Editorial

The expectations of Malnutrition

The article on "Improving Nutrition: A holistic approach to Health and Wellbeing complied by Dr. Vinya Ariyaratne is of high significance, especially because of the discussion on traditional knowledge. This has been a subject of great interest to me, in which I had the opportunity of undertaking extensive studies and publishing the information. I am well aware of the senior Dr. Ariyaratne, who initiated the well-known "Sarvodaya Movement". Sometime in the early 1950's. Dr Ariyaratne senior as far as I remember was in the teaching staff of Nalanda Vidyalaya, Colombo of which I myself had my secondary Education. My reflections are correct, Dr Ariyaratne (Senior) decided to terminate his teaching assignment and picked up a few enthusiastic students and established the Sarvodaya movement. This small group went in search of villages in remote areas, with the intention of providing relief to poverty ridden traditional folk.

My interest was also a traditional knowledge custom, lifestyle practices in not only in respect of agriculture but also of fisheries, indigenous medicine and cultural biodiversity. In this connection I would also like to refer to the work of G.K Upawansa, former staff member of the Agriculture Department, who introduced a form of paddy cultivation called "Nava Kekulama" in which he demonstrated how rice cultivation could be carried out without chemical inputs. He also established an ancient system called "Kurulu Paluwa" within the premises of the paddy field as a bird sanctuary with the expectations that insect pests would be destroyed that destroy paddy plants.

The next article is on "Against Malnutrition advocating for sustainable local food systems". This article discusses the impact of modern lifestyle with the consumption of rich hot, unhealthy imparted food with artificial coloring, flavoring, when we have a varied and rich non-toxic food. Such misconceptions could be handed down to us a rich tradition of local food. We are well known to have a vegetarian food porridge culture that can provide the necessary nourishment.

The article on mitigation of malnutrition gives prominence to nutrition deficiency disorders and also focus an over-weight and obesity. Nutritional disorders of importance to Sri Lanka have been Protein Energy Malnutrition, Iron deficiency anemia, Vitamin A deficiency, Iodine Deficiency and Zinc deficiency. All in all, we have a wide coverage of malnutrition and ways to overcome these problems.

The article reveals that the sustainable agriculture ensures food security in Sri Lanka. The author provides 10 reasons on whether Sri Lanka can ensure sustainable agriculture and food security. In answering this question, the writer provides the "for and against" reasons of adding food security.

In general, this article provides a rich range of options that can have an effect on mitigation of malnutrition.

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