



## A PILOT STUDY TO EVALUATE THE EFFICACY OF ASHWAGANDHA CHURNA IN THE MANAGEMENT OF KARSHYA IN CHILDREN

<sup>1</sup>Ragini Sharma, <sup>2</sup>Arpita Govind Upadhyay

<sup>1</sup>Assistant Professor, Samhita & Siddhant Department, Shri Ayurved Mahavidyalaya Nagpur.

<sup>2</sup>Associate Professor, Kayachikitsa Department, Shri Ayurved Mahavidyalaya, Nagpur

Corresponding Author: [rupadhyay983@gmail.com](mailto:rupadhyay983@gmail.com)

<https://doi.org/10.46607/iamj1513022025>

(Published Online: February 2025)

### Open Access

© International Ayurvedic Medical Journal, India 2025

Article Received: 06/01/2025 - Peer Reviewed: 30/01/2025 - Accepted for Publication: 09/02/2025.



## ABSTRACT

Undernutrition is widely recognised as a significant health issue in developing countries, including India. This is a pressing concern, particularly for children. The term 'Karshya' primarily refers to malnutrition and being underweight. In Ayurveda, according to Acharya Charaka, excessively lean individuals (Karshya) are described as being among the eight despicable people (Ashtau-ninditiya). Given that Karshya is a significant issue, the following clinical pilot study was conducted using Ayurvedic medicine on children suffering from Karshya. Patients were divided into two groups: Group A received cow's milk only, while the other group, Group B, was provided with cow's milk with Ashwagandha churna added. The results were promising, with children in Group B showing considerably more significant improvement in the symptoms of Karshya compared to those in Group A.

## INTRODUCTION

Food is vital as a nutritional source and has therapeutic importance. A proper, nutritious diet can prevent many health problems. Lack of adequate food intake and sufficient nutrients can lead to conditions like nutritional deficiency, which is termed malnutrition (Karshya).

Acharya Charak has explained Karshya (Atikrish) as one of the despicable people among the eight Ash-tonindita purush in Sutra Sthan. Furthermore, Acharya Charak has stated that Bruhan treatment modalities are essential in the management of Karshya.

Aim & Objectives :

1. To review Ayurvedic literature regarding Karshya.
2. To study the disease Karshya (leanness) and its management
3. To evaluate the efficacy of Ashwagandha churna with cow milk in the management of Karshya (leanness)

#### Material & Methods-

- It was an open randomised pilot study.
- The patients with clinical signs and symptoms of Karshya (leanness).

#### Drug Review:



#### ASHWAGANDHA:

Guna-Laghu, Snigdha.

Rasa-Madhur, Kashaya, Tikta.

Veerya-Usna Balakarak [energetic and strength].

Vipak-Madhur.

Prabhav - Rasayan

Inclusion Criteria-

-Patients aged between 3 to 12 years, irrespective of sex, socio-economic status.

-All patients presenting with signs and symptoms of Karshya (leanness), presentation in Ayurvedic texts.

-A BMI of less than 18.50 was taken into consideration for the patient as lean. BMI was calculated based on the height and weight of each patient.

BMI = Weight (in kg) / Height (in meters)

#### BMI Chart



#### Exclusion Criteria-

-Patients below age three and more than 12 years of age.

-Patient with other systemic illnesses.

-Patient not willing for trial.

Plan of work-

Duration: 45 days, follow up for 15 days.

#### Timing and days of administration:

1. Group A: 15 patients were given only cow milk [200ml] once a day [morning].
2. Group B: 15 patients were given Ashwagandha churna with cow milk {200ml} once daily [morning].

Dosages:

3years to 10years -750mg.

10 years to 12years -1000mg.

Assessment Criteria-

1. Dhamnijaldarshana
2. Sthulaparva
3. Nidra
4. Kapalgata vasa
5. Vyayam sahatvam
6. Pipasa sahatvam

7. Kshudha sahatvam

8. BMI

The gradation of the above symptoms was done based on their severity as follows

Gradation of symptoms:

Completely absent:0

Mild presence:1

Moderate presence:2

Severe presence:3

Observations: Table-1

Sex incidence found in 30 patients of Karshya

Table-2 Age pattern found in 30 patients of Karshya

Sr. no	Age	No. of patient
1	03 -05	7
2	05 -07	8
3	07-10	8
4	10-12	7

Table-3 Socio-economic condition found in 30 patients of Karshya

Table-4 BMI Distribution of 30 patients of Karshya

Sr.no.	BMI	No. of patient
1	Below 17.5	03
2	17.5- 18.0	15
3	18.0-18.4	12

Group A-

Sympt[Vyayam sahatwa]	Median	Mean	SD	SE	P value
BT	0	0.4727	0.5394	0.07273	
AT	0	0.03636	0.1889	0.03047	**

Sympt[Sthula parva]	Median	Mean	SD	SE	P value
BT	1	1.382	0.9524	0.1284	
AT	0	0.3455	0.4799	0.0647	*

Sympt[Kapalgata vasa ]	Median	Mean	SD	SE	P value
BT	1	0.6364	0.7035	0.0948	
AT	0	0.2	0.4037	0.05443	*

Sympt[BMI]	Median	Mean	SD	SE	P value
BT	0	0.3045	0.4396	0.0592	
AT	0	0.09091	0.2901	0.0391	*

Sympt[Pipasa sahatwa]	Median	Mean	SD	SE	P value
BT	1	2.15	0.980	0.151	
AT	0	0.15	0.420	0.10	*

Symptom[Kshudha sahatwa]	Median	Mean	SD	SE	P value
BT	0	0.4909	0.6346	0.08557	
AT	0	0.1818	0.3892	0.0524	**

Sympt[Nidra]	Median	Mean	SD	SE	P value
BT	1	0.7818	0.7623	0.1028	
AT	0	0.2364	0.4288	0.05781	*

#### Group B-

Sympt[Sthulparva]	Median	Mean	SD	SE	P value
BT	1	1.382	0.9524	0.1284	
AT	0	0.3455	0.4799	0.0647	**

Sympt [Dhamnijal Darshan]	Median	Mean	SD	SE	P value
BT	0	0.5818	0.7862	0.106	
AT	0	0.07273	0.2621	0.0363	*

Sympt [Kapolagata vasa]	Median	Mean	SD	SE	P value
BT	1	1.073	0.9786	0.1319	
AT	0	0.1091	0.8146	0.04242	**

Sympt[Nidra]	Median	Mean	SD	SE	P value
BT	1	0.9636	0.6667	0.0897	
AT	0	0.2364	0.4288	0.0578	**

Sympt[Vyayam sahatwa]	Median	Mean	SD	SE	P value
BT	1	0.438	0.4333	0.0814	
AT	0	0.363	0.3873	0.0503	***

Sympt[BMI]	Mean	SD	Median	SE	P value
BT	1.309	0.7667	1	0.1034	
AT	0.1455	0.3558	0	0.04798	*

Sympt[Kshudha sahatwa]	Median	Mean	SD	SE	P value
BT	0	0.3455	0.517	0.06972	
AT	0	0.09091	0.2901	0.03912	**

For all symptoms, the test applied is paired t-test

p>0.05 –not significant, significant- \* p<0.05, More Significant-\*\* p<0.001, Highly significant-\*\*\*p<0.0001

## DISCUSSION & CONCLUSION

A maximum number of patients showed a gradual decline in the intensity of the symptoms of leanness. The improvement in general well-being was noticed without any complications. This drug can be safely administered for long-term treatment. Group B children showed much improvement in the symptoms of karshya as compared to group A children. Group B students showed highly significant improvement in Vyayam sahatwa.

Other symptoms, such as nidra, Kapalgata vasa, Pipasa sahatwa, Kshudha sahatwa, and Sthula parva, showed significant improvement. Dhamnijaal darshan and BMI showed less significant differences. In the other group, where the children were provided with only cow milk, there was less significant improvement compared with group B children. Symptoms like Vyavam sahatwa and Kshudha sahatwa showed significant improvement. Dhamnijaal darshan, nidra, Sthula parva, Kapalgata vasa, Pipasa sa-

hatwa, and BMI showed less significant improvement.

## REFERENCES

1. Agnivesa, Charaka Samhita, with Ayurvedadipika commentary by Sri Cakrapanidatta, edited by Vaidya Yadavji Trikamji Acharya, prologued by Prof. R.H. Singh, Chaukhambha Surbharati Prakashan, Varanasi, Sutra Sthana 21/10-15.
2. Shukla Vidyadhar, Tripathi Ravidutt, Agnives Charak Samhita (Vaidyamanorama Commentry), Vol – 1, Varanasi, Chaukhamba Sanskrit Pratisthan; 2010.
3. Ashwagandha Ghrita in Bal Karshya (childhood undernutrition) by Upadhyay P.S., Singh Komal in IJHSR ISSN: 2248-9571
4. [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)
5. Vinod K. Paul, Arvind Bagga (2013). Ghai Essential Paediatrics. (8th edition). CBS Publishers & Distributors Pvt. Ltd., New Delhi. Nutrition, pp. 95-96.

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Ragini Sharma & Arpita Govind Upadhyay: A pilot study to evaluate the efficacy of ashwagandha churna in the management of karshya in children. International Ayurvedic Medical Journal {online} 2025 {cited February 2025}