

**KARSHYA: A BRIEF REVIEW AND MANAGEMENT OF  
UNDERWEIGHT CHILDRENS****\*<sup>1</sup>Dr. Vaibhav Subhash Mhaske and <sup>2</sup>Dr. Ravindra Rajpal**<sup>1</sup>PG Scholar (Kaumarbhritya), <sup>2</sup>MD. (Kaumarbhritya)

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Many diseases are known to affect human beings like infections, genetic, metabolic and nutritional deficiency disorders. Out of these nutritional diseases, by far most common in children throughout the world, Karshya [underweight] is the commonest one. In modern era, childrens have the habit of eating a lot of junk food. Their lifestyle changes also contribute to Karshya. It leads to the deteriorating health of children both physically and mentally. In India, underweight remains a significant and challenging public health issue despite implementing different nutritional policies over the period. It is also accompanying with aggravated risk of all-cause morbidity, as well as fatality. Ayurveda mentions about various nutritional disorders such as karshya, balashosha, phakka, yakshma and PEM (Protein Energy Malnutrition) which are having similar symptomatology and treatment approach.

**KEYWORDS:** Karshya, Ayurveda, Balshosha, Underweight children, Malnutrition.**INTRODUCTION**

Underweight condition of children remains a significant and challenging public health problem among paediatric age group in developing country like India in spite of implementing different nutritional policies to overcome it. The global scenario estimates that 161 million children under five-year of age are suffering from malnutrition and this condition is worsening in India which is densely populated and a developing country.<sup>[1]</sup>

Under nutrition is a condition in which there is inadequate consumption, poor absorption or excessive loss of nutrients. According to latest National Family Health

Survey 4 (NFHS-4), it has revealed that in India 7.5% of the under 5 children are severely wasted, 38.4 % are stunted & 35.7% are underweight, representing 31% and 43% of all the developing world's burden, respectively.<sup>[2]</sup>

Under nutrition is a condition developed due to loss of nutrients, lack of supplementation and absorption of food and other contributing factors such as poverty, ignorance and false beliefs, low birth weight, poor personal hygiene, low availability of health care facilities, repeated infections like, pneumonia, diarrhoea, anorexia, low food intake, inadequate breastfeeding delayed complementary feeding etc.<sup>[3]</sup>

Emaciated clinical condition of malnutrition closely resembles to karshya<sup>[4-5]</sup>, balashosha, kuposhanajanyavyadhi, phakkaroga, shosha<sup>[6]</sup>, yakshma as mentioned in the classical texts of Ayurveda along with their management.

Karshya is disease a similar to the undernutrition. Undernutrition is a condition in which there is inadequate consumption, poor absorption or excessive loss of nutrients. The term malnutrition refers to both Undernutrition as well as Overnutrition. Growing children are most vulnerable to its consequences. Their nutritional status is a sensitive indicator of community health.

### **PATHOPHYSIOLOGY OF KARSHYA-SAMPRAPTI**

Karshya is mentioned as Apatarpanjanya disease in Ayurveda. Child becomes lean and thin in this disease due to Vataprakopa, Rasa Dhatu Dushti and Agnivaishamya. Common pathophysiology is mainly vitiation of vatadosha, agnimandya, accumulation of ama and rasavaha srotorodha resulting in uttarottara dhatukshaya.<sup>[7]</sup>

### **SAMPRAPTI GHATAKA**

- |                 |   |            |
|-----------------|---|------------|
| 1. Dosha        | – | Vata,      |
| 2. Dushya       | – | Rasa,      |
| 3. Srotas       | – | Rasavaha   |
| 4. Srotodushti  | – | Sanga      |
| 5. Adhishtana   | – | Pakvashaya |
| 6. Vyaktisthana | – | Whole body |

### **CLINICAL FEATURES<sup>[8]</sup>**

1. Shuska Sphik-Udara- Greeva (Dried up buttocks, abdomen, neck)
2. Dhamani Jala santataha (Prominent vascular network)
3. Tvagasthishesho (Remnant of skin and bone)
4. Sthoola parva (Thick joints)
5. Kshuta Pipasa Asahshnuta, (dose not tolerate high desire of hunger, thirst)
6. Ati-shitoshna (Too much of cold & heat)
7. Vyayam Asahshnuta (Does not tolerate physical exercise)

### CLASSIFICATION OF UNDERNUTRITION

It is classified into 3 groups.

1. Underweight- Underweight means low- weight –for- age,
2. Stunting- Denotes low-height-for-age and
3. Wasting - Means low-weight-for-height

### IAP CLASSIFICATION OF MALNUTRITION<sup>[9]</sup>

**Table No. 1: Showing Grades of Malnutrition.**

Grade of malnutrition	Weight-for-age of standard (%)
Normal	> 80
Grade 1	71-80 (mild malnutrition)
Grade 2	61-70 (moderate malnutrition)
Grade 3	51-60 (severe malnutrition)
Grade 4	< 50 (very severe malnutrition)

### PREVENTION / MANAGEMENT OF MALNUTRITION

1. Mothers should be advised to initiate breast feeding within one hour of delivery.
2. Importance of exclusive breast feeding for the first 6 months of baby's life and proper weaning thereafter should be properly explained to mother.
3. Nutritional education has to be imparted to the people regarding consumption of cost-effective nutritious diet.
4. Special efforts have to be made to improve acceptance of family planning methods for limiting the family and to give adequate spacing between children.

### CURRENT GUIDELINES FOR PREVENTION OF MALNUTRITION

Care of nutritional needs is required at three stages.

1. Nutrition during pregnancy
2. Nutrition in infancy and
3. Nutrition in childhood.

Fetal nutrition is totally dependent on maternal nutrition. In fact, intra uterine growth retardation (IUGR) may be due to maternal deprivation and or diseases in pregnancy. Infant nutrition should be through exclusive breast feeding up to 6 months, to meet the nutritional demands and to prevent morbidity.

## DISCUSSION

Karshya is nutritional disorder described in Ayurveda samhita and it is possible related to undernutrition. Dosha like Alpashana and Vishamashana, ViharaJ Dosha like Atishrama and Manasika Bhava like Shoka, Bhaya, Krodha are the main etiological factors for Karshya. Undernutrition is a condition developed due to loss of nutrients, lack of supplementation and absorption of food and other contributing factors such as poverty, ignorance and false beliefs, low birth weight, poor personal hygiene, low availability of health care facilities, repeated infections like, pneumonia, diarrhea, anorexia, low food intake, inadequate breastfeeding, delayed complementary feeding etc.

## CONCLUSION

World Health Organization (WHO) has described malnutrition as a “global problem”, having adverse effects on the survival health performance and progress of population groups. The effects are of the highest order in the developing countries. The most significant aspect in the preventive measures for this disease is “nutrition education” which includes good antenatal care, encouragement to the mothers to breastfeed the infants, complementary feeding, supplements with combination of cereals, protein rich foods and fruits, Following National Nutrition Programs.

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