



AYURVEDA PERSPECTIVE OF KARSHYA IN CHILDREN & ITS MANAGEMENT

Vishal Shivde*¹ and Amit Jagtap²

¹P.G.Scholar Department of Kaumarbhritya Shree Saptashruni Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.

²Associate Professor Department of Kaumarbhritya Shree Saptashruni Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.

* Corresponding Author: Vishal Shivde

P.G.Scholar Department of Kaumarbhritya Shree Saptashruni Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.

Article Received on 27/08/2016

Article Revised on 17/09/2016

Article Accepted on 07/10/2016

ABSTRACT

Karshya is described as *Apatarpana janya Vyadhi*. *Karshya* means leanness mainly belongs from category of malnutrition it is *Vata Pradhan Vyadhi*. *Aahar* is considered as important factor for the disease condition along with *Alpashana* and *Vishamaana*. Ayurveda emphasized that *Karshya* can be cure if managed in early stage, if not cure initially then this may leads *Atikarshy*. The traditional science of Indian medicine system suggested various therapeutic approaches for the management of *Karshya* like; *Brimhana*, *Rasayana* and *Vrishya*. It is believe that predominance of *guru*, *snigdha*, *sheet* and *manda guna*, *madhura rasa* and *madhur vipaka* offers *brimhana* effect which resulted relief in *Karshya*. *Karshya* is widely affecting childhood population throughout the world and may be fatal if not considered at initial stage. The disease condition associated with the less quantity of *rasa dhatu* and *mamsahinata*. This article emphasized Ayurvedic perspective of *Karshya* & its management.

KEYWORDS: *Karshya*, Ayurveda, Underweight, Malnutrition.

INTRODUCTION

Ayurveda is traditional science of medicine emphasized on preventive approaches more than curative. Ayurveda mentioned three important pillar of healthy well being *Aahara* is one of them along with *Nidra* and *Abrahmacharya*. *Ahara* play significant role towards the health conditions; therefore Ayurveda suggest nutritional diet to maintain healthy physiology. *Karshya* is described as under nutrition disorders as per modern medical science. Some other diseases which may be considered as nutritional disorder are *Phakka*, *Parigarbhika*, *Shuska Revati* and *Balashosha*.

There are various causative factors of *Karshya* such as; *Langhana*, *Rukshanna pana sevana*, *Kriyatiyoga*, *Pramitashana*, *Bhaya*, *Shrama*, *Atishrama*, *Atisnana abhyasa*, *Ruksha udvartan*, *Snana abhyasa*, *Prakruti* and intake of *Vata* predominance diet etc. The *Karshya* possess different symptomatic manifestation like; *Shushka-sphic*, *udar*, *greeva*, *Ati krusha*, *Sthoola parva*, *Vyayam Atisauhityam*, etc. The chronic complications of *Karshya* involve spleen enlargement, cough, dyspnea, piles, disease of skin pigmentation, deficiency of energy associated with protein malnutrition. Ayurveda suggested that maintenance of *Bala* is very essential for the management of *Karshya*, *Bala* help to build stability and compactness of the body. *Bala* offers *Brimhana* effects and enhances bulk of the body. *Somatmaka*

properties like *Snigdha*, *Shukla* of *Drava* also play significant role towards the management of *Karshya*.^[1-4]

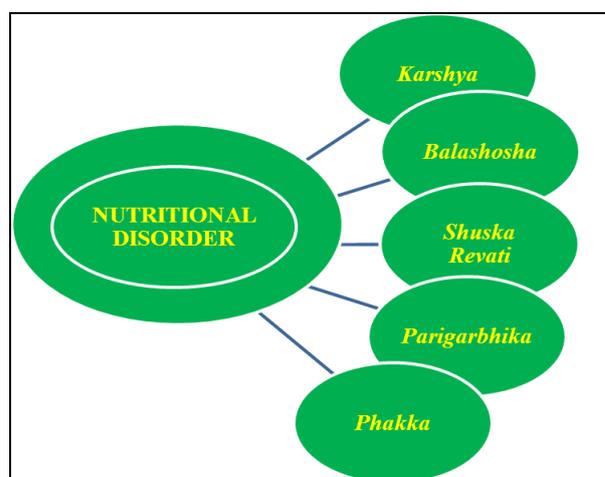


Figure: 1 Nutritional Disorder

Vidarikandadi Vati for *Karshya*

Ayurveda mentioned different formulation for the management of *Karshya* including; *Vidarikandadi Vati* & *Kshirabala Taila Basti*, research investigation proved efficacy of *Vidarikandadi Vati* & *Kshirabala Taila Basti* for the treatment of *Karshya*. *Vidarikandadi vati* possess *Madhura Rasa* and *Madhura-Vipaka* which resulted

Vata Shamaka effect along with *Srotoshodhaka* property which opens channels and improves circulation of *Dhatu* resulted *Uttarottar Dhatu Poshana*. *Vatanulomaka* property of *Vidarikandadi vati* improve *Agni* thus leads *Samyaka Aharpaka*. *Guru, Shita, Snigdha* and *Mridu Gunas* of *Vidarikandadi vati* offers *Brimhana* effect in body, it also improves health and immunity and maintains balances of *Dosha, Dhatu* and *Malas*.

Kshirabala Taila Basti for Karshya

Basti improve functioning of *Agni* *Udana* and *Vyana* through *Apana* and *Samana Vayu* control. It also pacifies *Vata*, balanced *Kapha* and *Pitta*. *Kshirabala Taila Basti* leads *Vighatana* of *Samprapti Ghataka* of *Karshya*. *Kshirabala Taila* not only possesses *Agnidipti* but also offers *Srotoshodhaka* property, clear *Srotas*. *Kshirabala Taila* offers *Brimhana* property hence leads *Dhatu Abhivardhana*.^[5]

Ashwagandha for Karshya

Literature described role of *Ashwagandha* in *Karshya* due to its *Brimhana* effect in children. It retains *Samyak Brumhana, Bala* and vitality. It potentiates strength and *Agni*. *Ashwagandha* stimulate protein synthesis and strength of organs specially lungs. It helps to improve bulk of body mass. It contributes significantly towards the phospholipids and fatty acids compositions. It facilitates skin thickness and control *Dhamani Jala Darshana*. It also improves the parameter of physical compatibility like; muscle strength, endurance, activeness & reduces the weakness of muscles. Overall it offers significant *Brimhana* effect and relief symptoms of *Krishna (Shushka and Sphik-Udar-Greeva)*.

Suggested diet and routine for Karshya

- Day sleep *Diva-Swapna* to recover weakness.
- Exhilaration (*Harsha*) must be adopted.
- *Sukha Shayya* for sleep.
- Calming mind (*Manaso Nivrutti*).
- Excessive physical exercise must be avoided.
- *Tailabhyanga* for body tonicity.
- Sweet, nutritional and unctuous food must be consumed.
- New cereals, meat soup should be consumed.
- Curd, milk, ghee, sugarcane, black gram, rice, wheat must be incorporated in diet.
- *Rasayana* may be used with precaution.
- *Sida cordifolia* & *Shtavari* help to digest the food, to gain weight and restore normal physiological functioning of body.

ACKNOWLEDGMENT

Authors are thankful to Dr. Sanjay Chitte. HOD & Professor, Department of *Kaumarbhryta*, Shree Saptashrunji Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India, for his great support.

REFERENCES

1. Rao VG, Yadav R, Dolla CK, Kumar S, Bhondeley, Ukey M. Undernutrition and childhood morbidities among tribal preschool children. *Indian J Med Res*. 2005; 122.
2. Caraka Samhita of Agnivesa, Revised by Caraka and Drdhabal with elaborated vidyotini Hindi commentary by Pt. Sastri Kasinatha & Chaturvedi Gorakhanatha, edited by Pt. Rajeswara Datta Sastri, Chaukhambha Bharti Academy, Varanasi, Reprint, 2007; II: 452-453.
3. Vinod K paul, ArvindBagga Ghai Essential Pediatrics. (8th edition), CBS Publishers & Distributors Pvt. Ltd., New Delhi. Nutrition, Page, 2013; 95-96.
4. Vinod K paul, ArvindBagga Ghai Essential Pediatrics. (8th edition), CBS Publishers & Distributors Pvt. Ltd., New Delhi. Nutrition, 2013; 95-96.
5. Geeta I. P., Anand K. S. Patel, A Comparative Study on the Effect of *Vidarikandadi Vati* and *Kshirabala Taila Basti* in the management of *Karshyain Children*, *AYU*, 2009; 30(1): 73-76.
6. Dr. K. S. Patel, *Brimhana* effect of certain ayurvedic drug compound in underweight child, 1985.
7. Dr. Sharma Chamanlal, *Brimhana* effect of certain indigenous drug in pediatric practice, 1987.
8. Dr. Rushikesh Tikole, A clinical study of the effect of *Ashwagandhadilehya* in management of *Karshya* (underweight) children, 2013.