

A REVIEW ARTICLE ON KARSHYA WITH SPECIAL REFERENCE TO UNDER WEIGHT

Dr. Pradnya Vijay Pawar¹ and Dr. Jayprakash Khairnar²

¹M. D. Scholar (Kaumarbhritya).

²M. D. Phd, Professor and HOD.

Article Received on
19 January 2024,

Revised on 09 Feb. 2024,
Accepted on 27 Feb. 2024

DOI: 10.20959/wjpr20245-31593



***Corresponding Author**
Dr. Pradnya Vijay Pawar

M. D. Scholar
(Kaumarbhritya).

ABSTRACT

Ayurved is ancient science mainly based three pillars. *Aahara*(food), is considered as the first pillar among three *nidra* and *brahmacharya* being other two. This holistic science has always given special importance to preventive aspect first rather than curative. Many common health problems can be prevented through nutritious diet. Malnutrition is pathological state produced as a result of deficiency or excess supply of any essential nutrients of food. It includes both under nutrition and over nutrition, however in general malnutrition is taken as synonym of under nutrition. India is one among the many countries where child malnutrition is severe and also a major underlying cause of child mortality. *Karshya* is a disease described in *Ayurveda* aciently and disease such as *Parigarbhik*, *phakka*, *Bala shosha* and *Shushka*

revati describe by various author of *Ayurveda* can also be correlated to *karshya*. It is the condition responsible for many other health related problem; thus a great consideration must be required to overcome this globalhealth related crisis. This article highlights the ayurvedic consideration of *karshya*.

KEYWORDS: *Karshya*, *Aahara*, under nutrition, Malnutrition, *Parigarbhik*, *Phakka*, *Bala shosha*.

INTRODUCTION

Under nutrition is a condition in which there is inadequate consumption, poor absorption or loss of nutrients. Under nutrition is a condition where children fail to maintain natural body capacities such as growth, resisting power to infection as well as recovering from disease, learning and physical activities. It is the most wide spread health and nutritional problem in

developing countries. A silent and largely invisible emergency. It has a role in more than half of the nearly 11 million deaths in each year among children under five. WHO identifies malnutrition as “The single most important risk factor for diseases”.

Karshya is an *Apatarpanjanya vyadhi*. It is included in the *Ashtauninditya adhyay*. It is caused due to *Upashoshit Rasadhatu*. It is also called as *Rasadoshaj vikar*. *Karshya* is a feature of *vatavrudhi*. There is insufficient production *Rasa dhatu* along with other leads to decrease in the body strength (*Balhani*) and causes *Vataroga*.

Karshya is caused due to *Kshudha vegdharana*. There are number of reasons given in *samhita*'s which should be studied in detail for the treatment of *karshya*. Many people suffer from the *karshya* and are unable to overcome the *karshya*, this study will be helpful for the proper and accurate diagnosis and treatment of *karshya*. As *Atikrushi* person is prone to develop *Pleeha vrudhi*, *kasa*, *kshya*, *shwas*, *Gulma*, *Arsha*, *Udar*, *Grahani* etc. diseases which may become life threatening at any time.

AIMS AND OBJECTIVES

- 1) To study the *karshya*.
- 2) To study the underweight.

MATERIAL AND METHODS

- The literary review was conducted with help of several Ayurvedic literature and available commentaries of *samhita*'s.
- Also reviewed various books, articles and online data base.

Nirukti

Krush is a form of “*krush tanukrane*” *Dhatu* which means *Alpa*, *sukshma*. According to Ayurvedic *shabdakosha*—*Amedasvi*, *Alpamansa*, *nirmans* are paryay of *krush*.

Karshya is derived from the word *krisha* which means

- To keep short of food
- To become lean and thin
- To become emaciated

Definition of *karshya*

- 1) A condition or disease in which the body of a person becomes emaciated, having less quantity of *Rasa dhatu* causing further status of *Mansahinata* or *Mansakshay*.
- 2) *Acharya Dalhana* has explained the *Atikarshya* as its literally meaning is reduction in *Upachaya*, *Rupa* and *Bala*.

Nidan of *karshya* (Etiological factors)

By considering all granthas we can divide all *hetu's* of *karshya* into following categories.

- 1) *Aahar: Ruksha annapan*(indulgence in rough food and drink)
 - *Kashay rasa antisevan* (indulgence in astringent)
 - *Langhan/ upawas* (fasting)
 - *Praamitashana* (little diet)
 - *Vatalaahara*
- 2) *Vihar*
 - *Ativyayam*(excess exercise)
 - *Nidra Nigraha* (suppression of natural urges)
 - *Kshudha Nigraha*
 - *Pipasa Nigraha*
 - *Atapsevan* (excessive exposure to sunlight)
- 3) *Manas*
 - *Bhaya* (fear)
 - *Krodh*(anger)
 - *Shoka*
 - *Chinta*
 - *Atiabhya*s (excessive learning)
- 4) *Vyadhi*: Due to chronic illness or due to any other diseases such as *Grahani*(IBS), *Rajyakshma* (T.B), *Krimi* (worm infestation), *Visuhika*(infective diarrhea) Etc.
- 5) Hereditary (*Anuvanshik*): *Beejdosha*
- 6) Other factors: *Ksheeralasak* (Lactose intolerance), *Anath* (orphans), *vata prakruti*, *vata-pita prakruti*, *vardhakya* (old age)

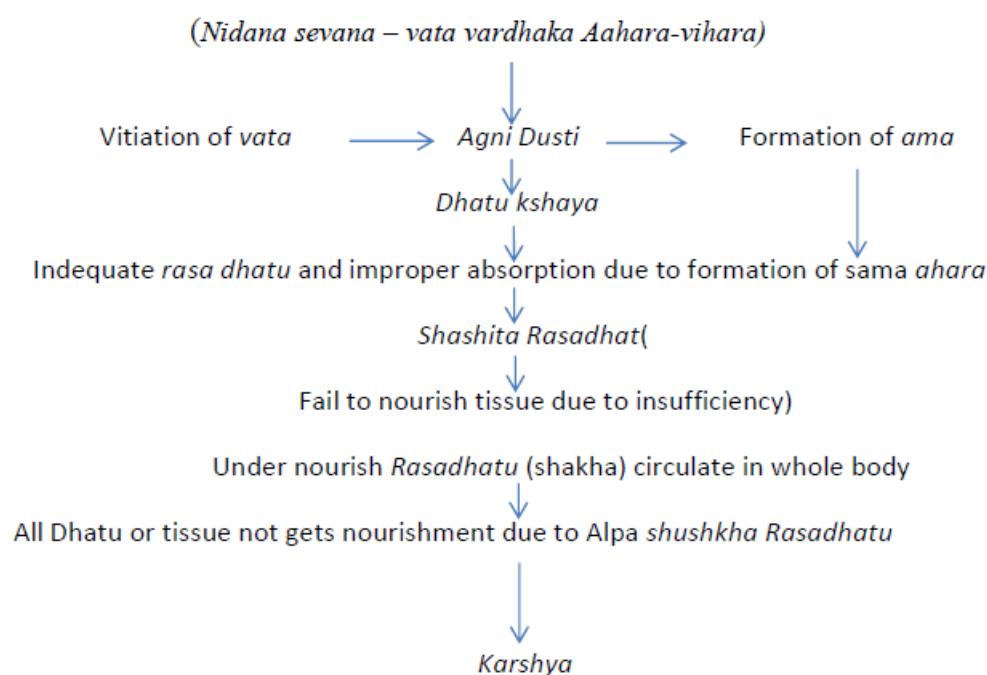
Samprapti (Pathogenesis)

Vata dosha plays an important role in the pathogenesis of *karshya* along with that vitiated *pitta*. *Pachak pitta* leads to *agni Dushti* as a result of which the dhatus are not nourished properly leading to *Anulomakshaya*.

This altered function of *vata dosha* and *agni* leads to insufficient production of *rasa dhatu* leading to *Dhatukshaya* chronologically.

Diagrammatic presentation of *Karshya samprapti*:

Receive etiological factor diet and physical work



Samprapti Ghatak

- *Dosha—Vata*
- *Dushya—Rasa dhatu*
- *Agni—Mandagni*
- *Udabhavasthana—Amashaya*
- *Strotas affected—Rasavaha, Raktavaha, Medovaha, Mamsavaha*
- *Rogmarg – Abhyantar rogmarg*
- *Vyaktasthan—Sphiga, Udar, Griva, Twak Asthi*
- *Sadhyaasadhyatva—Kricchryasadhyatva*

Rupa (Clinical features *karshya*)

Acharya charak, Sushruta and vagbhata have described almost identical symptoms of *karshya* as

➤ *Shushasphikaudargriva* (Emaciated buttocks, abdomen and neck region)

Dhamanijalsantatah (prominent venous)

Twak-Asthi shesh (skin-bone appearance)

Sthula parva (prominent joint)

Patient can't tolerate following things

Kshuta-Pipasa-aushadh (Hunger, thirst, medicines)

Ati-shita-ushna-maithuna (Excessive cold, hot, sexual intercourse)

Upadrava of *karshya*

The *karshya* patients are prone to develop following diseases like, *Pleehavridhi, kasa, kshaya, Arsha, Udar and Grahani*.

Diagnosis criteria:

IAP classification of malnutrition.

This classification based on weight for age Weight for age (%) grade

- ❖ 100-80% normal nutrition status
- ❖ 79-70% grade 1 mild malnutrition
- ❖ 69-60% grade 2 moderate malnutrition
- ❖ 59-50% grade 3 severe malnutrition
- ❖ Less than 50% grade 4, very severe malnutrition

Weight for age is an indicator of total Malnutrition/underweight

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

Chikitsa sutra of *karshya* (Principle of management)

- 1) *Laghu dravya santarpan chikitsa* that means light and nourishing diet should be administered in *karshya rogi*.
- 2) Use of *bruhana, vrushya, vajikaran* and *truptigna aushadha*. *Abhyanga* with medicated sesame oil is useful for gaining weight, since sesame oil is *vatashamaka* and has *bruhana* effect.
- 3) In chronic state of *karshya* the refreshing therapy should be administered slowly

depending upon the physical constitution, digestive power, dosha's vitiated, nature of therapy, dose, season and time of administration. For such patient's *mansa rasa*, *ksheer* and *ghrit* of different animals, different types of *brihana basti*, *abhyanga* and nourishing drinks are useful.

Pathya-Apathya

Pathya

Aahar—Intake of milk, *Ghrit*, *Dadhi*, freshly harvested rice, *Mansa rasa* of domestic marshy aquatic animals, *Shalishastik yava*, *Godhum* etc.

Vihar—Sleep, joy, regular oil massage, *Diwaswap*, *Bramhacharya*, *bruhan basti*, no exercise.

Aushadh—*Ashwagandha*, *vidarikand*, *shatavari*, *payasa*, *bala*, *atibala*, etc. madhur drugs should be administered.

Apathya: Intake of pungent, bitter and astringent substances, honey, oil cake of mustard and til, excessive physical and mental exercise, night awakening, sexual indulgence etc.

DISCUSSION

Karshya is nutritional disorder described in ayurved samhita and it is possible related to underweight. In present era today's lifestyle has lead to increase the incidence of many *vatvikar*'s like *atikrisha*. *Vatal aaharsevan*, *kshutpipasanigraha*, *krodha* and *atishram* are the aetiological factors of *karshya*. All these factors favor aggravation of *vayu* and it causes *upashoshan* of *rasadhatu*. The exaggerated *ruksha* guna of *vayu*, *ushna* guna of *pitta* and loss of *snigdha* guna of *kapha* causes *shoshan karya* of *rasadhatu* so *rasadhatu* is not form properly. The main function of *rasadhatu* is *tushti* and *prinan* which means *rasadhatu* provides nutrition to onword *Dhatu*'s. this function is hampered and due to the dysfunction of these *vyanvayu* in *karshya* the formation and nutrition of *dhatu*'s in chronological order is not maintained. Patient suffers in chronic *agnimandya* and *dhatukshay*. This causes gross malnutrition in a patient of *karshya*. The patient suffers from immunological deficiency and become susceptible to many diseases like *pleeha*, *kasa shwas*, *kshaya*, *gulma*, *arsha*, *udar*, *grahani*, *vatarog*, *agnisad*, *raktapitta*. Its management is done by *santarpan brimhana*.

CONCLUSION

Under nutrition is described in modern medical science but is similar to nutritional disorder in Ayurveda like *karshya*. A systemic study of these condition provide insight in to hazards of nutritional deficiency and represents different aspects of nutritional deficiency and proper understanding of pathogenesis of condition provide valuable key for the effective management.

REFERENCES

1. Charak samhita, Dr. Bramhanand tripathi, Sootrasthan, Adhyay 21 Sholka 15, page no.402, chaukhamba Sanskrit Prakashan, 2009.
2. Sushruta samhita, Dr. Bhaskar Govind Ghanekar, Sootrasthan, Adhyay15, Shlok 50, Page no.185 Meharchand publications, 1998.
3. Sushruta samhita, Shastri Ambikadutta, Purvardha page no. 6263 Chaukhamba Sanskrit Samsthan, 2001.
4. Sushruta samhita, Dr. Bhaskar Govind Ghanekar, Sootrasthan, Adhyay15, Shlok 33, Page no.96, Meharchand publications, 1998.
5. Charak samhita, Dr. Bramhanand tripathi, Sootrasthan, Adhyay 21 Sholka 3, page no.398, chaukhamba Sanskrit Prakashan, 2009.
6. Shabdakalpadrum Part 2, Deva Raja Radhakant, Page no.8, Chaukhamba Publication 1998.
7. Gangnolati M, Meera S, Das Gupta M, Indian, undernourished children, Page no.7 A call for reform and action. World bank 2005.