

AYURVEDIC ASPECT ON KARSHYA

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10 December 2023,Revised on 31 Dec. 2023,
Accepted on 21 Jan. 2024

DOI: 10.20959/wjpr20243-31158



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ABSTRACT

The science of life, *Ayurveda*, emphasises both prevention and treatment equally, but it initially prioritises prevention over treatment. To maintain health, it's crucial to follow the *trayopastambha* prescribed by *Ayurveda*, which also includes *Aahara*, *Nidra*, and *Abrahmacharya*. *Aahara* is essential for sustaining physical health over time. Numerous medical disorders can be treated with nutrition, one of them is *Karshya*. *Karshya*, also known as *Apatarpanjanya Vyadhi*, is one of the nutritional illnesses. Underweight and *Karshya* illness share similarities. In twenty-one chapters of *sutra sthan* in his well-known book *Charka Samhita*, *Acharya Charka* explains *Karshya* under *Asthaninditiyapurusha*. Underweight and *Karshya* illness share similarities. If the *karshya* is not treated right away, complications including *Shwasa*, *Kasa*, *Pliha*, *Gluma*, *Arsha*, *Udarroga*, and

Grahaniroga may appear. *Ayurveda* defines *Karshya* as an ailment, a cause, prodromal symptoms, a trait of numerous diseases, and a poor prognosis sign. In adults, underweight causes weakness, exhaustion, a weakened immune system, deficits in proteins, vitamins, minerals, and lipids, as well as an increased risk of degenerative diseases. This review article's objective is to emphasise the *Ayurvedic* viewpoint on *Karshya* in terms of underweight. In order to keep these factors in mind, the author should try to investigate the etiopathogenesis, clinical features, and management of *karshya* in ray of *Ayurveda* with adequate evidence in the present prospective.

KEYWORDS: *Karshya*, Underweight, *Apatarpanjanya vyadhi*, Emiciation.

INTRODUCTION

Karshya is a condition in which dhatus do not receive enough nutrition at any stage of life. Insufficient *Rasa Dhatu* production results from altered *Vayu* and *Agni* function. *Upshoshan* of *Rasa Dhatu* takes place leading to *Dhatu Kshaya* chronologically. As a result, *Karshya* patients have indigestion, malabsorption, and faulty metabolism. The *aahar* is transformed into nutrients via the *Agni* process, and this creates the structural elements of a developing organism. *Karshya* is one of the *vata prakopa janya vyadhi* and the management is by *bhrihmhana chikitsa* like *Laghu santarpana*, *rasayana* are indicated.

ETIOLOGY OF KARSHYA^[1]

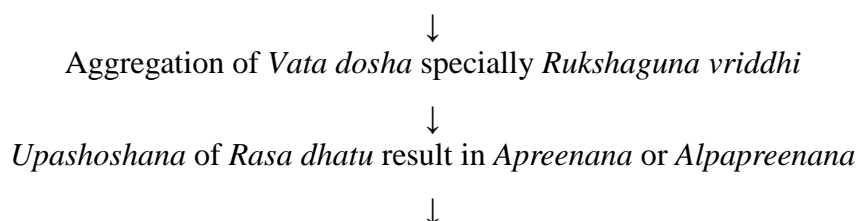
a) <i>Aharaj Nidan</i>	b) <i>Viharaj Nidan</i>	c) <i>Mansika Nidan</i>
<i>Langhana</i> <i>Pramitasana</i> <i>Vatala ahara</i> <i>Rukshannapan</i>	<i>AtiVyayama</i> <i>Atisnanabhayas</i> <i>Ruksha udvartan</i> <i>Kriyatiyoga</i> (<i>vamanadisanshodhanakriyanam atiyaga</i>) <i>Ativyavaya</i> <i>Vyadheshchiranuvratti</i> <i>Kshudha nigraha</i> <i>Pipasa nigraha</i> <i>Nidra vegavinigraha</i>	<i>Shoka</i> <i>Krodha</i> <i>Bhaya</i> <i>Chinta</i>

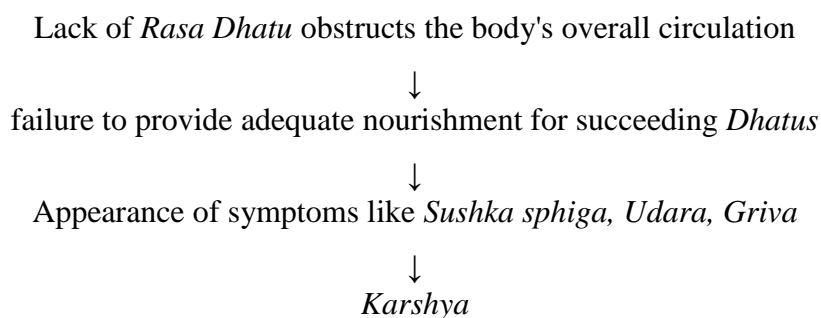
SIGN AND SYMPTOMS OF KARSHYA^[2]

- 1) *Shushka Sphika, Udar, Griva* (emaciated buttocks, abdomen, neck region).
- 2) *Dhamanijala darshan* (prominent vessels).
- 3) *Sthulaparva* (prominent joint).
- 4) *Kshudha, Pipasa, Amaya, Ausadham nasahate* (cannot tolerate eating, thirst, hunger, illness, or drug use).
- 5) *Na sahate Atisheet-Ushana-methunam* (cannot tolerate excessive heat, cold and sex).

SAMPRAPTI

Etiological factors diet, regime and physical work and psychological factors like *Vata vardhaka Ahara- Vihar* (*Ruksha annapana, Pramitashana, Langhana, Ativyayama, Ativyavaya, Chinta, Shoka, Krodha* etc.)





***Karshya* contributing factors (*Samprapti Ghatak*)**

Dosha- *Vata*

Dushya- *Rasa*

Agni- *Mandagni*

Srotas- *Rasavaha,*

Srotodushti- *Sanga*

Adhishthana- *Sarva sharira, especially Sphiga, Udara, Griva, Twaka, Asthi.*

Avastha- *Chirakari and Asukari*

REVIEW OF *KARSHYA* ACCORDING TO *SAMHITAS*^[3,4]

***Krasha* as a *Lakshana* of diseases**

1. *Sama sannipatika Jwara.*
2. *Vataja Unmada*
3. *Samanya lakshana of Udara*
4. *Vata-udara*
5. *Pleeha udara*
6. *Sahaja Arsha*
7. *Vataja Grahani*
7. *Kshyaja Kasa*
8. *Krimi (sleshmaja and purishaja)*
9. *Arajaska yoni vyapad*
10. *Parigarbhika*
11. *Ksheraja Phakka*
12. *Vataja stanya dusti*

***Krasha* as a *Nidana* and predisposing Factors of other diseases**

1. *Udara*
2. *Vata udara*

3. *Gambhira Hikkka*
4. *Sannipatika Atisara*
5. *Gulma*
6. *Shosha*
7. *Kshyaja Klaibya*

Karsha as a Purvarupa of other diseases

1. *Arsha*
2. *Udara*

Karsha as a bad diagnostic sign

1. *Shvayathu*
2. *Hikkka*

Karsha as a Upadrava of other diseases- Individuals get emaciated due to long term diseased condition (*Vyadhi karshita*).

KARSHYA CHIKITSA SUTRA^[5]

The treatment of *karshya* has been discussed by *Acharyas* in *Ayurvedic* writings.

1. ***Nidanparivarjana*** – *VatikaAnnapana, RukshaAnnapana, AlpaBhojana, Kashaya, Katu, Tikta Rasa Sevana, Ati Vyavaya* etc should be avoided.
2. ***Agni deepana:*** - The first line of *Samshamana Chikitsa* in *Karshya* is to enhance *Agni's* appropriate functioning through the use of *Aushadhis, Pathya Ahara, and Vyayama*.
3. ***Pachana*** - In order to treat *Karshya*, *Ama Pachana* had to be adopted. ex. *Shunthi*
4. ***Samshodhana*** - In general, *Mridhu Samshodhana* is suggested for *Karshya* patients. It's regarded as a *bringhana* treatment is consequently recommended because of *Apatarpanajanya Vyadhi*.

There are primarily two types.

- a. *Bahir Parimarajana*
- b. *Antaha Parimarajana*

- a. *Bahir Parimarajana*- It entails applying *Snigdha Udvartana* and *Tail Abhyangan* to the entire body. They are highly advantageous for *Krishna* patients.

b. *Antaha Parimarajana*- The doshavasechana technique, proposed by Acharya Charaka, entails the removal of dushitdoshas, but in cases of Krisha patients, Acharya Susruta and Vagbhata recommend Brighana Basti.

5. **Samshamana** - It is also referred to as "pacifying therapy," which denotes the suppression of higher dosages of pharmaceuticals. It further relies on the patient's condition and the degree of the illness, both of which should be determined by *DashvidhAtur Pariksha*.

6. **Rasayana therapy**- Acharya recommends that *Rasayana, Balya, Brighaniya, Vajikaran, Jeeviniyadravyas* such as *Ashawghandha, Vidarikanda, Satavari, Bala* etc should be given.

Pathya Apathya

Pathya	Apathya
<p><i>Aahar – Ksheera, Ghrita, Dadhi, Ikshu, Shali</i></p> <p><i>Dhana, Godhuma, Navanna, Nava Madhya, Guda Vikriti, Gramya Aanupa Mansa Rasa, Masha, Snigdha Madhura dravya etc.</i></p> <p><i>Vihar – Nidra, Abhayanga, Brunhana basti, Harsha, Sukha Shaiya, Priya Dharshana, Snigdha ubatana, Sweta Vastra dharana, Snana, Sugandhita Pushpa Mala dharana</i></p> <p><i>Aushadha– Madhur drugs indicated. (Shatawari, Ashwagandha, Bala, Atibala)</i></p>	<p><i>Katu, Tikta, Kashaya rasa, Excessive physical and mental exercise, Sexual indulgence etc.</i></p>

CONCLUSION

According to the *Ayurveda Samhita*, *Karshya* falls under the *Rasapradoshaja vikara*, which is comparable to undernutrition in modern science. Subcutaneous fat depletion and gross bulk muscle loss are usually seen in the neck, abdomen, and gluteal region. According to *Aacharya Charak*, In *Karshya rogi, Laghu Dravya Santarpan Chikitsa*, or a light and nourishing meal, should be given. A comprehensive analysis of these diseases offers insight into the risks associated with nutritional deficiencies and reflects many aspects of it. It also demonstrates a solid understanding of the pathophysiology of the ailment, which is essential for effective treatment. Diet, lifestyle, and psychological issues are not the only factors that

contribute to the aetiology of *Karshya*. For appropriate treatment, we must so give each component fair consideration.

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