

Q. In India, districts with an increased proportion of soil zinc samples had significantly lower rates of child stunting & underweight. In this context, explain how the deficiency in micronutrients in soil are linked to health of children and women? (250 words).

India has vast geographical landscapes and Variety of sands and Rocks across the nation. Some Places are naturally present with required micro-mineral particles either in the sand or groundwater.

Child stunting and Underweight are the major malnutrition problem of India. (e) Children Aged under 6 years.

For this Govt has been launching various nutritional schemes, allowances, food fortification boosting etc. Despite the efforts there are still sluggish improvements in the arena of Removal of Malnutrition.

Reasons for Micro-nutrients deficiency:-

Our Human body, is obtaining micro nutrients majorly from the external sources i.e) food, water

zinc, Iron, Calcium, magnesium, sodium, Iodine, potassium, etc are the ~~major~~ popular micro-nutrients which will be required for the daily basis.

- ⇒ supply interruption.
- ⇒ insufficient amount from the food.
- ⇒ Bodily defect, that it can't absorb the micro-nutrients.
- ⇒ Genetic defect, irrelevant to nutritional deficiency.

Micro nutrition deficiency and Health:-

- Iodine deficiency - Thyroidal syndrome ^{majorly in women}
- Iron deficiency - Anaemia.
- Calcium deficiency - osteoporosis.
- Sodium deficiency - ~~low~~ Hypotension.
- Magnesium deficiency - lifestyle disorders etc.

SOIL ~~and~~ to the Plate to the Tummy:-

- ⇒ Indian food style majorly a Vegetarian type.
mostly plants and pulses.

Both vegetables and pulses are getting their nutrients from soil and the water. thus containing micronutrients which is absorbed by human blood system. Now lacking nutrition will directly affect the health of the persons.

Why women & children Particularly?

it is because their ^{nutritional} needs and meeting their nutritional needs are not at par. children are in growing phase, women are in mestruating phase. Even men are also suffered by Nutritional deficiency due to inability to access to the nutritional rich food.

zinc is the micro-nutrient which helps in metabolic activity. thus leading a good nutritional gain in children.

But often nutrients present in the soil, ~~do~~ don't do good always. E.g. JHARKAND soil contains excess ~~iron~~, thus toxic element, which hinders the local women health particularly. (e) sickle cell Anaemia.