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Q5(c)

Give an account of the consequences and remedies of chronic malnutrition in India.

UPSC Civil Services Mains 2020 · Sociology GS 2 · 10 marks · Perspectives on the study of Indian society
Perspectives on the study of Indian society: Indology (G.S. Ghurye); Structural functionalism (M.N. Srinivas); Marxist sociology (A.R. Desai).

Core demand of the question

- Give an account of the consequences and remedies of chronic malnutrition in India
- Keep the note to a 10-mark length

Revision summary

Chronic malnutrition shows as **stunting**, wasting and anaemia.

It reproduces class, caste and gender inequality in the body.

Women and Adivasi-Dalit children carry a heavier share.

Remedies are PDS, ICDS, meals, WASH and women's household claims.

Technical food alone cannot fix ranked plates.

Introduction

Chronic malnutrition is long-run deficit of food, care, and sanitation that shows in **stunting**, wasting, and anaemia. In India it is a class, caste, and gender wound, not a missing kitchen tip.

Body

Consequences

- Child **stunting** cuts later learning and wages, reproducing A. R. Desai's unequal class structure in the body.
- Women's anaemia and low birth weight continue Seed-and-Earth households that feed the male line first.
- Adivasi and Dalit belts show higher burden where land and PDS leak.
- National productivity and disease load rise; the middle class pays in hospitals what the poor already paid in height.

Remedies

- **Food security:** PDS, ICDS, mid-day meals, and maternity cash as social security, not charity.
- Women's entitlement inside the household, plus wages and childcare, or the plate will still be ranked.
- Water, toilets, and green-cover local ecology, because infection eats nutrients.
- Land and MGNREGA raise the kisan-mazdoor floor that calories need.

Limit

- Fortified packets without patriarchy change become a technical fix for a social disease.

Flow diagram

Chronic malnutrition -> Stunting anaemia

Stunting anaemia -> Inequality reproduced

Food rights gender care WASH -> Remedies

Conclusion

Consequences of chronic malnutrition are a smaller, sicker, and more unequal generation. Remedies are food rights, women's claims, sanitation, and agrarian security together.

Facts & figures**Stunting**

Low height for age, the marker of chronic childhood deficit.

ICDS / MDM

Public nutrition platforms that reach the child outside a ranked kitchen.

National Food Security Act (NFSA)

Legal food floor that malnutrition remedies must actually deliver.

Intra-household allocation

Gendered sharing that keeps women thin beside a full family pot.

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