For our body to function normally, it requires some basic nutrients, calories and proteins without which the body fails to function as it has to. Due to the lack of nutrients in the body, the muscles and bones start to weaken. This lack of proper nutrients in the body leads to malnutrition. Generally, malnutrition does not occur due to short-term illnesses like fever, cough, and cold occurring at some point in time. The body tends to become malnourished if it has refrained from necessary nutrition for a long duration of time.

Even if the person is taking enough quantity of food, sometimes the food lacks quality or the food lacks proper nutrient value. Some underlying conditions are also responsible for the improper absorption of nutrients in the body.

## Kwashiorkor

This is a type of malnutrition due to the deficiency of protein. Generally, it is characterized by enlargement of the liver and edema. There is a difference between proper calorie intake and protein consumption. The patient, in this case, has proper calorie intake but lacks proper protein consumption. Kwashiorkor cases are usually food in places where there is scarcity in food supply like underdeveloped or developing countries. Kwashiorkor term was first introduced by a Jamaican paediatrician named Cicely Williams in the year 1935. This condition was first noticed in children who were weaned from breast milk quite early due to the birth of the younger siblings. Breast milk is the powerhouse of amino acids which is crucial for the proper nourishment and growth of infants. The risk of developing Kwashiorkor increases when the infant lacks the intake of these amino acids and is subjected to a diet that is high in carbohydrates like maize quite early in their life.

## Marasmus

Unlike Kwashiorkor, Marasmus is malnutrition that is characterized by a deficiency of energy. The child is malnourished due to insufficient energy intake in all forms which includes even proteins. This leads to 62% low body weight with respect to height and age. The chances of death increases in children who are not subjected to treatment early.