AYURVEDA PERSPECTIVE OF KARSHYA IN CHILDREN & ITS MANAGEMENT

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ABSTRACT
Karshya is described as Apatarpama janya Vyadhi. Karshya means leanness mainly belongs from category of malnutrition it is Vata Pradhan Vyadhi. Aahar is considered as important factor for the disease condition along with Alpashana and Vishamaana. Ayurveda emphasized that Karshya can be cure if managed in early stage, if not cure initially then this may leads Atikarshy. The traditional science of Indian medicine system suggested various therapeutic approaches for the management of Karshya like; Brimhana, Rasayana and Vrishya. It is believe that predominance of guru, snigdha, sheet and manda guna, madhura rasa and madhur vipaka offers brimhana effect which resulted relief in Karshya. Karshya is widely affecting childhood population throughout the world and may be fatal if not considered at initial stage. The disease condition associated with the less quantity of rasa dhata and namsahinata. This article emphasized Ayurvedic perspective of Karshya & its management.

KEYWORDS: Karshya, Ayurveda, Underweight, Malnutrition.

INTRODUCTION
Ayurveda is traditional science of medicine emphasized on preventive approaches more than curative. Ayurveda mentioned three important pillar of healthy well being Aahara is one of them along with Nidra and Abrahmacarya. Aahara play significant role towards the health conditions; therefore Ayurveda suggest nutritional diet to maintain healthy physiology. Karshya is described as under nutrition disorders as per modern medical science. Some other diseases which may be considered as nutritional disorder are Phakka, Parigarbhika, Shuska Revati and Balashosha.

There are various causative factors of Karshya such as; Langhana, Rakshanna pana sevana, Kriyatiyoga, Pramitashana, Bhaya, Shrama, Atishrama, Atisna abhyasa, Raksha udvartan, Sdana abhyasa, Prakruti and intake of Vata predominance diet etc. The Karshya possess different symptomatic manifestation like; Shushka-splic, udar, greeva, Ati krusha, Sihoola parva, Vyayam Atisaubhiyam, etc. The chronic complications of Karshya involve spleen enlargement, cough, dyspnea, piles, disease of skin pigmentation, deficiency of energy associated with protein malnutrition. Ayurveda suggested that maintenance of Bala is very essential for the management of Karshya. Bala help to build stability and compactness of the body. Bala offers Brumhana effects and enhances bulk of the body. Somatmaka properties like Snigdha, Shukla of Drava also play significant role towards the management of Karshya.1-4

Figure: 1 Nutritional Disorder

Vidarikandadi Vati for Karshya
Ayurveda mentioned different formulation for the management of Karshya including; Vidarikandadi Vati & Kshirabala Taila Basti, research investigation proved efficacy of Vidarikandadi Vati & Kshirabala Taila Basti for the treatment of Karshya. Vidarikandadi vati possess Madhura Rasa and Madhura-Vipaka which resulted
Vata Shamaka effect along with Srotoshodhaka property which opens channels and improves circulation of Dhatu resulted Uttarottar Dhatu Poshana. Vatanulomaka property of Vidarikandadi vati improve Agni thus leads Samyaka Aharpaka. Guru, Shita, Snigdha and Mrida Gunas of Vidarikandadi vati offers Brimhana effect in body, it also improves health and immunity and maintains balances of Dosha, Dhatu and Malas.

Kshirabala Taila Basti for Karshya
Basti improve functioning of Agni Udana and Vyana through Apana and Samama Vayu control. It also pacifies Vata, balanced Kapha and Pitta. Kshirabala Taila Basti leads Vigahatana of Samprapti Ghataka of Karshya. Kshirabala Taila not only possesses Agnidipti but also offers Srotoshodhaka property, clear Srotas. Kshirabala Taila offers Brimhana property hence leads Dhatu Abhivardhana.[5]

Ashwagandha for Karshya
Literature described role of Ashwagandha in Karshya due to its Brumhana effect in children. It retains Samsak Brumhana, Bala and vitality. It potentiates strength and Agni. Ashwagandha stimulate protein synthesis and strength of organs specially lungs. It helps to improve bulk of body mass. It contributes significantly towards the phospholipids and fatty acids compositions. It facilitates skin thickness and control Dhamani Jala Darshana. It also improves the parameter of physical compatibility like; muscle strength, endurance, activeness & reduces the weakness of muscles. Overall it offers significant Brumhana effect and relief symptoms of Krisha (Shushka and Sphik-Udar-Greeva).

Suggested diet and routine for Karshya
- Day sleep Diva-Swapna to recover weakness.
- Exhilaration (Harsha) must be adopted.
- Sukha Shayya for sleep.
- Calming mind (Manaso Nivrutti).
- Excessive physical exercise must be avoided.
- Tailabhyanga for body tonicity.
- Sweet, nutritional and unctuous food must be consumed.
- New cereals, meat soup should be consumed.
- Curd, milk, ghee, sugarcane, black gram, rice, wheat must be incorporated in diet.
- Rasayana may be used with precaution.
- Sida cordifolia & Shitavari help to digest the food, to gain weight and restore normal physiological functioning of body.

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