

REVIEW ARTICLE ON KARSHYA AND PEM IN AYURVEDA

Dr. Aayushi Tiwari¹, Dr. Nagendra Thakre² and Dr. Aashutosh Kumar Jain³¹P.G. Scholar (Final Year) Department of Kaumarbhritya, Rani Dullaiya Smriti Ayurved P.G. College and Hospital, Bhopal, (M.P.)²Assistant Professor, Department of Kaumarbhritya/Balroga, SAM College of Ayurvedic Sciences and Hospital, Bhopal³Associate Professor, Department of Roga Nidan Evam Vikriti Vigyan, Rani Dullaiya Smriti Ayurved College and Hospital Bhopal.***Corresponding Author: Dr. Aayushi Tiwari**

P. G. Scholar (Final Year) Department of Kaumarbhritya, Rani Dullaiya Smriti Ayurved P.G. College and Hospital, Bhopal, (M.P.)

Article Received on 12/05/2020

Article Revised on 02/06/2020

Article Accepted on 23/06/2020

ABSTRACT

Ayurveda is mainly based on preventive aspect first rather than curative. Ayurveda believe that many health problems can be prevented through nutritious diet. Food is important as a nutritional source also therapeutic importance. Karshya is disease similar to under nutrition. PEM (protein energy malnutrition) is one of the diseases related to Annavaha Srotas. It is a type of malnutrition resulting from deficiency of proteins and calories in food over a long period of time. It is very common among young children (usually below 5 years). PEM is not only important cause of childhood morbidity and mortality but also leads to permanent impairment of physical and possibly of mental growth of those who survive. Disease such as Parigarbhika, Phakka, Balashosha and Karshya describe by various author of Ayurveda can also co related to malnutrition based on the clinical features these diseases are related to each other. This article highlights the Ayurvedic view of nutritional disorder like protein energy malnutrition.

KEYWORDS: Karshya, undernutrition, protein energy malnutrition.**INTRODUCTION**

Under nutrition is a condition in which there is inadequate consumption, poor absorption or excessive loss of nutrients. Sometimes malnutrition and protein energy malnutrition are used interchangeably with under nutrition. The term protein energy malnutrition applies to a group of related disorders that include marasmus and kwashiorkor. This affects the child at the most crucial period of time of development which can lead to permanent impairment in later life. PEM is measured in term of underweight (low weight for age), stunting (low height for age) and wasting (low weight for height).

Food (Aahara) is one of the three sub pillars of life as per Ayurvedic classics. The transforming unit from food into nutrition is termed as Agni or digestive fire, which forms the edifice upon which the Ayurvedic system is built. According to Acharya Charaka over lean (Atikrushya) persons are described under eight despicable persons (Ashtauninditiyapurusha).

AIMS AND OBJECTIVES

To Study the Karshya

To Study Protein Energy Malnutrition under Ayurvedic aspect.

Etiology of Karshya And Malnutrition In Ayurveda

In Ayurveda it is mentioned that Ruksha Annapana Sevana (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), Rukshaudvartan (Excess non – unctuous anointing to the persons), Snanaabhyasa (indulgence in bath), Prakruti (Constitution) Beejadosh (heredity), jwara (old age), Vikar –Anushaya (continued disorder) and Krodha (Anger) make a person lean.

Sign and Symptoms of Karshya

The lean person has Shushka – Sphic, Udar, Greeva (Dried up buttocks, abdomen, neck) Dhamanijalasantataha (prominent vascular network), Twagasthishesho, Atiruksha (Remnant of skin and bone), Sthoolaporva (thick joints), Vyayam Atisauhityam (the over lean does not tolerate physical exercise)

,oversaturation), Kshutpipasmay- Aushadham (dose not tolerate height, in toxicity of hunger, thirst disease, drugs).

Karshyasamprapti (Pathogenesis of Disease)

Receive etiological Factor diet and physical work (Nidana Sevana- Vatavardhaka Aahara Vihara)-Vitaition of Vata- Agni Dusti -Formation of Ama- Dhatukshaya-inadequate Rasa Dhatu and improper absorption due to formation of Samaahara-shoshita Rasadhatu (malformation of Rasa dhatu) - Under nourish Rasadhatu circulate in whole body- Alpaposhan of Dhatu-Karshya.

Malnutrition Description in Ayurvedaa

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

Karshya

Karshya is under nutrition condition due to reduced food intake of baby resulting from less intake, if mother use Vatavardhak Ahara- Vihara and baby take Vatadushistanya. Ultimately, baby become malnourished.^[7]

Balshosha

The causes of of Balshosha are Arochaka (reduced digestive capcity), Pratishyaya (running nose), Jwara (fever) and Kasa (cough), and at last baby may lead to Shosha (emaciation).

Parigarbhika

If any baby is on breast milk of pregnant women then Parigarbhika Roga can occur and that milk have poor nutriment. Signs and symptoms of Parigarbhika Roga are cough, impaired digestive capacity, vomiting, fever and anotexia.

Phakkaroga

In Phakkaroga, Ksheeraj Phakka, Garbhaj Phakka and Vyadhija Phakka are described, Ksheeraj Phakka is due to intake of Shlaishmika Dughdha. Vyadhija Phakka is malnutrition condition resultant of any diseases as Graharoga etc. Garbhaj Phakka is due to feeding of baby by pregnant lady. Signs and symptoms of Phakka Roga are wasting of buttocks, upper limbs and thighs, pot belly abdomen, head appears big due to relatively wasting in body parts and baby is unable to walk.

Diagnostic Criteria

IAP Classification of Malnutrition

This classification is based on weight for age values.

Weight for age (%) Grade

100-80%	-	Normal nutrition status
79-70%	-	Grade 1 mild malnutrition
69-60%	-	Grade 2 moderate malnutrition
56-50%	-	Grade3 severe malnutrition
<50%	-	Grade 4, Very severe malnutrition

Weight for age is an indicator of total malnutrition \Underweight.

Weight for age (%) = Current weight of the of child (in Kg) ×100\ Expected weight of the the child for that age.

DISCUSSION

Karshya is nutritional disorder described in Ayurveda Samhita and it is possible related to Malnutrition. According to Acharya Charaka Atikarshya persons are described under Ashtaunaditiya (eight despicable persons). In Ayurveda no much description is found regarding Karshya especially in children, Karshya, Balshosha, Parigarbhika, Phakkaroga are the disease described in Ayurveda texts is related to each other and possibly correlate to protein energy malnutrition (PEM). Alpashana and Vishamashana, Vihara Dosh like Atishrama and Manasikabhava like Shoka, Bhaya, Krodha are the main etiological factors for Karshya. The Samprapti of Karshya is like this Nidana Sevana – Vataprakopa- Shoshitarasadhatu- all Dhatuuttpati Alpa – Karshya Utpati. Its management is done by Santarpana – Brimhana.

CONCLUSION

Malnutrition is described in modern medical sciences but is similar to nutritional disorder in Ayurveda like Karshya, Phakka, Parigarbhikaa and Balshosha. A systemic study of these conditions provide in sight 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. Vinod K paul, Arvind Bagga, O.P. Ghai essential pediatrics, seventh edition, CBS p ublishers and distributors Pvt Ltd, nutrition, 2012; 62.
2. Brahmanand Tripathi, Charaka Samhitapurvardha, Sutrasthana Tristraishaniya 11\35, chaukhambaparakashan edition, 2010.
3. Brahmanand Tripathi, Charaka Samhitapurvardha, Sutrasthana, Ashtauninditiya 21\3, chaukhambaparakashan edition, 2010.
4. Brahmanand Tripathi, Charaka Samhitapurvardha, Sutrasthana, Ashtauninditiya 21\11,12 chaukhambaparakashan edition, 2010.
5. Brahmanand Tripathi, Charak Samhitapurvardha, Sutrasthana, Ashtauninditiya 21\15 chaukhambaparakashan edition, 2010.
6. Ambika Duttashashtri, Sushrut Samhita, Purvardha, Dosh Dhatu Mala Kshaya Ruddhividnyaniya, 15\33 chaukhambaparakashan, 2012.
7. Brahmanandtripathi, Charaksamhita Purvardha, Ashtauninditiya, 21, chaukhambaparakasshan, edition, 2010.
8. Brahmanandtripathi, Ashtanghridaya, Uttarsthana, Balamayapratishedhadhya 2\44,45, chaukhambaparakashan edition, 2014.