

Effect of *Yawanadi khanda* in improving low body weight, loss of appetite and recurrence of common cold in school children

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Higher prevalence of under nutritional status of school children have been reported in many rural areas of Sri Lanka. Insufficient intake of food and other nutrients from an unbalanced diet, poor health education and ignorance of parents may have contributed to the poor nutritional status of children. During health promotion programmes conducted by Ayurveda Department of Central province, it was found that many school children in Pathahewaheta secretarial division in Kandy were having incidents of low body weight, inadequate intake of food and recurrence of common cold. This study was conducted to evaluate the effect of *Yawanadi khanda* as a supplementary nutrient measurement in improving low body weight, inadequate food intake and recurrence of common cold in school children. 312 school children aged between 10-15 years with low body weight, loss of appetite and history of recurrent common cold were selected from 1042 school children of type 1C state schools in Pathahewaheta secretarial division in Kandy for this randomized controlled study. 240-480 mg of *Yawanadi khanda* was given two times a day before meals for 90 days to the school children of test group (n=234). The school children of the control group (n=78) were instructed to take their usual diet during the period of study. School children of treated group showed significant improvement in selected parameters in comparison to those of control group suggesting that *Yawanadi khanda* has beneficial effects in improving low body weight, loss of appetite and recurrence of common cold in school children.

Key words: Body weight, Common cold, *Yawanadi khanda*

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