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5	Home Sc.	NMOM CC5- Therapeutic Nutrition	Tuberculosis	PDF	Dr.Punam Kumari	PG Dept. of Home Science, MMC,PU,Patna

M.A. HOMESCIENCE - SEM-II

Therapeutic nutrition -- CC 5

UNIT – II

Tuberculosis

Introduction:

It is an infectious disease and is one of the major illness and cause of death in underdeveloped countries. It is caused by bacterium **Mycobacterium tuberculosis**. In India, tuberculosis is a major cause of illness and death. According to one estimate, one in four Indians is infected by T.B. It is transmitted through inhalation and is characterized by cough, fever (The fever is high and the symptoms are similar to pneumonia), shortness of breath, weight loss, and the appearance of inflammatory substances and tubercles in the lungs. Tuberculosis is highly contagious and can spread to other parts of the body, especially in people with weakened immune systems. It mainly affects the lungs, leading to pulmonary tuberculosis. It may also affect some other organs like kidney, spine, lymph nodes, skin and joints and it is called extra pulmonary tuberculosis.

Pulmonary tuberculosis is characterised by wasting of muscles, cough, sneezing and fever. Sometimes there is blood in patient cough due to erosion of blood vessel in the lung.

Types of tuberculosis (T B)

1. Latent TB

2 .Active TB

1. **Latent TB** refers to the condition when people have a TB infection but the bacteria remains inactive in their body and causes no symptoms.
2. **Active TB** is when the TB bacteria multiply in the body, causing to develop the symptoms of tuberculosis.

Symptoms:

- Loss of muscle tissue
- Loss of appetite
- Chest pain
- Fatigue
- Night sweats
- Persistent cough
- Fever

Treatment:

1. Drug
2. Dietary modification
3. Rest and fresh air

Drug:

Anti biotic drug is prescribed according to diagnosis.

Dietary modification:

- A high protein, high calorie diet is prescribed. It must provide sufficient energy i.e. about 2500-3000 calories and 75-100g protein to correct weight loss and maintain serum albumin level.
- Iron supplement and vitamin C is needed to maintain the haemoglobin level.
- The metabolism of vitamin A is adversely affected, even the conversion of pro vitamin A to retinol is hindered, therefore diet rich in retinol sources (egg,milk,milk products) is recommended.
- With the increase in energy requirement the vitamin B requirement also increase. So,dietary sources of vitamin B (especially B₆ and folate) should be given adequately.

Dietary pattern:

1. The patient should be given high protein, high calorie, sufficient vitamin and soft diet.
2. Since patient has poor appetite, the food must be appetising.
3. Soft/ fluid diet should be given in small amount at small intervals.

One day menu plan:

Morning --> Lemon tea

Breakfast→Toast with butter, boiled egg milk-1glass

Mid-morning →fruit juice-1glass

Lunch→ rice/ chapattis, dal one bowl, mixed vegetable, curd-one cup.

Snack->Roasted Chana, sprouted moong/sandwich

Dinner→ Soup, chapattis, rice, moong dal, meat curry/paneer, salad

Bed time→ One glass milk with bournvita.

Ref.

1. Fundamentals of Foods, Nutrition and Health,S.R.Mudambi and M.V.Rajagopal (2007).
2. Food, Nutrition And Health , Dr. Shashi Goyal and Pooja Gupta (2012) .

3. Tuberculosis ,Wikipedia.
