

Clinical Study on underweight Children with Kshiravidari (*Ipomoea digitata* Linn.)

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Abstract

Thirty numbers of underweight children were administered with the powder of Kṣīravidārī for 90 consecutive days and advised to take balanced diet (Group-1) and twenty numbers of underweight children were advised to take balanced diet only (Group-2). The results in both groups were assessed through change in clinical features, anthropometric measurement and alteration in serum protein level. The study reveals, Kṣīravidārī is more effective to manage underweight, with respect to only balanced diet. Besides gaining the weight (i.e. 1.35kg.) it also enhances the appetite (i.e.92.16%), removes constipation (i.e.100%), relieves weakness (i.e.100%) and reduces the morbidity incidence.

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