is an underlying cause in an estimated 35% of all deaths among children under five and 21% of total global disability adjusted life years lost among less than 5 children. Protein energy malnutrition is disease a similar to undernutrition. This article highlights the Siddha view of nutritional disorder like protein energy malnutrition. In Siddha panchamutti kanji a nutritive porridge is very helpful to treat malnourished children.

Keywords: Siddha medicine, Panchamutti kanji, porridge, Nutrition, Malnutrition, Undernutrition, Protein energy malnutrition

Introduction

Siddha believe that many health problems can be prevented through nutritious diet. Food is important as a nutritional source and it also having much therapeutic importance. Lack of sufficient food intake leads conditions like nutritional deficiency termed as malnutrition (theraithodam). Nutritional disorders are described in scattered manner in Siddha texts. Childhood undernutrition is an underlying cause in an estimated 35% of all deaths among children under five and 21% of total global disability adjusted life years lost among less than 5 children. Protein energy malnutrition is disease a similar to undernutrition. This article highlights the Siddha view of nutritional disorder like protein energy malnutrition. In Siddha panchamutti kanji a nutritive porridge is very helpful to treat malnourished children.

Materials and Methods

Panchamutti Kanji

Siddhars have mentioned many preventive medicines for day to day life. Among various healthy nutrition, it is one of the excellent immune booster. Panchamutti kanji is a healthy as well as protein enriched porridge mentioned in Siddha literature having therapeutic potentials.

Ingredients

Oriza sativa (பச்சரிசி)
Vigna mungo (உளுந்து பருப்பு)
Cajanus cajan (துவரம் பருப்பு)
Cicer arietinum (கடலை பருப்பு)
Vigna radiata (சிறுபயறு)

Preparation of Panchamutti kanchi

All the ingredients to be purified as per the Siddha literature

All the substance are fried lightly and are wrapped in the cloth and is tied like a knot

500ml of water is taken in a small pot and then knot are immersed in a pot. Then it is boiled
This Healthy substance and its extract are spread in water. It looks like an porridge format.

பஞ்சமுட்டிக் காகுமரும் பத்தியவியஞ்சணமாம்
விஞ்சகரஞ் சன்னிகக்குமெத்தநன்றாம் பஞ்சின்
விழுந்துவரையாது மெலிந்தாரைத் தேற்றும்
கொழுந்துவரையாயின்கொள்



Oryza sativa (பச்சரிசி):

Recent research:

High protein rice (*Oryza sativa*): A source to protein energy malnutrition (PEM) in India



Vigna mungo (உளுந்து பருப்பு)

Recent research:

Proximate composition, nutritional profile and health benefits of black gram – a review



***Cajanus cajan* (துவரம் பருப்பு)**

Recent research:

Pigeon pea (*Cajanus cajan* L.): A Hidden Treasure of Regime Nutrition



***Cicer arietinum* (கடலை பருப்பு)**

Recent research:

Evaluation of chickpea (*Cicer arietinum* L.) micronutrient composition: Biofortification

opportunities to combat global micronutrient malnutrition



***Vigna radiata* (சிறுபயறு)**

Recent research:

Nutritional characteristics of mung bean foods.



Results and Discussion

Panchamutti kanji is a cultural food and it's a very good balanced diet for all children. It is an excellent immune booster. It is loaded with healthy fiber and micronutrients, porridge benefits the overall health and provides energy to fuel the active lifestyle. The regular usage of Panchamutti Kanji can increase the weight of lean and weak individuals. So it is also useful for protein energy malnutrition children and also for malnourished cerebral palsy children.

Conclusion

Protein deficiency diseases, Malnutrition's can be overcome through intake of these preparations. As it strengthens the immunity, it helps to prevent us from diseases and plays a role in the maintenance of healthy life style. These preparation should be brought again practice for the betterment of future generations. Awareness should be made among the people about the free distribution of Panchamutti Kanji by Tamil Nadu Government.

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