

**NUTRITIONAL DISORDERS AND THEIR MANAGEMENT WITH THE HELP OF
INTERNAL MEDICINES****Dr. Jayashri Sadashiv Satpute***

Professor & HOD, Dept. Kayachikitsa, Ramrao Patil Ayurved Mahavidyala, Purna, India.

***Corresponding Author: Dr. Jayashri Sadashiv Satpute**

Professor & HOD, Dept. Kayachikitsa, Ramrao Patil Ayurved Mahavidyala, Purna, India.

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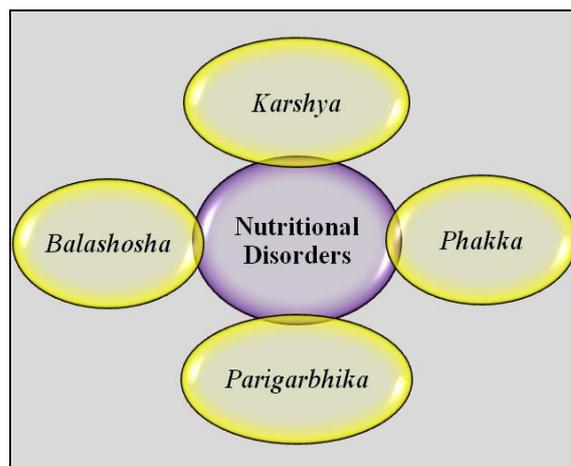
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ABSTRACT

Ayurveda as medical science believe in preventive measures rather than curative. *Aahara* is described as one of the most vital aspect of life along with *Nidra* and *Brahmacharya*. *Ahara* provides life energy and nutrition which helps to combat against many health problems. The growth and development of human society greatly depends upon the nutrition. Abnormal nutritional supply may result both over and under nutrition health issues. Ayurveda mentioned *Apatarpanajanya vyadhis* as nutritional deficiency disorders. The various diseases related to nutritional deficiency includes *Parigarbhika*, *Balashosha* and *Phakka*, etc. Ayurveda also described various internal medicines for the management of such conditions under the heading of *Kayachikitsa*. *Shatavari*, *Guggul*, *Nagarmusta*, *Yashtimadhu*, *Jatamansi*, *Haritaki* and *Ashwagandha*, etc. are some Ayurveda drugs which can be used as nutritional supplement, these herbs helps to treat and prevent nutritional disorders. This article presents a view on nutritional disorders along with their management with the help of natural medicines.

KEYWORDS: *Kayachikitsa, Apatarpanajanya vyadhis, Nutritional disorders, Drugs.***INTRODUCTION**

According to Ayurveda nutritional deficiency disorders are described as *Apatarpanajanya vyadhis*. The various types of nutritional disorders are depicted in **Figure 1**. *Aahara* as sub-pillars of life support physiological activities by supplying required energy and nutrients to the various organs. *Agni* transforms *Ahara* into nutrition thus helps greatly in metabolic process. The inappropriate way or types of *Ahara*, malfunctioning of *Agni* and other factors may lead nutritional disorders. *Atikrushya* person also arises due to the nutritional deficiency which is considered as *Ashtau-ninditiya Purusha* in Ayurveda. The lack of nutrients or improper metabolic activities induces nutritional problems and conditions mainly observe in children. Ayurveda described several therapeutic options for such types of conditions including uses of natural drugs which help to combat against these health issues.^[1-4]

**Figure 1: Nutritional Disorders.**

Ayurveda suggested importance of proper diet, nutrition and life style. The proper *Ahara* along with disciplinary life style brings *Arogya* while improper *Ahara* and disturbed functioning of digestive activities causes lack of nutrients which ultimately affects health of individual. The proper supply of nutrients maintains all three *Doshas* in equilibrium and prevents progression of diseases.^[4-7]

The major nutrients of human body broadly described as carbohydrates, proteins, fats, vitamins and minerals, etc. These macro and micronutrients helps in the process of

building blocks of the body. Adequate amount of nutrients obtained from balanced diet which helps to improve *Bala*, *Kanti*, *Smriti*, *Satwasthiti*, *Angavridhhi* and *Medha*. Malnutrition (impaired nutrition) may retard process of growth and development, suppressing immunity and variety of disorders including *Sthaulya*, *Phakka*, *Karshya*, *Parigarbhika* and *Balashosha*, etc.

Nidana of Nutritional Disorders

Alpashana, *Pramitashana*, *Anashana*, *Langhana*, *Ruksha Annapana*, *Alpa Bhojana*, *Kriya atiyoga*, *Malamutradi nigraha*, *Vata sevana*, *Atapa sevana*, *Ati chinta*, *Ksheeralasaka*, *Krimi*, *Grahani*, *Vatika prakriti* and *Chirakalina vyadhi*, etc.

Samprapti Ghatak of Nutritional Disorders

✓ <i>Dosha:</i>	<i>Vata</i>
✓ <i>Dushya:</i>	<i>Rasa</i>
✓ <i>Srotas:</i>	<i>Rasavaha</i>
✓ <i>Srotodushti:</i>	<i>Sanga</i>
✓ <i>Vyaktisthana:</i>	Whole body

Ayurveda Drugs for Nutritional Disorders^[7-10]

Ayurveda described several herbs or compound formulations which offers preventive as well as therapeutic role in nutritional disorders. These drugs works by virtue of their specific properties and constituents present in different parts of plant.^[7-8]

The role of some drugs described as follows.

➤ **Shatavari**

Shatavari is a potent rejuvenative drug, it supplies female hormones and used for improving health of women. It helps to maintain immunity and strengthens functioning of various organs.

➤ **Guggul**

It serve as source of nutrient responsible for immunity and increase white blood cell count. It enhances resistance against common cold and lower down the level of cholesterol and triglycerides. It control fat in the body and provides nourishment.

➤ **Yashtimadhu**

It supply nutrients which required to maintains gastrointestinal health, it acts as mild laxative, relieves spasms of muscle and offers antioxidant activity thus boost up immune functions.

➤ **Gurmar**

It provides materials required for glycolytic action, it regulate sugar metabolism and enhances insulin production thus considered useful for diabetic patient.

➤ **Jatamansi**

Jatamansi offers nutrients responsible for relaxing effects and improves mental health. This drug provides relief from insomnia caused by obesity and other conditions related to the nutritional disturbance. It helps in menopausal symptoms associated with malnutrition.

➤ **Pippali**

Pippali stimulant digestive system thus combats against nutritional deficiency caused by impaired digestive system. It helps to release metabolic energy and correct hormonal balances.

➤ **Haritaki**

Haritaki acts as tonic, thus improves physical debility associated with malnutrition. Similar to *Pippali*, *Haritaki* boost digestion thus maintain nutritional supply by converting *Ahara* into nutrient *Rasa*. *Haritaki* promotes general health and acts as rich source of vitamin C.

➤ **Guduchi**

Guduchi acts as rich source of vitamin C and promote health of teeth. It supplies nutrients which are essential for anti-microbial activity thus enhances resistance against infections.

➤ **Ashwagandha**

Ashwagandha acts as rejuvenating agent and nourishes body towards the physical as well as mental health. It acts as tonics and helps to treat general debility associated with malnutrition.

➤ **Nagarmusta**

The major chemical components found in plant are terpenoids, essential oils, sesquiterpenes and flavonoids, etc. Plant extracts showed antioxidant activity and acts as rich sources of flavonoids, ascorbic acid and polyphenol, etc. It helps to prevent oxidative damage caused by free radicals.

Drugs for Balya Mahakashaya

- ✓ *Aindri*
- ✓ *Rishabhi*
- ✓ *Atirasa*
- ✓ *Rishyaprokta*
- ✓ *Payasya*
- ✓ *Ashvagandha*
- ✓ *Sthira*
- ✓ *Bala*

Drugs for Phakka Roga

- *Bala*
- *Guggulu*
- *Shigru*
- *Ashok*
- *Ashwagandha*

Drugs for Karshya

- *Payashya*
- *Aswagandha*
- *Salparni*
- *Bala*
- *Atibala*

Ayurvedic formulations for Nutritional Disorders

- *Shukta Pishti*
- *Mukta Pishti*

- *Kamdudha Rasa*
- *Amalaki Rasayan*
- *Ashwagandharishta*
- *Ashwagandha Ghrit*

10. Agnivesha. Charaka Samhita, Ayurveda dipika Ayushi Hindi commentary. 1st ed. Varanasi. Chaukhambha orientalia, 2005; p. 313.

CONCLUSION

Apatarpanajanya vyadhis are nutritional deficiency disorders which include *Balashosha*, *Phakka* and *Parigarbhika*, etc. Ayurveda described a variety of internal medicines for treating such conditions. *Shatavari*, *Nagarmusta*, *Yashtimadhu*, *Guggul*, *Jatamansi*, *Ashwagandha* and *Haritaki*, etc. are some medicines that can be taken for as a dietary supplement. These herbs help to treat and prevent nutritional disorders. Similarly Ayurveda formulations like *Shukta Pishti*, *Mukta Pishti*, *Ashwagandharishta*, *Kamdudha Rasa* and *Amalaki Rasayan*, etc. are some Ayurveda formulations recommended for nutritional disorders.

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