



A SYSTEMIC REVIEW ON KARSHYA – A POSHANA JANAYA VYADHI IN INDIA

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ABSTRACT

Ahara (Food), the first pillar, is followed by Nidra and Brahmacharya. A well-balanced diet can aid in preventing a number of common health issues. Food is important as a nutritional source and has therapeutic significance. During the phase after treatment, it is essential for restoring strength lost as a result of the disease's negative consequences. Nutritional problems are poorly explained in Ayurvedic texts. Malnutrition in childhood is considered to be the root cause of 21% of all disability-adjusted life years lost globally in children under the age of five and 35% of all pediatric mortality. Malnutrition-like sickness called karshya. This article emphasizes the Ayurvedic viewpoint on dietary diseases such protein-energy deficit.

KEYWORDS- Karshya, Undernutrition, Protein-energy malnutrition etc.

INTRODUCTION

When nutrients are ingested insufficiently, absorbed poorly, or lost excessively, undernutrition results. Under- and overnutrition are both included in the definition of malnutrition. Sometimes, the words malnutrition and protein-energy malnutrition (PEM) are used synonymously with undernutrition¹. The most impacted children are those who are still developing. Their nutritional status serves as a sensitive indication of the community's health and nutrition².

One of the three sub-pillars of existence is hara³. Indian traditional medicine has a variety of theories for this essential life pillar. The 'Agni' or digestive fire is the mechanism that transforms 'food' into nutrients, and it forms the foundation of the Ayurvedic system⁴. Acharya Charaka defined eight evil persons (Ashtau-ninditiya Purusha) as being overly slim (Atikrushya) and overly fat (Medasvi) individuals.

In the field of pediatrics, there are many disorders for which there are no or few treatments provided by contemporary medical technology. When all the factors that affect growth and development are in excellent

health, physiological processes like growth and development take place. Ayurvedic practitioners refer to failing to thrive or being undersized for age as Karshya when these elements are absent.⁵

METHODOLOGY

The material related to the Karshya article was collected from central library of our college

EPIDEMIOLOGY

Malnutrition in childhood is considered to be the root cause of 21% of all disability-adjusted life years lost globally in children under the age of five and 35% of all pediatric mortality.⁶ In India, 50% of children under the age of three are underweight, 45% are stunted, and 27% are wasted, according to the National Family Health Survey (NFHS), which was performed in 2004–2008. Four million of the over 12 million youngsters who will pass away before they become five years old do so in their first month of life. In India, about one in every two children goes to bed hungry⁷. Girls and boys are equally impacted by undernutrition in the same way. During the first six months of life, 20–35% of children are malnourished, typically as a result of low birth weight. The proportion of undernourished children starts to grow due to the beginning of filthy food intake after 4-6 months of age, increasing the risk of malnutrition.⁸

NIDANA OF KARSHYA-

extreme physical and mental activity), Shoka (grief), Chinta (worries), Bhaya (fear), and Shrama (excessive exposure to evacuative treatment), Atishrama, Ati maithuna, and Atisnana abhyasa are practices that suppress natural desires such as hunger, thirst, and sleep.⁹ (The thin individual does not endure extreme physical activity, overstimulation, hunger, thirst, illness, and drugs, as well as excessive cold, heat, and sexual activity.¹⁰

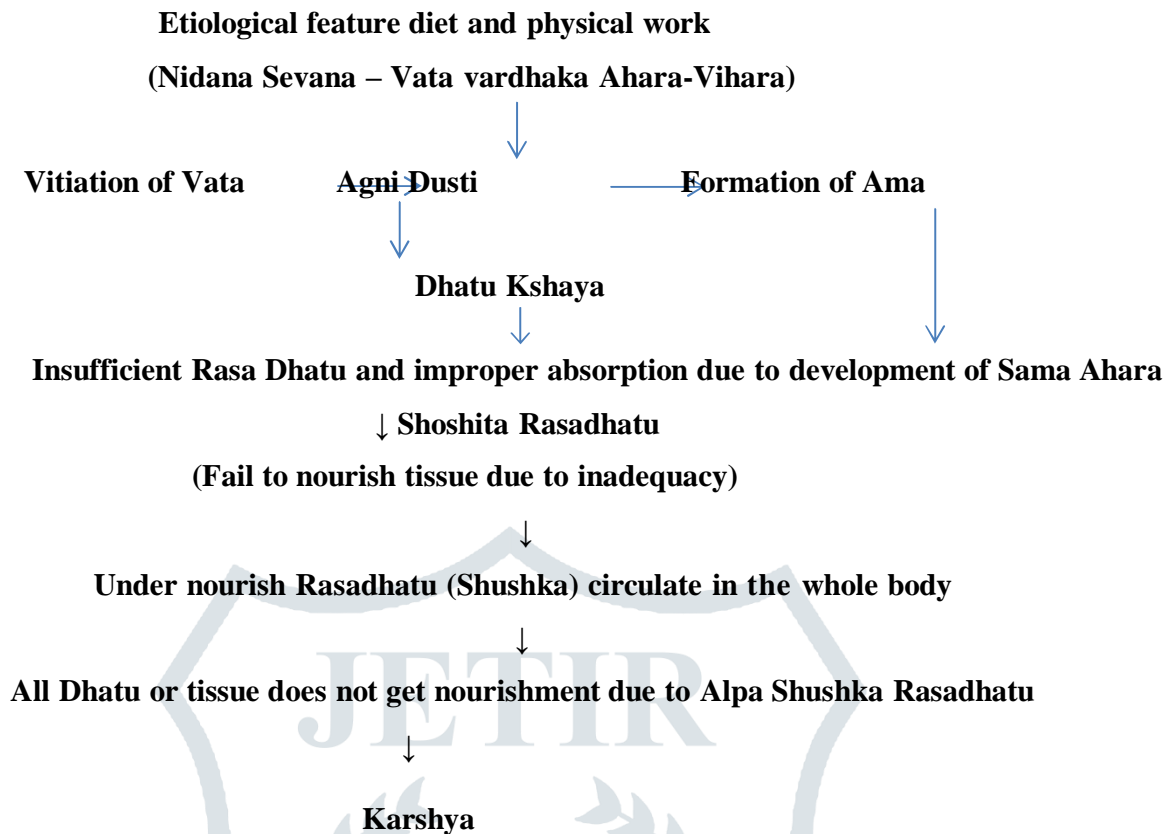
LAKSHANA OF KARSHYA

Shushka-sphic, beneath, greeva (dry buttocks, abdomen, neck), Dhamanijala santataha (prominent vascular network), Twagasthi shesho, Ati krusha (remaining skin and bone), Sthoola Parva (thick joints), and Vyayam Atisauhityam (over lean cannot tolerate physical training, over saturation) are some of the physical characteristics.¹¹

SAMPRAPTI

Extreme Karshya (leanness/emaciation) happens in those who practice Vata-promoting diet, physical activity, excessive sexual intercourse, strenuous study, anxiety, awake at night, thirst, hunger, taking astringents, partial starvation, etc. Circulating Rasa is reduced in quantity as a result of insufficiency and fails to nourish the tissue.¹²

KARSHYA SAMPRAPTI



FACTORS INVOLVE IN KARSHYA

Dosha – Vata, Dushya – Rasa, Srotas – Rasavaha, Srotodushti – Sanga, Adhishtana – Pakvashaya, Vyaktisthana – Whole body are all factors that play a role in the aetiology of Karshya (Samprapti Ghatak). Karshya disease is characterized by children under the age of five who have significantly less physical development than their peers of the same age and gender. Symptoms of Karshya disease include enlarged spleen, cough, wasting, dyspnea, gaseous tumours, piles, abdominal sickness, and Ghrahani (gastrointestinal track) disease.¹³ Failure to thrive is characterized by weight below the third or fifth centile, an inability to acquire weight over time, or a change in growth rate that has crossed two major centiles, such as from the 75th to the 50th, at some point.¹⁴

KARSHYA DESCRIPTION ACCORDING TO SAMHITA

There are two different terms for a disease caused by a dietary deficiency: Balashosha and Kshiraja Phakka.¹⁵ Balashosha is brought on by excessive consumption of foods high in energy, drinking cold water, sleeping excessively throughout the day, and ingesting breast milk that has been tainted by Slesma, which causes Kapha to impede the Rasa (first fluid liquid) channel.^{16,17} Clinical symptoms include Arochaka (limited ability to digest food), Pratishaya (runny nose), Jwara (fever), and Kasa (cough); if these illnesses are not treated quickly, they may proceed to Shosha (emaciation) with unctuous (grassy) and white eyes.^{18, 19} It is believed that breast milk from wet nurses with a Kapha-vitiated constitution causes the Kshiraja Phakka. A small child who drinks milk and becomes emaciated eventually has Phakka (marasmic condition).²⁰

Parigarbhika / Garbhaja Phakka happens when a kid is fed breast milk from a pregnant mother that has Alpa Poshaknsha (nutrient deficit).²¹ When a child's mother becomes pregnant, the condition known as Garbhaja Phakka arises, and the youngster suffers from malnutrition or even passes away as a result of the early cessation of breast milk. This marasmus is brought on by the fetus's embryo/effect²².

A persistent illness results in the starving condition known as Vyadhi Sambhavaja Phakka. The phrase "Vyadhija Phakka" often refers to extreme cases of malnutrition in which the infant has fever, endogenous and external illnesses, and his flesh, strength, and luster diminish. Shuska Sphik and Shuska Bahu (wasting of buttocks and upper limb), Shuska Uru (wasting of thigh), Mahaudara (abdomen becomes protuberant), and Mahoshiara (relative to skull, the face becomes slenderer) are all examples of Shuskas. Kaya Nischeshta Adho (lower body portion is emaciated, weak), produces excessive amounts of pee every day, becomes immobile or crawls on hands and knees, has less activity due to weakness, and is overrun by flies, insects, and worms, resulting in illness. This marasmic is unclean, agitated, dyspneic, smells unpleasant, has huge nails, dry, erect, and stiff body hair, abnormally thick nasal discharge, and feels as though entering the dark.²³

Children are affected by Shuska Revati, a Graha (devil) who represents the gamut of illnesses brought on by Sarvangakshya (infection) (emaciation). Even while eating a variety of meals, the youngster nevertheless develops underweight and has drooping eyes. When a child develops hair loss, aversion to eating, a weak voice, Nanavidhashakrita (variegated color feces), Udara granthi (abdominal nodular enlargement), a depression in the center of the tongue, and a blackened palate²⁴. The infant gradually loses weight at the beginning of the clinical sickness, which may be abdominal TB.

DISCUSSION

The Ayurveda Samhita lists Karshya as a nutritional ailment that might be brought on by malnutrition. 35% of all deaths and 21% of worldwide disability-adjusted life years occur in children under the age of five. According to Acharya Charaka, Ati Karshya persons include Ashtauninditiya (eight bad people) and those who are too obese (Ati Sthula). The signs of an excessively skinny person (thick joints) are shushka-sphic, udara, greeva (dried out buttocks, belly, and neck), dhamanijala santataha (prominent vascular network), twagasthi shesho, ati krusha (remainder of skin and bone), and sthoola parva (remainder of skin and bone). Ayurveda does a poor job of describing karshya, especially in young infants. According to Acharya Kashyap, Vyadhi Sambhavaja Phakka is a state similar to malnutrition.

Balashosha and Kshiraja Phakka are examples of nutritional deficiency illnesses cited by Acharya Vagbhata and Acharya Kashyap, respectively. Similar to Parigarbhika, Garbhaja Phakka is brought on by a child who is fed Alpa Poshaknsha (low in nutrients) breast milk by a pregnant mother. The newborn gets emaciated despite consuming a range of meals because Shuska Revati, one of the Grahas (demons) that afflict the child, denotes an infectious spectrum of illness that causes Sarvanga Kshaya (emaciation). Every illness mentioned in Ayurvedic texts is connected to the others and may be caused by malnutrition, such as protein-energy malnutrition (PEM).²⁵ Dosha, such as Alpashana and Vishamashana, Vihara Dosha, such as Atishrama, and Manasika Bhava, such as Shoka, Bhaya, and Krodha, are the main etiological factors of Karshya.

The term "karshya" is used to describe a variety of illnesses brought on by malnutrition. These days, malnutrition is categorized based on criteria like weight, BMI, and others. Karshya can be a symptom or result of a number of diseases, as well as a Swatantra Vyadhi.²⁶ Karshya's Samprapti appears as follows: The severity of the illness is assessed using all of the Dhatu Utpati Alpa Karshya Utpati Nidana Sevana Vata Prakopa Shoshita, Rasadhatu History, Subjective Parameters, clinical symptoms, anthropometry, and Hematological and Biochemical Investigations. Karshya is a member of the Apararpana family and a Janya Vyadhi. Santarpana-Brumhana is in command of it as a result.

CONCLUSION

The Ayurvedic nutritional illnesses Karshya, Phakka, and Balshosha are connected to the condition known as malnutrition in modern medicine. A thorough understanding of the pathophysiology of the condition is essential for effective treatment, and a comprehensive analysis of these disorders' sheds light on the hazards of nutritional deficiency and reflects many aspects of it.

CONFLICT OF INTEREST – NIL

SOURCE OF SUPPORT -NONE

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