



### A short review article on *Karshya* with special reference to underweight

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#### Abstract :

*Ayurveda* is ancient science which means knowledge of life. This holistic science has always given special importance to preventive aspect first rather than curative. *Aahar* (food) consider as first pillar among three *Nidra* and *Abramhacharya* being other two. Many common health problems can be prevented through nutritious diet. Malnutrition is a pathological state produced as a result of deficiency or excess supply of any essential nutrients of food. It includes both under nutrition and over nutrition, however in general malnutrition is taken as synonym of under nutrition.

India is one among the many countries where child malnutrition is severe and also a major underlying cause of child mortality. *Karshya* is a disease described in *ayurveda* anciently and disease such as *Parigarbhik*, *Phakka*, *Balashosha* and *Shushka revati*

describe by various author of *ayurveda* can also be correlated to *Karshya*. It is the condition responsible for many other health related problems; thus a great consideration must be required to overcome this global health related crisis. This article highlights the *ayurvedic* consideration of *Karshya*.

**Keywords:** *Karshya*, *Aahara* Under nutrition, Malnutrition

#### Introduction:

Under nutrition is a condition in which there is inadequate consumption, poor absorption or loss of nutrients. Under nutrition is a condition where children fail to maintain natural body capacities such as growth, resisting power to infections as well as recovering from disease, learning and physical activities. It is the most wide spread health and nutritional problem in developing

countries. A silent and largely invisible emergency. It has a role in more than half of the nearly 11 million deaths in each year among children under five.<sup>(1)</sup> WHO identifies malnutrition as “The single most important risk factor for diseases.”

*Karshya* is an *Apatarpanjanya vyadhi*. It is included in the *Ashtauninditiya Adhyay*.<sup>(2)</sup> It is caused due to *Upashoshit Rasadhātu*. It is also called as *Rasadoshaj Vikar*.<sup>(3)</sup> *Karshya* is a feature of *Vatavrudhi*. There is insufficient production of *Rasa Dhātu* along with other leads to decrease in the body strength (*Balhani*) and causes *Vataroga*.

*Karshya* is caused due to *Kshudhā vegdharana*. There are number of reasons given in *Samhita*'s which should be studied in detail for the treatment of *Karshya*. Many people suffer from the *Karshya* and are unable to overcome the *Karshya*, this study will be helpful for the proper and accurate diagnosis and treatment of *Karshya*. As *Atikrusha* person is prone to develop *Pleeha*, *Kasa*, *Kshaya*, *Shwas*, *Gulma*, *Arsha*, *Udar*, *Grahani* etc. diseases which may become life threatening at any time.

#### Aims and Objectives:

- 1) To study the *Karshya*.

- 2) To study the underweight.

#### Materials And Methods:

- The literary review was conducted with help of several Ayurvedic literature and available commentaries of *Samhita*'s.
- Also reviewed various books, articles and online data base.

#### Nirukti:

*Krush* is a form of “*Krush tanukarane*” *Dhātu* which means *Alpa, Sukshma*.<sup>(4)</sup>

According to *Ayurvedic shabdakosha* – *Amedasvi*, *Alpamansa*, *Nirmas* are *paryay* of *Krush*.

*Karshya* is derived from the word *Krishha* which means

- To keep short of food
- To become lean and thin.
- To become emaciated.

#### Definition of *Karshya*:

- 1) A condition or disease in which the body of a person becomes emaciated, having less quantity of *Rasa Dhātu* causing further status of *Mamsahinata* or *Mamsakshay*.
- 2) *Acharya Dalhana* has explained the *Atikarshya* as its literally meaning is

reduction in *Upachaya, Rupa and Bala*.(5)

### **Nidan of Karshya (Etiological factors):**

By considering all *granthas*, we can divide all *hetu's* of *Karshya* into following categories.

(1) *Aahar: Ruksha annapan* (indulgence in rough food and drink)

- *Kashay rasa atisevan* (indulgence in astringent )
- *Langhan/upawas* (fasting)
- *Pramitashana* (Little diet)
- *Vatalaahara*

(2) *Vihar:*

- *Ativyayam* (excess exercise)
- *Atisnanabhyas* (Indulgence in bath)
- *Ativyavay* (excess sex)
- *Nidra Nigraha* (suppression of natural urges)
- *Kshudha Nigraha*
- *Pipasa Nigraha*
- *Ruksha Udavartan*
- *Vamanvirechandi Atiyog*
- *Ratri Jagaran* (Inadequate sleep at night)
- *Aatapsevan*(excessive exposure to sunlight)

(3) *Manas:*

- *Bhaya* (fear)
- *Krodha* (anger)
- *Shoka*
- *Chinta* (worry)
- *Dhyan*
- *Atiabhyas* (Excessive learning)
- *Excessive mental work*

(4) *Vyadhi* : Due to chronic illness or due to any other diseases such as *Grahani* (IBS ) *'Rajyakshma* (T.B), *Krimi* (worm infestation), *Visuchika* (infective diarrhea) Etc.

(5) Hereditary (Anuvanshik) : *Beejdosha*

(6) Other factors : *Ksheeralasak* (Lactose intolerance), *Anath* (Orphans), *Vata Prakruti*, *Vatapitta Prakruti* (Body constitution), *Vardhakya* (old age)`

### **Samprapti (Pathogenesis):**

*Vata dosha* plays an important role in the pathogenesis of *Karshya* along with that vitilated *pitta*.*Pachak pitta* leads to *Agni Dushti* as a result of which the *Dhatus* are not nourished properly leading to *Anuloma kshaya*.

This altered function of *Vata Dosha* and *Agni* leads to insufficient production of *Rasa Dhatu*. Insufficient production of *Rasa Dhatu* leading to *Dhatukshaya* chronologically.

#### Samprapti Ghatak :

- *Dosha – Vata*
- *Dushya – Rasa Dhatu*
- *Agni – Mandagni*
- *Udabhavasthana – Amashaya*
- *Strotas affected – Rasavaha, Raktavaha, Medovaha, Mamsavaha*
- *Type of stotodushti – Sanga*
- *Rogamarg – Abhyantar Rogmarg*
- *Vyaktasthan – Sphiga, Udar, Griva, Twak Asthi*
- *Vyadhiprakar – Chirakari*
- *Sadhyaasadyatva – Kricchasadhya*

#### Rupa (Clinical features of *Karshya*) :

Acharaya Charak, Sushruta and Vagbhata have described almost identical symptoms of *Karshya* as <sup>(6)</sup>

- *Shushkasphikaudargriva* (Emaciated buttocks, abdomen and neck region)
- *Dhamanijalsantatah* ( Prominent venous network)
- *TwakAsthi shesh* (skin bone appearance)

- *Sthula parva* (Prominent joint)
- Patient can't tolerate following things ;
- *KshutaPipasaushadh* (Hunger, thirst, medicines)
- *Atishitaushnamaithuna* (Excessive cold, hot and sexual intercourse)

#### Upadrava of *Karshya* : <sup>(7)</sup>

The *Karshya* patients are prone to develop following diseases like *Pleeha, KasaKshaya, Arsha, Udar* and *Grahani*

#### Diagnosis Criteria :

IAP classification of malnutrition. This classification is based on weight for age

Weight for age (%) Grade

- 100 – 80% Normal nutrition status
- 79 70% Grade 1 Mild malnutrition
- 69 60% Grade 2 Moderate malnutrition
- 59 50% Grade 3 Severe malnutrition
- < 50 % Grade 4, Very severe malnutrition

Weight for age is an indicator of total Malnutrition / Underweight

Weight for Age % = current weight of the child (in Kg) x 100 / Expected weight of the child for that age.

**Chikitsa sutra of Karshya (Principle of management) :**

1. *Laghu Dravya Santarpan Chikitsa* that means light and nourishing diet should be administered in *Karshya rogi*.
2. Use of *Bruhana, Vrushya, Vajikaran* and *Truptigna Aushadha*. *Abhyanga* with medicated sesame oil is useful for gaining weight, since sesame oil is *Vatashamaka* and has *Brumhana* effect.
3. In chronic state of *Karshya* the refreshing therapy should be administered slowly depending upon the physical constitution, digestive power, *Dosha's* vitiated, nature of therapy, dose, season and time of administration. For such patient's *Mansa Rasa, Ksheer* and *Ghrit* of different animals, different types of *Brimhana Basti, Abhyanga* and nourishing drinks are useful.

**PathyaApathya :**

*Pathya ;*

*Aahar* – Intake of milk, *Ghrit, Dadhi*, Freshly harvested rice, *Mansa, Rasa* of domestic marshy aquatic animals, *Shalishashtik yava, Godhum* etc

*Vihar* – Sleep, Joy, Regular oil massage, *Diwaswap, Bramhacharya, Bruhan Basti*, No exercise

*Aushadh –*

*Ashwagandha, Vidarikand, Shatavari, Payasa, Bala, Atibala* etc. *Madhur drugs* should be administered.

*Apathya* : Intake of pungent, bitter and astringent substances, honey, oil cake of mustard and til excessive physical and mental exercise, night awakening, sexual indulgence etc

**Discussion:**

*Karshya* is nutritional disorder described in *Ayurved Samhita* and it is possible related to underweight. In present era today's lifestyle has lead to increase the incidence of many *Vatvikar's* like *Atikrisha*. *Vatalaaharsevan, Kshutpipasanigraha, krodha* and *Atishram* are the aetiological factors of *Karshya*. All these factors favor aggravation of *Vayu* and it causes upashoshan of *rasadhatu*. The exaggerated *Ruksha guna* of *Vayu, Ushna guna* of *Pitta* and loss of *Snigdha guna* of *Kapha* causes *Shoshan karya* of *Rasadhatu* so *Rasadhatu* is not form properly. The main function of *Rasadhatu* is *Tushti and Pranan* which means *Rasadhatu* provides nutrition to

onword Dhatu's. This function is hampered and due to the dysfunction of these *Vyanvayu* in *Karshya* the formation and nutrition of *Dhatu's* in chronological order is not maintained. Patient suffers in chronic *Agnimandya* and *Dhatukshay*. This causes gross malnutrition in a patient of *Karshya*. The patient suffers from immunological deficiency and become susceptible to many diseases like *Pleeha*, *Kasa Shwas*, *Kshaya*, *Gulma*, *Arsha*, *Udar*, *Grahani*, *Vatarog*, *Agnisad*, *Raktapitta*. It's management is done by *SantarpanBrimhana*.

#### Conclusion:

Under nutrition is described in modern medical science but is similar to nutritional disorder in *Ayurveda* like *Karshya*. A systemic study of these condition provide insight in to hazards of nutritional deficiency and represents different aspects of nutritional deficiency

and proper understanding of pathogenesis of condition provide valuable key for the effective management.

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