



## Malnutrition and Infectious Diseases: A Vicious Cycle

Ramakrishna Rao\*

Department of Nutrition, University of Madras, Madras, Chennai, India

\*Corresponding author: Ramakrishna Rao, Department of Nutrition, University of Madras, Madras, Chennai, India; E-mail: krishanrr2@gmail.com

Received date: 04 February, 2023, Manuscript No. JFND-23-92027;

Editor assigned date: 07 February, 2023, Pre QC No. JFND-23-92027 (PQ);

Reviewed date: 22 February, 2023, QC No. JFND-23-92027;

Revised date: 28 February, 2023, Manuscript No: JFND-23-92027 (R);

Published date: 07 March, 2023, DOI: 10.35248/2324-9323.100338.

### Description

Malnutrition is a condition that occurs when the body does not get the right amount of nutrients it needs to function correctly. It is a widespread problem worldwide, affecting both developing and developed countries. According to the World Health Organization (WHO), over two billion people suffer from micronutrient deficiencies, while 820 million people suffer from chronic undernourishment. This article will explore the causes, effects, and solutions to malnutrition. It is caused by several factors, including poverty, inadequate food intake, lack of access to clean water, and poor sanitation. Poverty is one of the main drivers of malnutrition, as people living in poverty do not have enough money to buy nutritious food. Inadequate food intake occurs when a person does not consume enough food to meet their daily nutritional needs. Lack of access to clean water and poor sanitation can also lead to malnutrition, as contaminated water can cause diarrhoea and other diseases that can affect nutrient absorption.

It can also be caused by specific medical conditions, such as celiac disease, Crohn's disease, and other digestive disorders that prevent the body from absorbing nutrients properly. Additionally, people who abuse alcohol or drugs are at higher risk of malnutrition because these substances can interfere with nutrient absorption and damage vital organs.

Malnutrition can have severe consequences on physical and mental health. In children, it can lead to stunted growth, cognitive impairments, and weakened immune systems, making them more susceptible to infections. In severe cases, malnutrition can result in death. Adults who suffer from malnutrition are also at risk of developing several health problems, including anaemia, diabetes, heart disease, and other chronic illnesses. It can also affect mental health, leading to depression, anxiety, and other mood disorders. This is because a lack of nutrients can affect the production of neurotransmitters in the brain, which can lead to imbalances that affect mood and behaviour.

Preventing malnutrition requires a multi-pronged approach that addresses the root causes of the problem. One of the most effective ways to prevent is to address poverty and inequality by providing access to education, healthcare, and social protection systems. Governments can also implement policies that promote sustainable agriculture, such as providing farmers with access to modern farming techniques and investing in rural infrastructure. Improving access to nutritious food is also crucial in preventing malnutrition. This can be achieved by promoting the production and consumption of nutrient-rich foods, such as fruits, vegetables, whole grains, and protein-rich foods. Governments can also provide food supplements and fortified foods to vulnerable populations, such as pregnant women, infants, and young children.

Addressing underlying medical conditions is also crucial in preventing malnutrition. This involves providing access to medical care, diagnosis, and treatment for conditions that affect nutrient absorption, such as celiac disease and Crohn's disease. Additionally, people who abuse alcohol or drugs should receive treatment to address their addiction and prevent further damage to their bodies. It is a complex problem that requires a multifaceted approach to solve. Addressing poverty and inequality, improving access to nutritious food, and providing medical care for underlying conditions are crucial in preventing malnutrition. Governments, healthcare providers, and communities must work together to implement effective solutions that promote good nutrition and ensure that everyone has access to the nutrients they need to live healthy, productive lives.

**Citation:** Rao R (2023) Malnutrition and Infectious Diseases: A Vicious Cycle. J Food Nutr Disor 12:1.