

## The Impact of Nutrition and Its Deviations upon Child's Health- Literature Review

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### Abstract

With a present population of 1.3 billions, India ranks second presently as the most populous country. It has found its place among the fastest growing major economies. Globally approximately 2.5 million kids are born annually each year. Many of these neonates are born with defects which are present since birth- Congenital birth defects. Among these birth defects, congenital heart disease (CHD) is the most common accounting for 28-30%. The birth prevalence of CHD is 8-10/1000 live births. Approximately 2.4 lakh children are born with CHD each year in our country. Although the birth prevalence is more or less constant globally, the epidemiology of CHD is quite different in our country compared to the western world. In 85% cases, the aetiology of CHD is unknown. The role of heredity is found in only 10-15% cases. Maternal viral exanthems like rubella have been found to have good association with occurrence of CHD in neonates. Maternal diabetes, smoking, alcohol intake further adds on to the list. Maternal exposure to teratogenic drugs and agents especially during the first trimester of pregnancy, increased maternal BMI, increasing age of the parents, consanguineous marriages, in vitro fertilisation pregnancy are some other cases which have been attributed to the list. Family history of CHD adds to the risk of a child of having CHD.

### Biography:

Dr. Murtaza Kamal is presently Director of Pediatric Cardiology and Pediatric Sciences at R N R Hospital and Kamal Hospital, Jhunjhun, Rajasthan, India. He attended the prestigious VMMC & Safdarjung Hospital, New Delhi, India for his Medical schooling and his specialisation in Pediatric Sciences. Further he did his sub speciality training from Star Hospitals, Hyderabad, India. Dr. Kamal is a renowned academician with over 50 scientific paper publications in peer reviewed journals. He is the Co-founder cum loop closer of MAM Academy, Delhi which is an online platform to train medical professionals.

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