



A CLINICAL STUDY ON VIDARIKANDADI CHURNA IN THE MANAGEMENT OF KARSHYA IN CHILDREN

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ABSTRACT

The dimensions of health are always changing. In the present era, health is considered not merely an issue of doctors, social services and hospitals. It is an issue of social justice. World Health Organization (WHO) broadly defines health as “a state of complete physical, mental and social well-being, not merely an absence of disease or infirmity”. The above concept of health envisages several spiritual, emotional, vocational and political dimensions. Presently exploring medical requirements are most of the time incapable to fulfil these views. Therefore, Ayurveda popularly known as the Indian system of medicine, which is considering the living systems in its physical, mental and spiritual levels, gains high acceptance in the western scientific world. The medical system is giving equal importance to preventive, curative and prophylactic aspects of medicine, there by maintaining the sensitive homeostasis of the body, which is the foundation of happy and wholesome existence of every living being. Kaumarbhritya is the branch of Ayurveda which elaborates all aspects from genetics to dietetics in children. It gives a complete guidance for reproductive child health care, infant feeding, young child practices and adolescent care. The science had a very precise way to make out the health and ill health of the child and the proper growth and development. It also has immunization methods based on its principles

KEYWORDS – Ayurveda, Karshya children, Emaciation, Etc

INTRODUCTION

The introduction of complementary foods is a time of transition when children gradually become used to eating semi solid and solid foods. The nutritional role of mother’s milk in the second year is inversely related to the adequacy of the complementary diet. Improper nutrition during weaning and post weaning period is the root

cause of malnutrition in children. This is a period of dentition and has great dilemma, stress and humiliation to the child and is associated with many disorders like constipation, diarrhoea, colic and this age group has unstable agni etc.

This physical and mental turmoil along with the need for a highly nutritious diet points out the importance of an ideal weaning food. The present study intends to find the efficacy of the formulation Vidarikandadi Churna yoga in Underweight children. It appears that this combination is likely to improve the digestive capacity and thus helps to assimilate and absorb the food which is taken by the child. Malnourished children are less likely to perform well in school and more likely to grow into malnourished adults, at greater risk of disease and early death. One in three of the world's malnourished children live in India. Where, around 46% of all children below the age of three are too small for their age, 47% are underweight and at least 16 per cent are wasted.

WHO Global strategy for infant and young child feeding, advocates exclusive breastfeeding for the first six month with the introduction of local and high nutrient complementary foods after six months while continuing breastfeeding to two years and beyond. After six months of age a child needs high-energy and high nutrient foods that are rich in vitamin A, vitamin C, iron and other important minerals, in addition to breast milk¹¹. Children are physically more active and they continue to grow rapidly during the second half of first year

AIM AND OBJECTIVES:

1. To study the etiopathogenesis of the Karshya
2. To study the effect of Vidarikandadi Churna in Karshya children.

AYURVEDIC REVIEW

Body is derived from Food. The food is indispensable for living creatures. Balashosha or Malnutrition is a major public health problem among the pediatric population in India and other developing countries. It affects particularly the preschool children (can lead to permanent impairment in later life). According to UNICEF Good nutrition is the cornerstone of long life, good health, and proper development. Well-nourished children perform well in school, grow into healthy adults and, in turn, give their children a better start in life. For the same reason, Kashyap Acharya says that there is no medicine like food and food alone can make people healthy without disease.

KASHYAPA SAMHITA

As Karshya is main symptom of balashosha the similar symptom has been mentioned in Kashyap Samhita in the context of asadhya jataharini sandanshi as well as Garbhaja Phakka where the condition leads to ksheenata of child and which may lead to death

MALNUTRITION

According to the World Health Organization (WHO), malnutrition is the gravest single threat to global public health. Malnutrition is a broad term which refers to both undernutrition and overnutrition. Individuals are malnourished, or suffer from undernutrition if their diet does not provide them with adequate calories and protein

for maintenance and growth, or they cannot fully utilize the food they eat due to illness. People are also malnourished, or suffer from overnutrition if they consume too many calories.

DEFINITION

Malnutrition can be defined as the insufficient, excessive or imbalanced consumption of nutrients. Several different nutrition disorders may develop, depending on which nutrients are lacking or consumed in excess

KWASHIORKOR

The term Kwashiorkor was introduced by Cicely Williams into modern medicine. It comes from language of Ga‘tribe of Ghana, meaning —Sickness the older child gets when the next baby is born. While marasmus is seen in an early and abruptly weaned baby in an urban setting, the other pole‘ of PEM, Kwashiorkor is typical in an older child who is breast fed for a rather prolonged period and weaned late in a rural setting. Poverty, insufficient food, land and poor agricultural practice.

CLINICAL FEATURES OF KWASHIORKOR

- There are oedema, anorexia, diarrhoea and apathy
- Failure of growth is an early sign. Oedema is more marked in the lower limbs.
- The characteristic dermatosis consists of areas of both hypo-and hyperpigmentation the first becomes thickened as if varnished lie then peels and appears like "flaky paint" leaving cracks or denuded areas of shallow ulceration in moderate cases the dermatosis resembles crazy paling; when severe, the desquamated part looks as if there has been a burn. The lower limbs, buttocks and perineum are usually most affected but ulcers can occur over pressure points and deep cracks in skin folds

BIOCHEMICAL AND METABOLIC DISORDERS

- High body water content, loss of the fat and loss of protein from the wasted muscles
- Plasma concentrations of essential amino acids especially branched chain amino acids and with protein, the concentration of amino acids in the plasma rise.
- The plasma concentrations of some enzymes such as cholinesterase, alkaline phosphates, amylase, and lipase are lowered.
- The blood urea is usually low and may fall to 6g/100 ml
- The plasma albumin level is low owing to a failure of synthesis in the liver In severe cases, it is Dually below 20 and sometimes below 10 g/l. IgG is often raised if infections are present but immunoglobulin ‘s are usually normal whereas transferrin is lowered, especially in severe cases, and may be a better guide to prognosis than Plasma albumins.
- There is fatty liver and the excess of fat in the liver is triglyceride. Plasma triglyceride and cholesterol are low due to it decreased ability of the liver cells to mobilize lipid the form of lipoproteins

METHODOLOGY

The material collected from different sources like articles, literatus, manuscripts, websites etc.

DISCUSSION

Balashosha is the most wide spreading health and nutritional problem among the pediatric population in India and other developing countries. Protein energy malnutrition is a possible condition which may be correlated with Balashosha. It affects particularly the preschool children which can lead to permanent impairment in later life. PEM is measured in terms of underweight (low weight for age), stunting (low height for age) and wasting (low weight for height). Ayurveda can play major role in providing solution to this problem. Either due to various diseases or due to excessive indulgence in Balashoshakara Nidanas pathological changes occurs in the body, leading to manifestation of Balshosha; in such situations, Deepana, Pachana, Srotoshodhana, Balya and Brumhanatherapy is indicated.

An apparently lean and thin looking person may be known as Krisha. Aahar Dosha is the main predisposing factor for this disorder and Alpashana and Vishamashana (faulty habit of intake of food) are specially results in the development of child. Balashosha can be Swatantra Vyadhi, normal phenomenon or it can also manifest along with other diseases as a prestige symptom of complication. In Ayurveda so much description is found regarding Balashosha especially in children. Detailed information about this is given along with chikitsa in Kashyapsamhita and Astanghridaya. Malnutrition and Weight loss is a possible condition can be correlated with Balashosha. There are many other nutritional deficiency disorder in which weight loss may not occur so all the nutritional deficiency disorder cannot be correlated with Balashosha.

CONCLUSION

Balashosha being a Kapha Pradhana kuposhana janya Vyadhi Pharmacotherapies like Brimhana, Rasayana have been advocated in the classics for the management of Balashosha. The pradhana lakshanas of Balashosha as mentioned in the classics like, Arochaka and Mukha netra shushkatakata were observed in the present study. The drug Vidarikandadi Churna contains Vidarikanda, Yava, Godhuma and Pippali shows better results which might be because of the Deepana, Pachana, Brumhana, Balya, Rasayana and Srotoshodhana action. The present study group showed significant response in weight parameter, indicating the accelerated growth. Height was also improved in individuals of both the groups but rate of growth was significantly higher in the study group. It strongly justified the effect of Vidarikandadi Churna at Dhatu level by providing nourishment to all the Dhatus. The drug has positive effect on formation of all the dhatus as it potentiates and harmonize dhatvagni functions so that, all dhatus including Mamsa and Meda are formed adequately and thus helps in improving the body mass index. The main laboratory parameters studied was Hb gm% and total protein as these are disturbed in malnutrition

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