

PICA

Pica is a craving or a habit of eating non-edible and unsuitable substances which have no nutritional value. Recent evidences suggest that some patients may have particular mineral deficiencies like iron etc. It is common in early childhood but is also seen in mentally handicapped and psychotic patients.

CAUSES

1. Parental neglect
2. Lack of affection
3. Emotional deprivation
4. Malnutrition
5. Iron deficiency
6. Calcium deficiency
7. Poor economic status
8. Mental retardation

SIGN AND SYMPTOMS

1. It is indiscriminate eating of non-nutritious and harmful substances such as:
 - Earth or mud
 - Grass
 - Leaves
 - Stones
 - Chalk
 - Pencil
 - Lead
 - Wall plaster
 - Clay
 - Ash
 - Paint
 - Soap
 - Cigarette butts

DIETARY MANAGEMENT

1. Give diet rich in iron -
 - a. Milk and dairy products, eggs, lean (without fat) red meat.
 - b. Organ meats, poultry, sea food - tuna fish, salmon, oysters
 - c. Green leafy vegetables, Beet roots, cereals, pulses, lentils, whole grains and millets, nuts - Brazil nuts and almonds.
 - d. Jaggery, dried fruits, dates, prunes, raisins apricots
2. Give diet rich in calcium -
 - a. Milk and milk products, sea foods like - crab, shrimp, sardines
 - b. Green vegetables - broccoli, collards, bok choy (Chinese cabbage).
 - c. Some fruits - banana, custard apple etc.
 - d. Nuts and oilseeds - sesame, coconut, almond, walnuts, Brazil nuts
 - e. Cereals and pulses - finger millet, Bengal gram, kidney beans

Note

- You can take homeopathic Biochemic medicines - they can facilitate absorption in a natural way and decrease the deficiency, but should not self medicate, consult a professional homeopath.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .