



KUPOSHAN JANYA VYADHI IN CHILDREN AND THEIR AYURVEDIC MANAGEMENT

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ABSTRACT

Kuposhan Janya Vyadhi, also known as the malnutrition disorder in children, is defined as the deficiency of various nutrition related diseases among children, including malnutrition, generalized wasting and under nutrition. Important diseases as per Ayurveda are *Balshosh*, involving the condition of wasting leading to weakness; *Parigarbhika* which is a disease of infants with digestion and growth difficulty; *Phakka Roga* is the condition of stunted growth and difficulty in ambulation; and *Karshya* that is a condition with thinness and protruding bones. Nutritional deficiencies can lead to malnutrition, improper nutrition and ineffective digestion as well as chronic infections affecting nutrition of body tissues. Treatment is mainly constituted by measures of facilitating digestion with *Agnideepana*, encouraging nourishment of body tissues with *Brimhana*, and using treatments such as *Abhyanga* for physical buildup. This article emphasizes *Kuposhan Janya Vyadhi* in children and their Ayurvedic management.

KEYWORDS: *Ayurveda, Kuposhan Janya Vyadhi, Karshya, Phakka Roga, Parigarbhika.*

INTRODUCTION

Malnutrition is a term for insufficient, excessive, or uneven use of dietary constituents. Under nutrition is considered an important health problem, especially in

developing countries like India. In Ayurveda nutritional deficiency are covered under *Apatarpanajanya Vyadhi* that have relevance to several diseases as depicted in **Figure 1.**^[1-4]

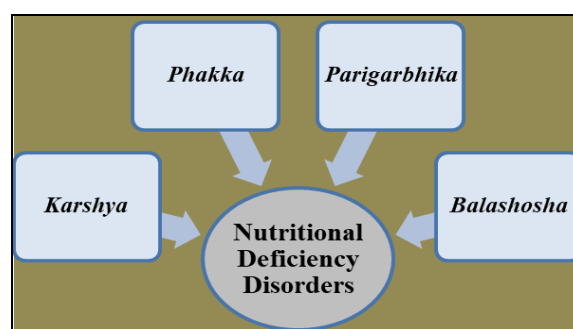


Figure 1: Nutritional Deficiency Disorders in Children.

According to Ayurveda *Ahara* is one of the essential components of *Trayopasthambha* for survival. Deficiency in nutrition can inhibit good substance absorption and can lead to wasting and debilitation in children.

Causes of Nutritional Deficiency Disorders

Vitamin deficiency can result from several *Ahara* and *Manasika* aspects. The reasons that result from the diet are said to be the consumption of foods that are high in *Katu* and *Tikta Rasa*, the excessive intake of dry *Ahara* and *Alpa Bhojana*. The lifestyle causes may include *Kriya Atiyoga*, *Ratri Jagarana*, excessive exposure to sun and wind and restriction of physiological needs of the body (*Malamutradi Nigraha*). Psychological factors, such as tension, fear, anxiety therapy and excessive anger can also be included among the reasons affecting nutrition. In *Kuposhan* the factors affect *Agni* and *Vata Dosha* thereby influencing the digestion, absorption and nourishment of tissues. Some important *Samprapti Ghataka* includes *Vata Dosha*, *Rasa Dhatu* and *Rasavaha Srotas*, etc.^[4-6]

Karshya

Karshya is described as the state of being underweight and wasting in children. The typical symptoms include lack of body weight, weakness, wasting and showing of joints, blood vessels and minimum muscle and fat mass.

Phakka Roga

Phakka Roga occurring in children and associated with delayed growth and inability to walk at a certain stage. Characteristically, *Phakka* is marked by weakness, atrophy of the hips, legs, hands, and abdomen, irritability and fatigue, etc. There are three forms of *Phakka* which includes *Ksheeraja*, *Garbhaja* and *Vyadhija*. *Ksheeraja Phakka* occurs due to poor quality or unfit breast milk, *Garbhaja Phakka* takes place when a woman conceives while still breastfeeding and *Vyadhija Phakka* occurs because of lack of proper child care, illnesses and unhygienic practices.

Parigarbhika

Parigarbhika is defined as an illness that occurs in children that are still sucking from a mother who is pregnant, especially in cases where there is a decrease in the amount of milk given or sometimes its quality. It can manifest through cough, loss of appetite, vomiting, fever and disturbed digestion, etc. The main approach to treatment is *Agnideepana*, which means improvement of the appetite and digestive abilities.

Balshosha

Balshosha is the ailment occurring in children accompanied by gradual emaciation and might develop with *Pratishyaya*, *Arochaka*, *Kasa* and *Jwara*. These causes contribute to the inability to digest food and nourished tissues eventually leading to *Shosha*. Treatment should be focused on restoring disturbed digestion and providing nourishment.

Shuska Revati

Shuska Revati, is listed among the *Graha* conditions affecting children, is characterized by the progressive *Sarvangakshaya* despite food intake. Typical manifestations include excessive thirst, shriveled eyes, sunken eyes, alopecia, weak voice, swelling of the abdomen and discoloration of the skin, etc. The progressive wasting appears in this condition and is close to a severe form of malnutrition.^[5-7]

Treatment of Kuposhan Janya Vyadhi

Karshya is regarded as a *Vata Pradhana Vyadhi* mostly caused by *Dhatukshaaya*. Therefore, *Vataupakrama* is utilized in accordance with Ayurveda text. The effect of *Brimhana* is being achieved due to the *Dhatu Poshana* process. The management includes various approaches *Nidanaparivarjana*, *Samshamana*, *Samshodhana* and *Ahara Vihara*.^[7-10] The specific treatment of each disease also depicted in **Table 1**.

- ✓ *Nidana Parivarjana* means avoiding the cause which helps in two ways preventing the disease and stopping its further developing during the illness.
- ✓ *Agni Deepana* includes application of *Deepana Dravyas* as followed up with *Pachana Dravyas* like *Shunti*.
- ✓ *Shamana* represents the least intensive form of therapy, so the curing of the disease takes place with the help of medicines depending on the type of the disease and the condition of the patient.
- ✓ As discussed above, the condition of *Karshya* is called as *Apatarpanajanyavyadhi* and thus *Brimhana* therapy is used to treat it. Moreover, *Mridu Samshodhana* procedure may be performed too.
- ✓ *Samshodhana* treatment can be performed in two different ways: *Bahir Parimarjana* and *Antah Parimarjana* being the two methods that include *Rasayana* and *Vajeekarana*.

Table 1: Specific Treatment of Kuposhan Janya Vyadhi.

Disorder	Specific Treatment
<i>Karshya</i>	Improve <i>Agni</i> and provide gradual <i>Brimhana</i> with ghee, green gram and meat soup. <i>Abhyantara</i> and nourishing drugs such as <i>Shatavari</i> , <i>Vidarikanda</i> and <i>Yashtimadhu</i> may be used.
<i>Phakka</i>	<i>Brimhana</i> , <i>Abhyanga</i> and strengthening drugs such as <i>Bala</i> and <i>Shatavari</i> may be advised.
<i>Parigarbhika</i>	<i>Deepana-Pachana</i> , <i>Abhyanga</i> , adequate rest and strengthening therapy may be included.
<i>Balashosha</i>	Nutritious foods, <i>Rasayana</i> , <i>Bala</i> , <i>Shatavari</i> and <i>Ashwagandha</i> may be used.

CONCLUSION

Kuposhan janya vyadhi relate to the problems caused by the process of development. *Kuposhan vyadhi* involves the conditions such as *Parigarbhika*, *Ksheeraj* and *Phakka*. It should be pointed out that these diseases in a broad sense are related to protein energy malnutrition. However, despite the fact that the causes may not coincide, all the changes in the organism do not differ significantly. The classic signs of malnutrition include vomiting, diarrhea and loss of weight, etc. The approach to the treatment of the symptoms is based on the understanding of the pathogenesis of the disease as well as on the application of *Brimhana*, *Deepana-Pachana* and *Rasayana* treatment methods which leads to *Dhatu Poshana*. The management includes various approaches including *Nidanaparivarjana*, *Samshamana*, *Samshodhana* and *Ahara Vihara*.

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