

REVIEW ARTICAL ON KARSHYA AND PEM IN AYURVEDA

Vd. Vishal S. Ture^{1*} and Vd. Deokumar W. Raut²¹PG Scholar, Department of Kaumarbhritya, Govt. Ayurved College, Vazirabad, Nanded (Maharashtra), India.²Assistant Professor, Department of Kaumarbhritya, Govt. Ayurved College, Vazirabad, Nanded (Maharashtra), India.

*Corresponding Author: Vd. Vishal S. Ture

PG Scholar, Department of Kaumarbhritya, Govt. Ayurved College, Vazirabad, Nanded (Maharashtra), India.

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ABSTRACT

Karshya is one of the nutritional disorder i.e. *Apatarpanjanya Vyadhi*. *Karshya* disease is similar to undernutrition. In *Karshya*, there is emaciation of *Sphika* (buttock), *Udar* (abdomen), *Griva* (neck) take place and also there is insufficient supply of nutrients in any stage of age. In *ayurveda*, *Aahara*-*Nidra*-*Bramhacharya* are three pillars of the body. *Aahara* (food) is the first pillar because nutrition mainly depends upon it.^[1] Lack of insufficient *Aahara*/food leads to nutritional deficiency condition. In *Ayurvedic* texts, Nutritional disorders are described in scattered manner. PEM (protein energy malnutrition) is one of the disease related to the *annavahasrotas*. It is a major public health problem in India. According to World Health Organization, PEM refers to an imbalance between the supply of protein and energy and body's demand for them to ensure optimal growth and function. PEM is measured in terms of underweight (low weight for age), Stunting (low height for age) and wasting (low weight for height). In *Ayurvedic* literature, Nutritional disorders are described in a dispersed manner. In *Samhitas* of various *Acharya*, they described various Nutritional deficiency diseases such as *Karshya*, *Phakka*, *Balashosha* and *Parigarbhika*. If *Karshya* is not treated in proper time then complication like *Shwasa*, *Kasa*, *Pliha*, *Gluma*, *Arsha*, *Udarroga*, *Grahaniroga* occurs.^[2] Malnutrition is the burning problem in children so immediate attention is required. This article highlights the *Ayurvedic* view of nutritional disorder like protein energy malnutrition.

KEYWORDS: *Karshya*, Undernutrition, Protein Energy Malnutrition (PEM).

AIMS AND OBJECTIVES

- 1) To study the *Karshya*.
- 2) To Study Protein Energy Malnutrition under aspect.

Etiology of *Karshya* And Malnutrition In *Ayurveda**Nidan* (Causes) of *karshya* according to *Ayurveda* are as follow.^[3]a) *Aharaj Nidan*

Rukshannapan (Indulgence in rough food and drinks)
Langhana (Fasting)
Pramitasan (Little diet)
Vatalaahara (Light food)

b) *Viharaaja Nidan*

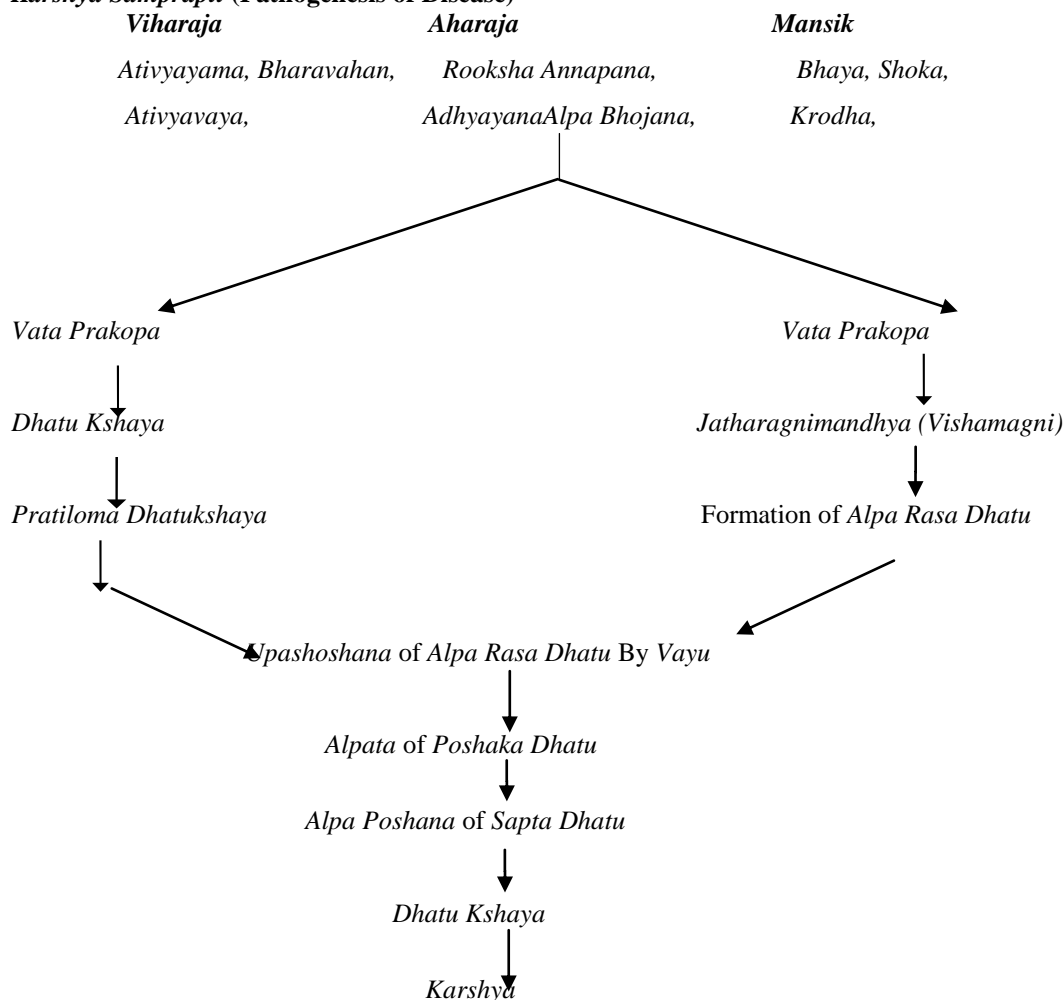
Atisnanabhayas (Indulgence in bath)
AtiVyayama (Excessive Exercise)
AtiVyavaya (Excessive Business)
Kshuda Nigraha (Appetite Control)
Pipasa Nigraha (Thirsty Suppression)
RukshaUdavartan (Rough excrept)

c) *Manasik Nidan*

Bhaya (Fear)
Chinta (Worries)
Krodh (Anger)

Shok (Grief)Sign and Symptoms of *Karshya*^[4]

- 1) *Shushka Sphika*, *Udar*, *Griva* (emaciated buttocks, abdomen, neck region)
- 2) *Dhamanijalasantato* (prominent vessels)
- 3) *Twak-aasantato* (skin & bone appearance)
- 4) *Sthulaparva* (prominent joint)
- 5) *Vyavayaasauhitya* (cannot do physical exercise)
- 6) *Kshudha*, *Pipasa*, *Ausadham*, *Amayaasauhitya* (cannot stand intake of food, hunger, thirst diseases and drugs).
- 7) *Na sahate Atishit-Ushana* (cannot stand excessive cod, heat, etc).

Karshya Samprapti (Pathogenesis of Disease)^[5,6]**Samprapti Ghatak**

Dosha: Vata Vruddhi, Pitta Kshaya, Kapha Kshaya

Dushya: Rasakshaya leading to Uttaratara Dhatu Kshaya especially Rasa, Mamsa, Meda.

Agni: Manda and Vishama.

Ama: Jatharagnijanya and Dhatwagnijanya Ama

Strotas: Rasavaha, Mamsavaha, Medovaha and involvement of all other Strotas.

Dushti Prakara: Sanga

Udbhava Sthana: Amashaya, Pakwashaya

Sanchara Sthana: Sarva Shareera

Adhishthana: Rasavaha Strotas

Vyakta Prakara: Chirkari

Roga Marga: Bahya (Rasa Raktadi Dhatu)

Sadhyaasadhyatva–

Sukha Sadhya in Naveena Avastha.

Kashta Sadhya in Deergha Kaalanubandhi

Rukshaannapan, Langhan, Pramitashan, etc are the causes of karshya. In Karshya there is emaciation of sphika (buttock), Udar (belly / abdomen), Griva (neck).^[7]

Balshosha: Balshosh is a disease of children as described in classics, caused due to excessive sleep in day hours, excessive intake of cold water, excessive intake of Kapha vitiated breast milk and it is characterised by Arochaka (anorexia), Pratishyay (rhinorrhoea), Jwara (fever), Kasha (cough), Snigdha and Suklata of face and eye and ultimate leading to wasting of the children. So depending upon sign and symptoms the disease Balshosh can be correlated with childhood malnutrition.

Parigarbhika: Parigarbhika can occurs if any baby is on breast milk of pregnant women.

Cough, impaired digestive capacity, vomiting, fever and anorexia are the symptoms of Parigarbhik roga.

Phakkaoga: Phakka is a clinical condition where due to continuous deterioration of health the child fails to attain developmental milestones.

Malnutrition Description In Ayurveda – In different Samhitas of Ayurveda, there are 4 diseases which are near to malnutrition as mentioned in modern science.

Karshya: Karshya is undernutrition condition in which there is insufficient supply of nutrients in any stage of age. In growing children nutritional requirement is more due to the fast tissue growth in early age.

It means if the child remains incapable of walking independently even after attaining of one year age, that stage is called as *phakka roga*. This implies that after attaining one year of chronological age the child is unable to make a few independent steps, suggesting delayed development of motor system and pyramidal tract.

Diagnostic Criteria

IAP Classification Of Malnutrition: This classification is based on weight for age values.^[8]

Grade of Malnutrition	Weight for Age
Normal	>80%
Grade 1	71-80%
Grade 2	61-70%
Grade 3	51-60%
Grade 4	<50%

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

$$\text{Percentage Of Ideal Weight Expected For The Age}^{[9]} = \frac{\text{Weight(Kg)} \times 100}{\text{Ideal Weight for the Age}}$$

CONCLUSION

In *Ayurvedic* literature, Nutritional disorders are described in a dispersed manner. In *Samhitas* of various *Acharya*, they described Various Nutritional deficiency diseases such as *Karshya*, *Phakka*, *Balashosha* and *Parigarbhika*.

Karshya is one of the nutritional disorder i.e. *Apatarpanjanya Vyadhi*.^[5] It can be correlated with Underweight/ Undernutrition. In *Karshya*, there is emaciation of *Sphika* (buttock), *Udar* (abdomen), *Griva*(neck) take place. and also there is insufficient supply of nutrients in any stage of age. In growing children nutritional requirement is more due to the fast tissue growth in early age. *Rukshaannapan*, *Langhan*, *Pramitashan*, etc are the causes of *Karshya*.

If *Karshya* is not treated in proper time then complications like *Shwasa*, *Kasa*, *Pliha*, *Gluma*, *Arsha*, *Udarroga*, *Grahaniroga* occurs.^[1] The *samprapti* of *Karshya* is like this: *Nidan Sevana* – *Vataprakopa* – *ShoshitaRasdhātu* – *All Dhātu Uttpati*Alpa – *Karshya Uttpati*. Its management is done by *Santarpana* – *Brumhana*. Malnutrition is the burning problem in children so immediate attention is required.

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