

**AYURVEDIC APPROACH TO BE MANAGEMENT OF KARSHYA W.S.R. UNDER-WEIGHT****Palash Vinod Pande¹, P. K. Dash²**

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Ayurveda generally relies on prevention rather than treatment. Aahara (food) is considered the first of the three pillars of Nidra, Abrahmacharya being the other pillar. Many health problems can be prevented by eating well. Food also has therapeutic value as an essential part of nutrition, and most importantly, it plays a vital role in restoring the strength of the body, which is weakened due to the problems of the disease, after treatment. Eating disorders are described in Ayurvedic literature. Child malnutrition is estimated to be responsible for 35% of deaths among children under five years of age and 21% of life-altering disability losses in children under five years of age worldwide. Kasia disease is a nutritional deficiency disease. Similarly, diseases such as Parigarbhika, Phakka, Balashosha and Shuska Revati described by different authors of Ayurveda may also be associated with malnutrition as an effect of treating these diseases.

Keywords: Karshya, malnutrition, Ayurved

INTRODUCTION

Childhood undernutrition is an underlying cause of an estimated 35% of all deaths among children under five and 21% of total global disability-adjusted life years lost among less than five children. According to the National Family Health Survey (NFHS) 3, carried out in 2005-06, 40% of India's children under the age of three are underweight, 45% are stunted and 23% are wasted[1]. Almost 11 million children will die before they reach the age of five, four million of them in the first month of life. In India, nearly one out of every two children go to bed on an empty stomach[2]. Both girls and boys have a similar prevalence of undernutrition. Undernutrition is higher in rural areas (46%) than in urban populations (33%). During the first six months of life, 20-30% of children are already malnourished, often because they were born with low birthweight. The proportion of undernutrition starts rising after 4-6 months of age because of the introduction of unhygienic food intake, leading to an increased predisposition to undernutrition[3].

In Kashyapa, the reference of Sandashi Jataharini is similar to Parigarbhika, and Karshya was an early symptom of Parigarbhika. Karshya as a symptom of Kshudita person has been mentioned in Ka. Bhojanakalpa. Karshya has been described as a pre-stage of Kshiraja Phakka. Kshina Mamsa has been described as a symptom of Vyadhija Phakka. In Sutrasthana 21st chapter, Acharya Charaka has described eight types of undesirable persons from a treatment point of view; Atikrisha is one of them.

According to Ayurvedic classics, AtiKarshya laxanas are described in detail as hushka Sphik, Greeva, Udara, Dhamanijala, Twak Shosha, and Asti Shosha. In Ayurveda, Karshya has not been mentioned as a separate disease. However, one can assess Karshya Laxanas by looking into the above features of Ati Karshya.

The importance of studying Kaumarbhritya is to achieve high potential for growth and development. Similarly, morbidity and mortality of growing children due to malnutrition are maximum. Hence, attention is paid to this area to control it from the dietic and therapeutic point of view. Balanced nutrition is

crucial in an individual's average growth and development. Children are most vulnerable to the effects of malnutrition. In childhood, poor nutrition only does not stunt physical growth but also affects brain development. This, in turn, disturbs mental development. Many studies have shown interrelation and interdependence between the growth and development of children. This means that cognitive development is also fast when physical growth is rapid; when one reduces, the other also gets reduced.

Nidana of Karshya (Etiological factor): Rukshanna pana sevana (Indulgence in rough food and drinks), Langhana (Fasting), Pramitashana (Little diet), Kriyatiyoga (Excessive subjection to evacuative therapy), Shoka (Grief), Chinta (Worries), Bhaya (fear), Shrama (excessive physical and mental activity), Vega- Nidra-Trusha -Kshudha - nigraha (Suppression of natural urges, such as - sleep thirst and hunger), Atishrama, Ati maithuna, Atisnana abhyasa (Excessive exercise, sexual intercourse, excess bath), Ruksha Udvartan (Excess non - unctuous anointing to the persons), Snana Abhyasa (Indulgence in bath), Prakruti (Constitution), Beeja Dosha (heredity), Jara (Old age), Vikar-anushaya (Continued disorder) and Krodha (Anger) make a person lean[4]. The lean person does not tolerate physical exercise, over-saturation, hunger, thirst, disease, and drugs and also too much cold, heat and sexual intercourse[5].

Signs and symptoms of Karshya: The lean person has Shushka-sphic, udar, greeva (Dried up buttocks, abdomen, neck), Dhamanijala santataha (Prominent vascular network) Twagasthi shesho, Ati krusha (Remnant of skin and bone), Sthoola parva (Thick joints), Vyayam Atisauhityam (The over lean does not tolerate physical exercise, over saturation. Kshut-pipasamay-aushadham (dose not tolerate high in toxicity of hunger, thirst, disease, drugs), Ati-shitoshna-maithunam (Too much cold, heat and sexual intercourse) [6].

Samprapti (Pathogenesis of disease): Those who indulge in Vata promoting diet, physical exercise, excessive sexual intercourse, strenuous study, anxiety, wakefulness in night, thirst, hunger, taking of astrin-

gents, partial starvation etc., circulating Rasa being reduced in quantity fail to nourish the tissue due to insufficiency; hence extreme Karshya (lean-ness/emaciation) occurs[7]

The following factors are involved in the pathogenesis of Karshya (Samprapti Ghatak): Dosha—Vata, Dushya—Rasa, Srotas—Rasavaha, Srotodushti—Sanga, Adhishthana—Pakvashaya, and Vyaktisthana—Whole body.

Complication of Karshya disease: The lean person becomes a victim of spleen (enlargement), cough, wasting, dyspnea, gaseous tumour, piles, abdominal disease, and the disease of Ghrahani (Gastro-intestinal track) [8].

synonyms:

अल्पे च सूक्ष्मे चशुल्लक, तनु। क्षाम, क्षत, कृश, क्षीण, पेलव, तलिन, तनु ॥"

nirukti:

काय-कृशस्म भावः कार्श्वम्

On this basis, Karshya or Krishta is a lakshana of a person who is emaciated or lean.

Definition:

1. "उपशोषित अल्प रस धातुजन्य मांसहानि शरीरं मांसक्षयो वा" A condition or disease in which a person's body becomes emaciated, having less RasaDhatu, causing further a status of Mamsahinata or Mamsakshaya.
2. कृश्यते इति कृशः ।.... It may be said that "krisha" is a condition in which the person becomes thin and lean.
3. शरीरोपचयेत्यादि उपचयः स्थौल्यं, अपचयः काश्या"

Dalhana, in his commentary, says clearly tells that Karshya shows Dhatukshya as the main event, and thus, this falls Karshya under the heading of Apatarpanatmaka diseases.

1. In Kashyapa Samhita: The reference of Sandashi Jataharini is similar to Parigarbhika, and Karshya was found to be an early symptom of Parigarbhika. Karshya as a symptom of Kshudita person has been mentioned in Ka. Bhojanakalpa Karshya has been described as a pre-stage of Kshiraja Phakka. Kshina Mamsa has been described as a symptom of Vyadhija Phakka

Samprapti Ghatak:

Dosa - Vata

Dusya-Rasa dhatu

Agni- Jatha-ragni (Mandagni)

Ama- formation of Ama due to

Agnimandya

Vyadhi-Sthan-Amasaya Srotas affected -Rasa vaha, Raktavaha, Medavaha and Mamsavaha,

Type of Srotodusti-Sanga

Rogamarga-Abhyantar-rogamarga

Vyaktasthan -Sphiga, Udar, Uriba,

Twak. Asthi

Vyadhiprakar - Chirakari.

Sadhyasadhyata - Kricchasadhyata

Rupa (Clinical features of Karshya): [9] Acharya Charaka, Sushruta and Vagbhatta have described almost identical symptoms of Karshya as Shushk Sphiga Udar Griva (Emaciated buttock, abdomen, neck region), Dhamanijala Santatah (Prominent venous network), Twak-Asthi Shesh (Skin bone appearance) Sthula Parva (Prominent joint), Patient can't tolerate-Ari Vyayama (excessive exercise). Kshut Pipasha Oushadha (Hunger, Thirst, Medicines), AtiShita Ushnamaithuna (excessive cold-hot, sexual intercourse).

Upadrava of Karshya: [10]

The patients of Karshya are prone to developing the following diseases Pleeha, Kas, Kshaya, Swas, Gulma, Arsha, Udar, and Grahani.

DISCUSSION

CHIKITSA SUTRA (PRINCIPLE OF MANAGEMENT):

1. Laghu-Dravya-Santarpan Chikitsa should be advised in Karshya-Rogi, [11]
2. In chronic Karshya patients, the refreshing therapy should be administered slowly depending upon the physical constitution, digestive power, Doshas vitiated, nature of therapy, dose, season and time of administration. For such patients, Mansa Rasa, Ksheer and Ghee of different animals, different types of Brinhana Basti, abhyanga and nourishing drinks are useful.

Yuktivyapashraya Chikitsa:

Vidarikandadi Churna [with milk & honey.]

[12]Talamkhana with goat milk. Laja-Adi Yog (combination) is useful in malnutrition,

According to Charak Bringan Chikitsa is helpful in Karshya [13]

Vidarikandadi Yog is a valuable drug due to its Bringhaneeya effect [14]

Indigenous diet, drug Shoshjit Yog along with standard diet is a good alternative for

the treatment of malnutrition as it enhances the absorption of nutrients & increases the total serum protein [15].

The roots of *Withania Somnifera* are used extensively in Ayurveda, categorised as a Rasayana which is used to promote physical and mental health and to provide defence against diseases [16]

CONCLUSION

Kasha disease is caused by malnutrition, in which the patient's body gradually loses weight. Loss of muscle mass and subcutaneous fat usually occurs in the hips, abdomen and neck. These conditions are similar to malnutrition. A comprehensive evaluation of these diseases provides an understanding of the dangers of malnutrition, the many factors associated with malnutrition, and a better understanding of the pathophysiology of the disease, which is essential for good care. Not only nutrition but also lifestyle and psychological problems play a vital role for Kasha. Therefore, we must consider many factors when determining the proper treatment.

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