

## CRITICAL APPRAISAL OF MALNUTRITION & IT'S MANAGEMENT IN AYURVEDA

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### ABSTRACT

The primary focus of *Ayurveda* is on prevention rather than treatment. *Nidra* and *Brahmacharya* are the other two pillars, with *Aahara* (Food) being the first. Through a healthy diet, many common health issues can be avoided. Protein-energy undernutrition (PEU), previously called protein-energy malnutrition, is an energy deficit due to a deficiency of all macronutrients. It commonly includes deficiencies of many micronutrients. Protein-energy undernutrition (PEU) can be sudden and total (starvation) or gradual. *Karshya* is disease a like undernutrition Based on the clinical characteristics of these illnesses, which are linked to one another, disorders like *Parigarbhika*, *Phakka*, *Balashosha*, and *Karshya* can also be related to malnutrition or

undernutrition. The Ayurvedic perspective on dietary disorders such as malnutrition is highlighted in this article.

**KEYWORDS:** Malnutrition, *karshya*, *Parigarbhika*, *Phakka*, *Balashosha*, PEM.

### INTRODUCTION

Malnutrition is described as "the cellular mismatch between the supply of nutrients, energy and the body's demand for them to guarantee development, maintenance, and particular functions" by the World Health Organization (WHO). Even though it is a condition of excess or lack of energy, protein, and other nutrients. The prevalence of malnutrition in the developed world is not rare its importance is usually underestimated. The prevalence in the developed world is between 6% to 51% of hospitalized children Malnutrition Description in

*Ayurveda*: There are 4 diseases described in different *Samhitas* of *Ayurveda* that are near to malnutrition as mentioned in modern medicine.

### 1. *karshya*

If the mother uses *vatavardhakahara-vihara* and the baby consumes *vatadushitstanya* develops *Karshya* which is an undernourished condition as a result of less intake of food by the Baby eventually becoming undernourished.<sup>[1]</sup>

### 2. *Balashosha*

*Balashosha* is brought on by excessively high-energy foods, cold liquids, and *Divaswapna*, (excessive day sleep). These elements may cause impairment of *Agni*, (less appetite which results in less ability to digest food), *Arochaka* (Aversion to food), *Pratishyaya* (running nose), *Jwara* (fever), and *Kasa* (cough) are symptoms of *Balashosha*, and ultimately, a newborn may develop *Shosha* (Emaciation).<sup>[2]</sup>

### 3. *Parigarbhika*

If a baby is breastfed by a pregnant woman, *parigarbhika* might happen when the milk's nutrition's are low. Anorexia, vomiting, fever, coughing, and impaired digestion are the symptoms of *Parigarbhika*.<sup>[3]</sup>

### 4. *Phakkaroga*

*Ksheerajphakka*, *Garbhajphakka*, and *vyadhiphakka* are the types of *Phakkaroga* mentioned in *kashyapa Samhita*. *Ksheerajphakka* Caused by the consumption of *Dushta Shlaishmika Dughdha*, *Vyadhijajphakka* is a malnutrition condition brought on by any illness, such as *Graharoga*, etc. *GarbhajaPhakka* is caused by a pregnant woman by the feeding of the baby.<sup>[4]</sup>

## DISCUSSION

Insufficient *Rasa Dhatu* production results from altered *Vayu* and *Agni* function, Chronologically, *Upshoshan* of *Rasa Dhatu* occurs before *Dhatu Kshaya*. As a result, *Karshya* patients have indigestion, malabsorption, and faulty metabolism. Microscopically, *Meda Dhatu* and *Mamsa Dhatu Kshaya* lead to macroscopically expressed symptoms. In contemporary science PEU (protein, energy undernutrition) may be primarily caused by inadequate nutrient intake. In children, chronic primary PEU has 2 common forms first one is Kwashiorkor and the second is marasmus. These are the two main types of severe protein-

energy undernutrition recognized by healthcare providers worldwide. The main difference between them is that kwashiorkor is predominantly a protein deficiency, while marasmus is a deficiency of all macronutrient's protein, carbohydrates, and fats. Secondary PEU might be Results from disorders or drugs that interfere with nutrient. Most commonly due to disorders that affect gastrointestinal function, wasting disorders and conditions that increase metabolic demands.

### ETIOLOGY OF KARSHYA AND PROTEIN ENERGY MALNUTRITION

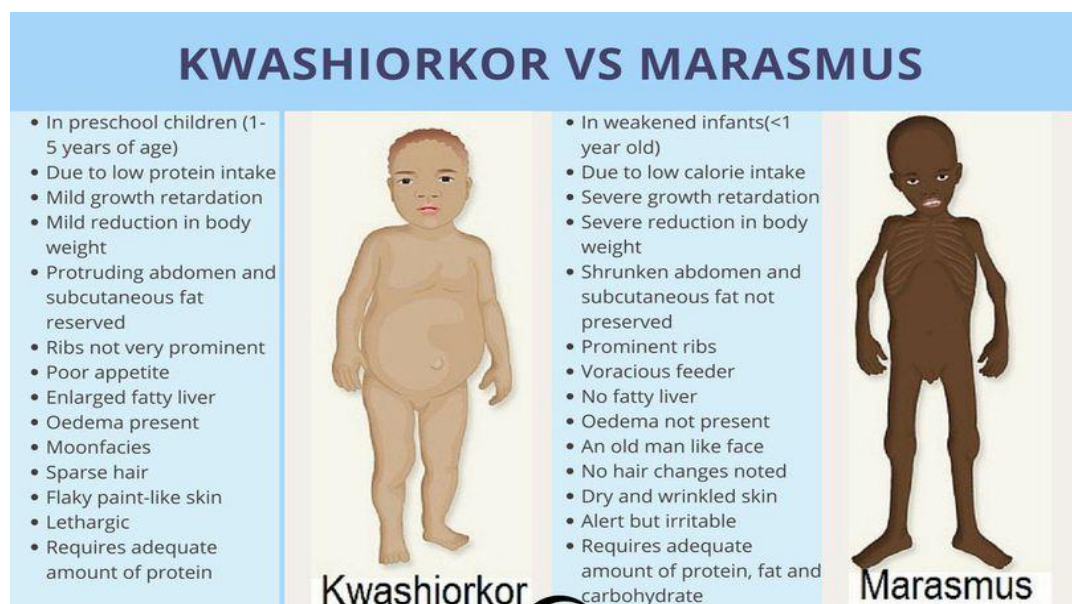
It is mentioned that *Rukshannapanasevana* (Indulgence in rough food and drinks), *Langhana* (Fasting), *Pramitashana* (Little diet), *Kriyatiyoga* (Excessive subjection to evacuative therapy), *Shoka* (Grief), *Chinta* (Worries), *Bhaya* (fear), *Shrama* (excessive physical and mental activity), *Vega- Nidra Trushna –Kshudha – nigraha* (Suppression of natural urges, such as - sleep thirst and hunger), *Rukshaudvartan* (Excess non - unctuous anointing to the persons), *Snanaabhyasa*(Indulgence in a bath), *Prakruti* (Constitution especially *Vataj prakruti*), *Beeja Dosha* (heredity), *Jara* (Old age), *Vikar-anushaya* (Continued disorder) and *Krodha* (Anger) make a person lean.<sup>[5]</sup>

### SAMPRAPTI OF KARSHYA

The intake of various inappropriate *Nidana Sevana* (*Ahara* such as *katu, tikta* and *kashaya, viharaja* such as *atilanghana, atichakramana* etc) leads to *Vataprakopa* creates *Shoshita Rasadhatu*. The initial *dhatu rasa* gets vitiated further next *dhatu* nurture will decline and *dhatu* will be undernourished.

### SIGNS AND SYMPTOMS OF KARSHYA

The lean person has *Shushka-sphik, udar, greeva* (Dried up buttocks, abdomen, neck), *Dhamanijalasantataha* (Prominent vascular network) *Twagasthishesho*, (Remnant of skin and bone) *Atiruksha* (excessive dryness), *Sthoolaparva*(Thick joints), *Vyayam Atisauhityam* (The over lean does not tolerate the physical exercise, over-saturation), *Kshutpipasamay-aushadham* (Dose does not tolerate high in toxicity of hunger, thirst, disease, drugs).<sup>[6]</sup>

SIGNS AND SYMPTOMS OF KWASHIORKOR & MARASMUS<sup>[7]</sup>

Weight for age (%)

Grade

100-80%

normal nutritional status

79-70%

grade 1 mild malnutrition

69-60%

grade 2, moderate malnutrition

59-50%

grade 3, severe malnutrition

Weight for age is an indicator of total malnutrition /underweight.

$$\text{Weight for age (\%)} = \frac{\text{current weight of the child (in kg)} \times 100}{\text{Expected weight of the child for that age}}$$

DISEASE	REFERENCE	SLOKA
KSHUDH VEGA DHARANA	CH.SU.7/20	कार्श्यदौर्बल्यवैवर्ण्यमङ्गमदोऽरुचिभ्रमः।
PRAMEHA CHIKISTA SUTRA	CH.SU 21/17	स्थौल्यकार्श्ये वरं कार्श्यं समोपकरणौ
NIDRA	CH.SU 21/36	निद्रायत्तं सुखं दुःखं पुष्टिः कार्श्यं बलाबलम्
UNMADA	CH.NI 7/7	कार्श्यं, पारुष्यम्, उत्पिण्डितारुणाक्षता, वातोपशयविपर्यासादनुपशयता च।
VATA DUSTI RAKTA	CH.SU 24/36	कार्श्यं श्यावारुणा च्छायामूर्च्छाये वातसम्भवे।
KSHATA KSHINA	CH.CHI 11/64	शुक्रनिद्राक्षयं तृष्णां हन्युः कार्श्यं सकामलम्।
UDARA ROGA LAKSHANA	CH.CHI 13/21	मन्दोऽग्निः श्लेष्मण्डत्वं कार्श्यं चोदरलक्षणम्।
VATAJA GRAHANI	CH.CHI 15/62	हृत्पीडा कार्श्यदौर्बल्यं वैरस्यं परिकर्तिका।
PAKWASAYAGATA VISHA	CH.CHI 23/115	तन्द्रा कार्श्यं च विषे पाण्डुत्वं चोदरस्थे स्यात्।
VATA VRUDHI	SU.SU 15	तत्र, वातवृद्धौ वाक्पारुष्यं कार्श्यं कार्श्यं गात्रस्फुरण
RASA DHATU	SU.SU 15/32	रसनिमित्तमेव स्थौल्यं कार्श्यं च
KSHUDH VEGA DHARANA	A.H SU 4/11	अङ्गभङ्गारुचिग्लानिकार्ष्यशूलभ्रमाः क्षुधः
GOMANSA SEVANA	A.H SU 6/64	कार्श्यं केवलवातांश्च गोमांसं सन्नियच्छति
ASAMYAK NIDRA	A.H SU 7/53	निद्रायत्तं सुखं दुःखं पुष्टिः कार्श्यं बलाबलम्
ATIYOG OF KASHAYA RASA	A.H SU 10/21	तृट्कार्श्यपौरुषभ्रंशस्रोतोरोधमलग्नहान्।

VATA VRUDHI	A.H SU 11/6	कार्यकाण्योष्णकामत्वकम्पानाहशकृद्ग्रहान्
JWARA NIDANA	A.H SU 2/67	लीनत्वात्कार्यवैवर्ण्यजाड्यादीनादधाति सः
PHAKKA CHIKISTA	KASHYAP CHIKISTA 4	तत्तीरपो बहुव्याधिः कार्यत फक्कत्वमाप्नुयात् ।

## MANAGEMENT

Ayurveda describes several drugs as *Rasayana* and *Ojovardhak* which are claimed to possess an Immunomodulatory effect. Some of the *Rasayanas* which have possess immunomodulatory effects are.<sup>[8]</sup>

*Aswagandha* (*Withania somnifera*), *Amalaki* (*Embllica officinalis*), *Tulsi* (*Ocimum sanctum*), *Guduchi* (*Tinospora cardifolia*), *Pippali* (*Piper longum*), *Punarnava* (*Boerhavia diffusa*), *Yashtimadhu* (*Glycyrrhiza glabra*), *Brahmi* (*Bacopa monnieri*), *Bhringraj* (*Eclipta alba*), *Swarna* (Gold).

*Bhringraj* has free oxygen radical scavenger mechanism. The active principles of *Guduchi* have been found to possess anti-complementary and immune-stimulating activities. *Yashtimadhu* (*Glycyrrhiza glabra*) another important *Rasayana* drug has been found to be immune stimulating which accelerates lymphocytic transformation activation of macrophages and increases the leucocyte count. It also has anti-allergic, anti-inflammatory, and antioxidant activity. A controlled clinical study with a combination of the *Rasayana* drugs- *Amalaki*, *Vidang*, and *Atibala* has shown an increase in immunoglobulin levels in infants which is significantly greater than that of multivitamin used cases. A combination of four important *Rasayana* drugs – *Guduchi*, *Ashwagandha*, *Amalaki*, and *Tulsi* in equal amounts was found to potentiate both the cellular and humoral components of immunity. *Swarna Prashana* is also very effective in immune-stimulating activities.<sup>[9]</sup>

## CONCLUSION

Modern medical sciences define malnutrition, although it is identical to *Ayurvedic* nutritional disorders including *Karshya*, *Phakka*, *Paragarbhika*, and *Balashosha*. A holistic analysis of these illnesses sheds light on the dangers of nutritional deficiencies and illustrates various facets of it. A correct understanding of the pathophysiology of the condition also offers important clues for its efficient therapy.

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