

AN AYURVEDIC PERSPECTIVE OF *KARSHYA* & IT'S MANAGEMENT

Dr. Nilofar S. Sheikh^{*1}, Dr. Mrityunjay Sharma² and Dr. Archana Dachewar³

¹M.D. Scholar, ²Asso. Professor and Guide and ³Professor and HOD

Department of Kayachikitsa, Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra, India.

Article Received on
27 Feb. 2021,

Revised on 20 March 2021,
Accepted on 10 April 2021

DOI: 10.20959/wjpr20215-20314

*Corresponding Author

Dr. Nilofar S. Sheikh

M.D. Scholar, Department of
Kayachikitsa, Shri Ayurved
Mahavidyalaya, Nagpur,
Maharashtra, India.

ABSTRACT

:*Karshya* is *Vata Pradhan Apatarpanajanya Vyadhi*. In this disease the body gets emaciated gradually. It comes under the *Rasa-pradoshaja Vyadhi*. It is the most wide spreading health and nutritional disorder in developing countries. *Aahar* is considered as important factor for the disease, *Alpashana* and *Vishamashana* specially results in the development of *Karshya*. *Acharya Charaka* has well explained clinical symptoms of *Karshya* as well he has explained causative factors in detail, viz., *Aharaja* (dietary), *Viharaja* (behavioral), and *Manasika* (Psychological). These all causes do aggravation of *Vayu*, alteration of *Agni*, insufficient production of *Rasadhatu* along with other *Dhatus* which leads to *Karshya*. On the basis of clinical features and

etiopathogenesis *Karshya* can be correlated with Underweight. If the emaciated person is not treated properly then he/she gets suffered from spleen enlargement, cough, wasting, dyspnoea, *Gulma*, piles, abdominal disease, and the disease of gastrointestinal tract. In modern medicine underweight is treated with steroid supplements and protein powder with healthy diet plan. But over usage of steroids and protein powder leads to serious complications. And same diet plan is not beneficial for each and every patient without considering *Agni*. So it better to seek for a safe and effective alternative treatment for the cure. In the Ayurvedic literature *Nidanparivarjana*, perfect diet plan and different types of medicines forms the complete treatment of *karshya*. This article explains the Ayurvedic view of *Karshya* which will help in diagnosis as well as proper management of the disease.

KEYWORDS: *Karshya*, Underweight, Ayurveda, Treatment.

INTRODUCTION

Karshya is a most wide spreading health and nutrition problem in developing countries. *Karshya* is an *Apatarpana janya Vyadhi*.^[1] The meaning *Krusha* according to *Ayurvediya shabdakosh* is *Amedasvi, Durbala, Alpamamsa, and Nirmamsa*. (*Ayurvediya Shabdakosh*). *Aahar* factor is the main factor for this disorder and *Alpashana* and *Vishamashana* specially results in the development of *Karshya*. *Karshya* is included under *Vataj nanatmaja vatavyadhi*.^[2] Both *Charak* and *Sushrut* classify it under *Raspradoshaja vyadhi*. *Acharya Bhavprakash* has explained *Karshya* as a separate disease. The clinical features of underweight in adults include loss of weight, muscle wasting, loss of subcutaneous fat, physical disability, social stress, general weakness like symptoms. *Karshya* can be apparently correlated with underweight. *Krishata* is a pre stage; it is to be treated with proper care and attention, which otherwise leads to *Atikarshya*.^[3] Altered function of *Vayu* and *Agni* leads to insufficient production of *Rasa Dhatu*. *Upososhan* of *Rasa Dhatu* takes place leading to *Dhatukshaya* chronologically. Hence the patient of *Karshya* suffers from indigestion, mal absorption and defective metabolism. In modern medicine underweight is treated with steroid supplements and protein powder with healthy diet plan. But over usage of steroids and protein powder leads to serious complications. And same diet plan is not beneficial for each and every patient without considering *Agni*. So it better to seek for a safe and effective alternative treatment for the cure. In the Ayurvedic literature *Nidanparivarjana*, perfect diet plan and different types of medicines forms the complete treatment of *karshya*. Treatment like *Brimhana, Madhur dravya, Rasayana, Vrishya* has been advocated in the classics for the patients of *Karshya*. The ultimate aim of treating *Karshya* is to achieve a proportionate body.

Nidan of Karshya

Table no: 1: Showing *Nidan of Karshya*^{[4],[5]}

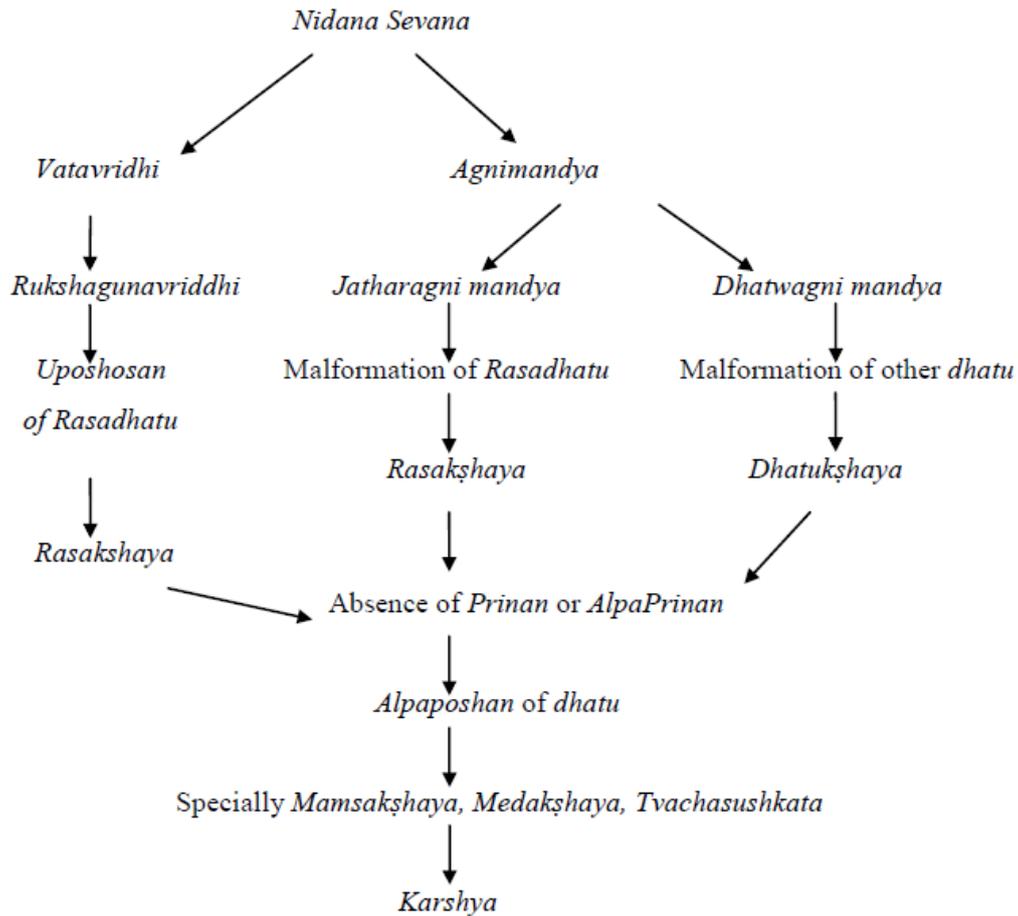
<i>Aharaja Nidan</i>	<i>Viharaja Nidan</i>	<i>Manasik Nidan</i>
<i>Kashaya rasa atisevan</i>	<i>Atisnanabhayas</i>	<i>Bhaya</i>
<i>Langhana</i>	<i>Ativyayama</i>	<i>Chinta</i>
<i>Promitashan</i>	<i>Ativyavaya</i>	<i>Krodha</i>
<i>Rukshaannapan</i>	<i>Dhyana</i>	<i>Shok</i>
<i>Vatalaahara</i>	<i>Nidra Nigraha</i>	
<i>Alpashana</i>	<i>KshudaNigraha</i>	
	<i>Pipasa Nigraha</i>	
	<i>RukshaUdvartan</i>	

Clinical features of *Karshya*^{[6][7][8][9]}

- *Sushka- Sphika, Udar, Griva* (Emaciated buttock, abdomen, neck region)
- *Dhamanijalasantata* (Prominent venous network)
- *Twakasthishesha* (Skin bone appearance)
- *Sthulaparva* (Prominent joint)
- *Vyayam Asahishnuta*
- *Atisauhitya Asahishnuta*
- *Kshuta Nigraha Asahishnuta*
- *Pipasa Nigraha Asahishnuta*
- *Mahoushadha Asahishnuta*
- *Ati shita Asahishnuta*
- *Ati ushna Asahishnuta*
- *Maithuna Asahishnuta*
- *Kriyashu Alpa Prana*
- *Rakta Pittaja Amaya*
- *Sthula Anana*
- The lean person does not tolerate physical exercise, over –saturation, hunger, thirst, disease and drugs and also too much cold, heat and sexual intercourse

Samprapti^[10]

Those who has interest in *Vata* promoting diet, physical exercise, excessive sexual intercourse, strenuous study, anxiety, wakefulness in night, thirst, hunger, taking of astringents, partial starvation etc., circulating *Rasa* being reduced in quantity fail to nourish the tissue due to insufficiency; hence extreme *Karshya* occurs. Detail pathogenesis of disease occurs as given below:



Samprapti Ghatak

Dosa – Vata

Dushya - Rasa dhātu

Agni- Mandagni

Ama- Samata

Udbhavasthan -Amaavstha

Srotas affected -Rasa vaha, Raktavaha, Medavaha, Mamsavaha,

Type of Srotodusti -Sanga

Rogmarga - Abhyantarrogamarga

Vyaktasthan -Sphiga, Udar, Griva, Twak, Asthi

Vyadhiprakar - Chirakari.

Sadhyasadhyatwa - Kricchasadhya

Upadravas of Karshya^[11]

If the emaciated person is not treated properly then he/she gets suffered from spleen enlargement (*Pleeha*), cough (*Kasa*), wasting (*Kshaya*), dyspnea (*Swasa*), *Gulma*, piles, abdominal disease, and the disease of gastro-intestinal tract.

Pleeha - Because of the *Meda Kshaya*.

Shwasa, Kasa - because of lowered immunity, infection.

Kshaya - if *Krishata* is ignored- leads to *Kshaya* of other *Dhatu*.

Gulma, Udara, Arsha Grahani - due to *Agnimandya* produced one after other.

Chikitsa of Karshya^{[12][13][14][15]}

Karshya being a *Vata Pradhan Vyadhi*, mainly occurring due to *Dhatukshaya*. So as general line of treatment i.e. *Vata Upakrama* can be adopted. As specific line of treatment all the *Acharyas* observed importance of *Brimhana* therapy. According to *Acharya Charaka* *Brimhana* therapy should be *Laghu Santarpana* in nature. Because in *Krishna* patient *Agni, Sharirabala* and other related aspects are functioning poorly. The principle of management of *Karshya* should be in following manner:

- 1) *Nidana parivarjana*:
- 2) *Samshodhana*
- 3) *Samshamana*
- 4) *Ahara*
- 5) *Achara*.

Nidana Parivarjana

Here the *Nidanas* like *Nidra Nigraha, Ativyayama, Ruksha Annapana, Vatika Annapana, Alpa Bhojana, Kashaya, Katu, Tikta Rasa Sevana, Ati Vyavaya Chinta Krodh Shok* etc. should be avoided. Because this *Nidana Parivarjana* has two fold benefits. Being a prophylactic measure, further progression of disease will be halted. The other aspect is in future relapse of the same disease can be prevented. *Acharya Susruta* described that proper application of *Samshodhana, Samshamana Aahara* and *Achara* are helpful in preventing, controlling as well as eradicating the disease.

Samshodhana

Karshya is an *Apatarpana janya vyadhi*. Hence most important therapy is *Brimhana* therapy. But *Mridu Samshodhana* can be advised to the *Krishha* patient *Samshodhana* therapy is of two types:

- *Bahira Parimarjana*: *Taila Abhyanga*, *Snigdha Udvartana* is indicated in *Krishha patient*.
- *Antaha parimarjana*: *Vata Dosha* being a prime responsible factor along with *Agni* in the pathogenesis of *Karshya* disease, that's why *Basti Karma* is choice of *Panchkarma* procedures. *Acharya Sushruta* and *Vagabhata* recommended *Brimhana Basti* having *Mridu*, *Snigdha* etc. properties like *Kshirabala Taila Basti*.

Samshamana

Samshamana therapy comes under conservative therapy. Ancient *Acharyas* opine that drug having *Rasayana Vrishya*, *Balya*, *Brimhana*, *Jivaniya* properties should be administered in *Karshya*. Some of the drugs used in treatment are listed below:

- *Ashwagandha*
- *Vidarikand*
- *Shatavari*
- *Bala*

Ahara

Laghu Dravya Santarpan Chikitsa (like old *shali* rice) that means light and nourishing diet should be administered in *Karshya Rogi* to bring about proper nourishment in them. Such diets being light serve as stimulants of digestive power and bring about nourishment due to their nutritive property. Intake of freshly harvested rice, fresh wine, meat soup of domestic, marshy and aquatic animals, well prepared meat, curd, ghee, milk sugarcane, *shali* rice, wheat, sweet preparations will surely improves the condition.

Vihara

This includes various preventive as well as rehabilitative measures effective for both mind and body. Like *Atimatra Swapna*, feeling of joy, Peace of mind, abstinence of anxiety etc.

Diet and routine for *Karshya*^[16]

- *Diva-swapna* (Day sleep)
- *Harsha* (Exhilaration)
- *Sukha shayya* (Comfortable bed)for sleep

- *Manaso nivrutti* (Relaxation of mind)
- *Chinta-vyavaya–vyayama virama* (Keeping away from mental work, sexual intercourse and physical exercise)
- *Priyadarshanama* (To live amongst the people and the environment one likes)
- *Tailabhyanga* (daily oil massage)
- *Snigdha udvartan* (unctuous anointing)
- *Snana* (bath)
- *Gandha-mala-neshevanam* (using perfumery and garlands)
- *Shukla vasa* (wearing white dress)
- *Snigdha & madhura dravya* (Sweet and unctuous food)
- *Navanna, navamadhya* (New cereals, fresh wine)
- *Gramya – aanupa –aaudaka rasa* (Meat soup of domestic, marshy and aquatic animals)
- *Sanskrita mansa* (Well-cooked meat)
- *Dadhi, sharpi, paya, ikshu, shali, masha, godhuma* (Curd, ghee, milk, sugarcane, rice, black gram, wheat)
- *Gudavaikrutama* (Products of jaggery)

DISCUSSION

In *Ayurveda* the disease of *Karshya* is described in a view of nutritional deficiency. *Charak* has described in detail about the disease *Karshya* in *Astoninditiya Adhaya* considered this condition as an undesirable phenomenon, hence line of treatment and principle of management is advised as because of *Karshya* become susceptible to many other systemic diseases. *Sushruta* has also considered *Karshya* as a clinical state of under nutrition. The role of *rasa* in genesis of *Karshya* has been described. This sequence of chronological *Dhatukshaya, Ojakshaya* and *Balakshaya* is emphasized. This clinical condition is to be treated accordingly with classical therapies as mentioned. The concept of immunological deficiency due to *Dhatukshaya* is contributed. In *Astanga Hridaya* *Karshya* is mentioned as an adverse effect of *Langana*. Following *Sushruta*, administration of *Brimhan* therapy is also advised in *Astanga Hridaya*. In treatment schedule *Brimhan* therapy is highlighted. *Sarangadhar* has included *Karshya* in *Nanatmaja Vatavyadhi*. In *Bhav Prakash* *Karshya* has been depicted as a separate chapter. In *Yogaratanakar Karshyaroga* is mentioned in the *Medoroganidan*. *Rukshannapan, Langhana, Promitasan, Kriyati yoga, Shok, Vegadharan, Nidranigraha, Ruksha udvartan, Atisnanabhayasa, Prakritijara, Ati Vyayama, Ati Vyavaya, Dhyana, Adhyana, AtiSevan of Kashaya rasa, Vatalaaharaseban, Kshudanigraha,*

Pipashanigraha, Krodh and Vikaraanusaya are the aetiological factors of *Karshya*. These factors have been categorized into dietary factor, behavioral factor, malpractices, mental factors and iatrogenic factor as described in disease review. All these factors favor aggravation of *Vayu*. Aggravation of *Vayu* causes *Upososhan* of *Rasa dhatu* in both *Pachakagni* and *Dhatavagni* level. The exaggerated *Rukshaguna* of *Vayu*, *Ushnaguna* of *pitta* and loss of *Snigdthaguna* of *Kapha* causes *Soshankarya* of *Rasa dhatu* in *Jatharagni* level. So *Rasa dhatu* is not formed properly. The main function of *Rasa dhatu* is *Tusti* and *Prinan* which means *Rasa dhatu* provides nutrition to onward *Dhatu*s. This function is hampered. Formation of *Ama* in *Dhatavagni* level hampers the ultimate absorption and metabolism of *Rasa dhatu*. Dysfunction of these *Vyanvayu* in *Karshya* causes defective transformation and circulation in metabolic activity phenomenon jointly causes alteration in digestion, absorption and metabolism in *Jatharagni* and *Dhatavagni* level, hence formation and nutrition of *Dhatu*s in chronological order is not maintained. This causes gross malnutrition in a patient of *Karshya*. As a sequel of malnutrition there is loss of fibro muscular component in the extremities. Fat depletion, burning of fat causes loss of peripheral adipose tissue. The patient suffers from immunological deficiency and become susceptible to many diseases like *Pleeha, Kasa, Swasa, Kshaya, Gulma, Arsha, Udar, Grahani, Vataroga, Agnisad, Raktapitta* etc.

CONCLUSION

Karshya being *Apatarpanjanya Vyadhi* in which *Rukshata* occurs all over body due to vitiated *Vata Dosha*. *Sushka-Sphika, Udar, Griva* and many more is a prominent feature manifestation. Ayurveda has well explained clinical symptoms, causative factors, complications and therapeutic guidelines for *karshya*. Knowledge of causative factors will help to reduce or avoid pathogenesis of disease. Different aspects of nutritional deficiency and proper understanding of pathogenesis of condition provide valuable key for the effective management. In the management of *Karshya, Vatashaman, Agnideepan* and *Snehana* are needed. *Nirantar Brimhan*, proper diet and routine along with the *Shodhana* and *Shamana* therapy provides perfect treatment plan for the disease *Karshya*. By which we can give healthy and immunologically strong individuals to the society.

REFERENCES

1. Acharya Charak-Charaksamhita vol 1 edited with” Vaidyamanora “hindi commentary by Acharya, professor Ravi Dutta Tripathi, chaukhamba pratisthan, sutrasthan, 21/34: 320.

2. Pandita Sarngadharacarya- Sarngadhara-Samhita;Commentary; Dr.Brahmanand Tripathi; Chaukhamba Surbharti Prakashan,Varanasi,purvakhana, 7/ 112; 73.
3. Acharya Charak-Charak samhita vol 1 edited with Vaidyamanora hindi commentary by Acharya Vidyadhar Shukla, professor Ravi Dutta Tripathi, chaukhamba pratisthan, sutrasthan, 21: 301.
4. Dr. Bramhanand Tripathi, charak samhita, chaukhambha surbharti Prakashan Varanasi, edition 11, reprint 2004, chapter 21/11-12: 401,402.
5. Kaviraja Ambikadutta Shastri, sushrut samhita, chaukhambha Sanskrit sansthan edition 4th 2003 chapter 15/39, 62, 63.
6. Charaka Samhita, Ayurveda dipika Ayushi Hindi commentary First part by Vd. Harisha Chandra kushawaha, Chaukhambha orientalia publisher Varanasi, First edition 2005, Sutra sthana - 21/ 13-15, 311-14.
7. Sushruta Samhita of Maharshi Sushruta edited with Ayurveda Tatva Sandipika by Kaviraja Ambikadatta Shastri Part – I Chaukhambha Sanskrita Samsthana, Charu printers, and Reprint edition year 2005 Sutra sthana, 15/36: 63.
8. Ashtanga Samgraha of Srimada Vagabhatta edited with Saroj Hindi commentary by Dr. Ravi Dutta Tripathi, Chaukhambha Sanskrita Pratisthana Orientalia publishers Varanasi edition 1996 Sutra sthana Cha 24/442/49-50.
9. Bhavaprakasha Bhisagratna Shri Brahmashankar Mishra with Vidyotini Hindi commentary by Shri hariprashad Pandey, Chaukhambha Sanskrita series Varanasi, Vidya vilasa press, Second edition 1949, Uttarardha Chikitsa prakarana Cha. 40/399-400.
10. Singhal GD &Colleagues, Sushruta, Sushruta Samhita second edition 2007, Chaukhambha Sanskrit Pratisthan Dehli, sutrasthana 15/33: 138-139.
11. Sharma PV, Agnivesha, Charaka Samhita., Reprint edition 2011, part 1, Chaukhamba Orientalia Varanasi, *Sutrasthana* 21/14: 145.
12. Shastri SN. Charaka samhita Sutarsthan-21/20. Reprint. Varanasi: Chaukhambha Bharati Academy, 2009; 414.
13. Shastri SN. Charaka samhita Sutarsthan-21/29-34.Reprint. Varanasi: Chaukhambha Bharati Academy, 2009; 415.
14. Tripathi RD. Ashtangsamgraha Sutrasthana chapter 21/6. Reprint. Varanasi: Chaukhambha Sanskrita Pratisthana Orientalia publishers, 1996; 360.
15. Shastri SN. Charaka samhita Sutarsthan-21/10-12. Reprint. Varanasi: Chaukhambha Bharati Academy, 2009; 411.

16. Shastri SN. Charaka samhita Sutarsthan-21/20. Reprint. Varanasi: Chaukhambha Bharati Academy, 2009; 414.