

TO EVALUATE THE WEIGHT GAIN EFFICACY OF SAMVARDHANA GHRITAM IN UNDERWEIGHT CHILDREN – A REVIEW**Dr. Reena Dixit***

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ABSTRACT

Introduction: Undernutrition is a condition, which arise due to inadequate consumption, poor digestion and/ or poor absorption of nutrients. Its manifest as wasting, stunting and underweight children. Being underweight according to age in children is the first sign of undernutrition. Underweight means percentile weight for age lies below -3 SD. However, sometimes malnutrition and protein energy malnutrition (PEM) are used interchangeably with undernutrition. Growing children are most vulnerable to its consequences. Their nutritional status is a sensitive indicator of community health and nutrition. Globally in 2020, 149 million children under 5 were estimated to be stunted (too short for age), 45 million were estimated to be wasted (too thin for height). Around 45% of deaths among children under 5 years of age are linked to undernutrition. According to *Aacharya Charaka Atikrishya* (Emaciated) persons are described under *Ashtau-ninditiya Purusha* along with *Atisthaulya* (obese) person. In childhood, causes of malnutrition and the syndromes arising from them, were described under *Kuposhan Janya Vyadhi*. There are many diseases or conditions in the field of pediatrics which do not have proper answer in contemporary medical science. example - sign, symptoms, pathogenesis and principle of treatment of childhood malnutrition as described in Ayurvedic literature. Principle Management of childhood undernutrition in modern medical science is based on fulfilment of calory and protein requirement according to age. It is not emphasized on digestive power. That's way improvement in this condition is limited, especially in poor digestive condition. *Ayurveda* is a science that dealing with management of any disease based on *Nidana Parivarjana* and *Agni Chikitsa*. Therefore, to cure these conditions, "*Brimhana chikitsa*" has been mentioned i.e. along with a balance diet, rich-nutritious supplements that have *Deepan-Pachana* properties (improving digestion). which are mentioned in *Alpmatra* (less amount). It is described by the Acharyas as *Lehana Yoga* for childhood. **Material and Method:** The materials were collected from the classical *Ayurvedic* literatures and modern text books. **Discussion:** *Karshya* is *Vata Pradhan* disorder, *Rasa Dhatu* and *Rasavaha Shrotas* are *Dushya*, *Jatharagni Mandya* occurs in this disease. So, the drug which helps to break the *Samprapti* by alleviating the *Vata Dosha*, correcting *Agnimandya* and *Srotosodhana* can be used in *Karshya*.

KEYWORD'S: *Atikrishya, Atisthaulya, Kuposhan janya vyadhi, Brimhana chikitsa.***INTRODUCTION**

Food has been recognized as an important factor for human being in both healthy and diseased state. *Ayurveda* also mentioned *Ahara* in "*Trayopastambha*" first. According to *Sushruta* food is the sustainers of living beings and also the cause for their strength, complexion and vigor.^[1] For proper maintenance of health and to get maximum benefits of diet, one should take it in proper quantity that depends upon the digestive fire.

Ayurveda have classified the childhood period on the basis of their food requirements.^[2]

- *Kshirpa* (milk is main diet) upto one year.

- *Kshirannada* (milk and cereals both) from 1-2 years.
- *Annada* (cereals are main diet) two years onwards.

This indicates the immaturity of their *Annavaashrotas* according to the age. The power of *Agni* also depends on the type of material which burn by it. As children are in stage of unstable *Jatharaagni*, they are more susceptible to get the diseases.

Acharya *Vagbhata* highlights the importance of nutrition. According to *Acharya Vagbhata* food should be taken as per rule and irregular food habits, irregular timings, incompatible combinations of food, qualitatively poor food consumption, leads to death of person.

Nutrition is directly related with growth and development. Childhood is the period where maximum growth and development will be achieved. In order to fulfill the required calorific demand of the growing body adequate nutrition has to be supplemented to the child. Food taken should be a complete food contains all the essential components like protein, fat, carbohydrate, minerals, vitamins and water according to age. Meantime, given food should fulfill the calorific requirements of the body. Hence, quality of food should be ensured for its calorific value. In the ayurvedic literature description of under nutrition or PEM can be related with *Krishta*, *Balshosha*, *Karshya*, *Phakka Roga* and *Parigarbhika Roga*.

MATERIAL AND METHOD

The materials were collected from the classical *Ayurvedic* literatures and modern text books.

NEED FOR STUDY

- According to UNICEF, in India, around 46% of all children below the age of three are too small for their age, 35.7% are underweight come under Moderate Acute Malnutrition (MAM).^[3]
- The 2020 Global Nutrition Report in the context of Covid-19, malnutrition remains a pressing global challenge. Some progress has been towards ending malnutrition, but the progress has been slow and deeply unfair. Now is the time to take action and overcome the barriers holding back progress to end malnutrition.
- India is home to 46.6 million stunted children, a third of world's total as per global nutrition report 2018. Nearby half of all under-5 child mortality in India is attributable to undernutrition.^[4]
- Integrated Child Development Services (ICDS) Scheme is one of the flagship programs of Government of India was launched on 2nd October, 1975.^[5] So many programs of WHO, UNICEF and Government of India are going on continuously. But we are not able to win fight against childhood malnutrition. Because its proper management, adequate dietary intake, digestion, absorption and assimilation. Not just fulfilling calories and protein.

Nutritional deficiency can be correlated with *Karshya*. The term *Krishta* means to keep short of food / To become lean and thin/ To become emaciated.

Nirukti of Karshya^[5] According to this, *Karshya* means a person who is lean and emaciated.

Nidana of Karshya

^[6]

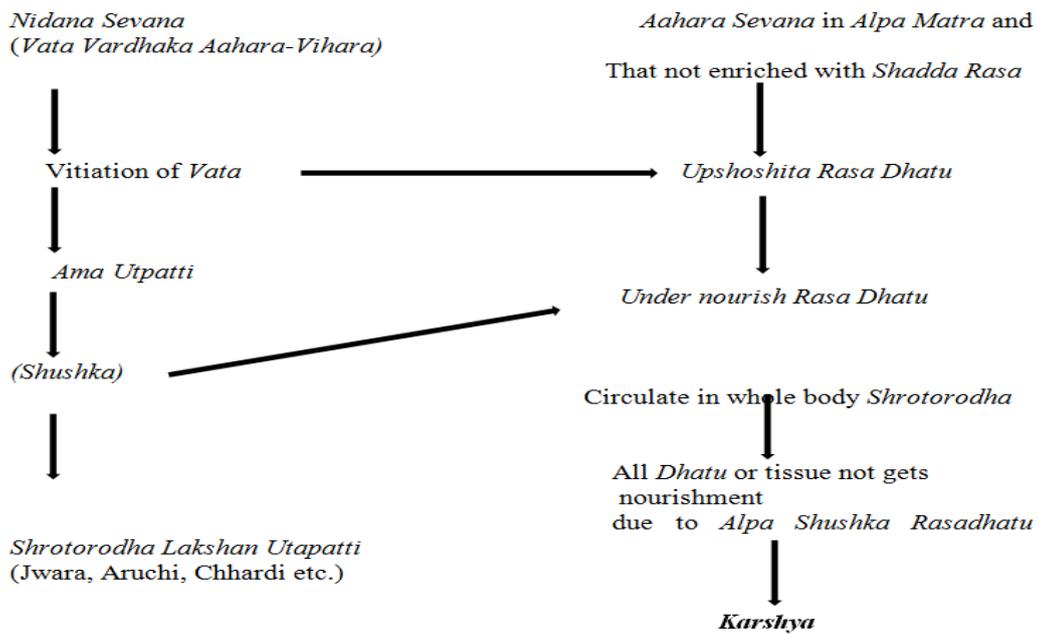
- *Ruksha anna pana sevana* (Indulgence in low nutritional value food and drinks).
- *Langhana* (Fasting, increase gap between two meal)
- *Pramitashana* (less quantitative diet).
- *Kriyatiyoga* (Hyperactive, excessive physical and mental activity).
- *Shoka* (Grief, mental apathy, fear)

- *Vega- Nidra-Trusha-Kshudha nigraha* (Suppression of natural urges, such as -appetite, urine, sleep due to excessive exposure to electronic gazettes in early childhood).
- *Ruksha udvartana, Ruksha snana abhyasa* (Regular practice of non-unctuous anointing and bath).
- *Prakruti* (Constitution of vata pradhan prakriti).
- *Beeja Dosha* (Hereditiy)
- *Jara* (change in metabolism have been observed to result in disturbances in cellular functions)
- *Vikara-anushaya* (recurrent psycho-somatic disorders) and
- *Krodha* (Anger, Temper tantrum) make a person lean.

Lakshana of Karshya^[7] The *Atikrishta* (lean person) has *Shushka-sphic, Udara, Greeva* (reduced circumference of buttocks, abdomen, neck), *Dhamanijala santataha* (Prominent vascular network) *Twakaasthishesho* (Remnant of skin and bone), *Sthoola parva* (prominent joints).

Samprapti^[8] Those who indulge in *Vata Dosha vardhak* diet, excessive physical exercise, strenuous study, fear, anxiety, wakefulness in night, thirst, hunger, taking of astringents, partial starvation etc., circulating Rasa being reduced in quantity fail to nourish the Uttrotor dhatu due to insufficiency; hence extreme *Karshya* (Emaciation) occurs. The indulgence in *Vatavardhak Ahar Vihar* and excessive physical work result in the vitiation of *Vata* dosha by effect of its *Ruksha, Laghu* and *Khar Guna*. Vitiated *Vata* leads to *Agnidusthi (Vishamagni)* results in inappropriate digestion due to sometime *Madnagni* and sometime *Tikshagni*. So Inappropriate *Rasa Dhatu* (aama rasa and alpa rasa) is formed, which result in *Alpashana* and *Anashana*, and the child gets emaciated. After that the undernourished *rasa dhatu* circulate in the whole body, all the *Dhatu*s or tissues does not get nourishment which leads to *Dhatukshaya*. These kinds of person become emaciated or *Krish* and this condition is known as *Karshya*.

Diagrammatic presentation of Karshya Samprapti



Samprapti ghatak

Dosha	Vata Pradhana
Dushya	Rasa Mamsa, Meda
Shrotas	Rasavaha, Mamsavaha, Medavaha
Dusti	Sanga
Agni	Mandagni
Adhistan	Sarva Sharira
Rogmarg	Aabhyantra
Vyadhi Svabhav	Naveen –Mridu; Jeerna-Daaruna

DISCUSSION

Karshya is Vata Pradhan disorder, Rasa Dhatu and Rasavaha Shrotas are Dushya, Jatharagni Mandya occurs in this disease. So, the drug which helps to break the Samprapti by alleviating the Vata Dosha, correcting Agnimandya and Srotosodhana can be used in Karshya. Samvardhan Ghrita mentioned in ‘Acharya Kashyap Sutrasthana Lehaadhyaya’ contains Khadira, Prishnparni, Syandan, Saindhav, Bala, Atibala, Kebuk, Go-Dugdha, Go-Ghrita.

Khadira has Tikta Kashya Rasa, Sheeta Virya, Katu Vipaka, Prishnparni have Madhur Tikta Rasa, Ushna Virya, Madhur Vipaka, Syandana have Kashaya Rasa, Sheeta Virya, Katu Vipaka. Saindhav, Bala, Atibala, Go-Dugdha and Go-Ghrita contain Madhur Rasa, Sheeta Virya, Madhur Vipaka.

Khadira have Krimghna, Medohara, Raktasodhaka, Kaphapittahara, Dantya, Kusthaghna properties. Shalparni have Hepatoprotective, Anti-acaricidal activity, Anti-inflammatory. Syandana works as Rasayana, Pittahara, Kaphasosana, Medohara, Kusthaghna, Visaghna, Vranaropana, Sonitasthapaka. Saindhav Lavan is Tridoshghana, Hridya,

Chakshushaya, Vrshya, Ruchikara, Deepana, Avidhahi, Sarak, Arogyaprada, Agnivardhak. Bala Pacifies Vata & Pitta Dosha as well as Balya, Brihngana and Ojovardhaka. Atibala is Balya, Vatahara, Vrsya, and Grahi. Go-Dugdha works as Rasayana, Vata-Pitta Shamaka, Dhatu Vardhaka, Vrshya, Ojovardhaka, Medhya, Balya. Go- Ghrit is Tridoshshamaka, Balavardhaka, Agnivardhaka. Because of these qualities of Samvardhan Ghrit, can subsides the symptoms of Karshya.

CONCLUSION

Karshya is a common condition encountered in children with incidence estimated as 2% to 7.5% in the first year of life. The most common symptoms in patient which having Karshya are Shushka-Sphic, Udara, Greeva (reduced circumference of buttocks, abdomen, neck), Dhamanijala santataha (Prominent vascular network) Twaka Asthi Shesho (Remnant of skin and bone), Sthoola Parva (prominent joints). And there is no as such treatment of Karshya in modern science. Work on Samvardhana Ghritam, by Ayurvedic scholars was done only for mental disorders of children, not for nutrition. Achaya Kashyapa clearly mentioned it for Vriddhi of child (Growth of the child). Samvardhana Ghritam

ingredients have gastroprotective, hepatoprotective, antioxidant and body-mind strengthening properties. It is a good appetizer and has better taste because of *Saindhav Lavan*. It is a safe and cost-effective herbal formulation for the weight gain in underweight children.

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