



A review of Chikitsa Siddhanta (Fundamental Principles of Treatment) of Karshya (Underweight)

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Abstract-

Karshya is the widest spreading health problem in developing countries. Underweight or emaciation is a possible condition which may be correlated with Karshya. The present study was undertaken to know the karshya chikitsa siddhant for the management of Karshya. *Chikitsa Siddhanta* (basic fundamental principles) which are involved in treatment of the diseases are very important in any pathy. Ayurveda is a science known for its principles. It has stood the test of time owing to its treatment principles. It could guide a physician, to choose the various aspects of treatment like various methods, any type of drugs given etc. Panchakarma is one of the effective tools of Ayurveda, that combat diseases and also to promote health of an individual. Thus, it becomes very important to understand the principles and *Dosha* predominance concerned with relations to various Panchakarma procedures for this disease. This article aims at understanding some of the most important principles for the management of Karshya

Keywords: Panchakarma, Chikitsa, Siddhanta, Principles, karshya chikitsa

Introduction

Ayurveda is a medical science known for its fundamental principles. In ayurveda chikitsa is based upon understanding of the basic principles as well as the skill to practically apply such principles while treating. As karshya disease or pathophysiology of karshya is understood in different regards, the treatment approach will correspondingly differ. This calls for a need to understand the different principles in treatment which is called as karshya Chikitsa Siddhanta.

The term *Chikitsa Siddhanta* is made up of two words, *Chikitsa* and *Siddhanta*. *Chikitsa* basically means treatment. *Charak acharya* says that *Chikitsa* is the *Pravr̥tti* that aims at bringing the *Dhatu* from an imbalanced state (which is the root cause for the manifestation of a disease) to their original balanced state. Its success is achieved by the four supporting factors or it may also called as the *Chikitsa Chatushpada* i.e. *Bhishak* (Doctor), *Dravya* (Drug), *Upasthata* and the *Rogi* (Patient).^[1]

The word *Siddhanta* means principles. *Siddhanta* is that which is scientifically established after verifying through multiple examinations and assessments.^[2]

For example, *Tridosha Siddhanta* is the fundamental principle of *Ayurveda* that helps to understand and comprehend health, pathology and treatment in terms of *Vata*, *Pitta* and *Kapha*.

In *Ayurveda*, *Chikitsa Siddhanta* are innumerable when it comes to general practice. Most common among them would be *Dosha Pratyānīka Siddhanta*, *Vyādhi Pratyānīka Siddhanta*, *Srotoduṣṭi Siddhanta*, *Āvaraṇa Chikitsa Siddhanta*, *Pāñcabhautika Siddhanta*, *Sāmānya Viśeṣa Siddhanta*, etc.

The term *Karshya* means lean, feeble, emaciate, little. *Agni* is the converting unit from 'food' into nutrition.³ *Mandagni* is a cause of malnutrition. Improper digestion, malabsorption is the result from *Mandagni*.^[4] According to *Acharya Charaka*, over lean (*Atikrushya*) people, as well as overfat (*Atisthaulya*) people, are classified as eight vile people (*Ashtaninditiya Puruṣa*).^[5] *Karshya* comes under cause, prodrome, sign and symptoms, complication, and bad prognostic sign. *Karshya* will be result from any chronic disease also possible.

Materials and Methods

Various *Siddhanta* were reviewed in the classical literature of *Ayurveda* and were compiled as follows.

Dosha Pratyānīka Chikitsa Siddhanta

Dosha are the first and foremost factors responsible for the manifestation of the *karshya* disease. Based on factors such as which *Dosha* is involved, the state of the *Dosha*, etc., specific lines of treatment are to be employed.

Dosha Avasthā Anusāra Chikitsa Siddhanta

Sāmānya Chikitsa Siddhanta

There were four states of the *Doshas* are as follows

- *Ksheeṇa* (emaciated),
- *Kupita* (agitated),
- *Vridhdha* (aggravated)
- *Sama* (equilibrium).

Based on this the treatment principle differs. Dosha which are *Ksheena* are to be subjected to *Brihana Chikitsa*.^[6]

As per this Siddhanta, *Vridha Dosha* are indicated for treatment like *Shodhana*. From this aggravated *Doshas* are removed from the body. According to Vagbhat acharya, *karshya* is the *vridhhi* of *vata dosha* and it need *basti chikitsa* for the *vata dosha*.^[7]

Kriyakala

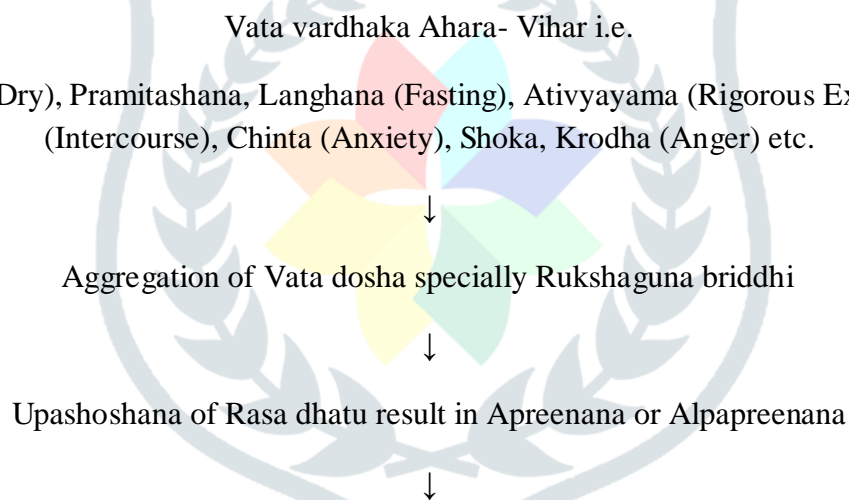
Manifestation of *karshya* disease is understood as a process involving 6 milestones as *Kriyākāla* (stages of disease manifestation and its management), not only help in understanding the stage in the *karshya vyadhi*, but also provide opportunities of intervention,^[8]

Naturally occurring Prakopa of Dosha with Rūtu

The environment is responsible for variations in the *Dosha*. The *Varsha Rūtu* was responsible for *Vaat Prakopa* and it leads *karshya* disease even it effect on *agni bal* that lead to *karshya vyadhi*.⁹

Dhatu Anusāra Chikitsa Siddhanta

Karshya Samprapti¹⁰



Insufficient *Rasa Dhatu* fail to circulate whole body so it is important to focus on *dhatubal chikitsa*

Discussion-

Karshya Chikitsa Siddhanta could be understood as the goal and the journey required in tackling a disease while *Karshya Chikitsa Sutra* often indicates the methods to achieve). However, understanding the *Nidan* and correcting it accordingly remains to be the goal of *Ayurveda*. Keeping this as the primary goal, it is paramount that a physician should choose to adhere to the principles (*Siddhanta*) of treatment behind the methods (*Sutra*). For example, the *Sutra* indicates that *Basti* must be carried out in *Varsha Rūtu* to eliminate *Vata Dosha* but the *Siddhanta* clarifies that it must be done only if there is *Chaya Purvaka Nidana* of *Vata*.

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