

Ayurvedic Management of Karshya (Under Nutrition) – A Case Report

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ABSTRACT

Karshya (under nutrition) is one of the burning problems in spite of many global wise remedial measures, which have been adopted to provide nutrition. A majority of the populations in the developing countries suffer from malnutrition and under nutrition. It forms one of the leading causes of mortality and morbidity in children as well as in adult populations. *Karshya* is a clinical condition that can be correlated with underweight in which body gets emaciated gradually.

Among the eight socially undesirable physical state mentioned by *Charak*, *Karshya* has been categorized under nutritional deficiency.

Keywords: *Karshya*, *Underweight*, *Ashwagandhadhi Avaleha*

1. INTRODUCTION

It is one of the main causes of mortality and morbidity in both children and adults. *Karshya* as per classics lakshana like *Shushkaspika*, *Udara*, *Greeva*, *Dhamanijalasantata*, *Twaga Sthishesha*, *Kshuda*, *Pipasa*, *Ashishusnuta* and it is similar to the clinical features of under-weight¹. Ayurveda with its holistic approach can help in this condition with its unique way of lifestyle management and the drug therapy. Ayurveda has a role to play in the management of the *Karshya*. *Ashwagandhadhi Avaleha* act as an effective nutritional remedy to overcome the problems faced by adult's suffering from *Karshya*. So, the Ayurveda treatment was planned in treating the *Karshya*. After one month treatment, the patient gained 2.3 kg weight and patient showed marked improvement in gaining weight. Other anthropometric measurements also improved with the treatment. Assessment was conducted in for a period of one month.

2. CASE REPORT

Chief complaint

A 39-year female patient reported to Kayachikitsa OPD BVVS Ayurveda Medical College and Hospital, Bagalkot on 23/9/2022 with OPD NO -2243761 complaints of willing to gain weight.

Associated complaints

Associated with loss of appetite, general weakness.

History of present illness:

Patient was apparently normal 1 year back; gradually she notices loss of weight. Later she developed a loss of appetite and general weakness in body. For that she consulted to local allopathic doctor and took allopathic treatment, but she did not get any relief. So, she approached to our hospital for further line of management.

History of past illness

History revealed that patient is non hypertensive, non-diabetic, no surgical history and no other systemic disorders.

Treatment history:

Nothing significant

Family history:

No family history related to above complaints

Table: 01

Personal History	
Dinacharya	
Time of getting up in the morning	At 6 AM
Face washing including tooth brushing (Mukhaprakshalana)	Once daily
Attaining toilet i.e., Bowel Evacuation habit (Vegotsarga)	2-3 times/day
Doing physical exercises (Vyayama)	Not performing
Taking bath (Snana)	Use to take bath daily
Taking breakfast (Pratahakaleena Bhojana)	Such avalakki/upma Roti, curd rice, sambhar
Afternoon regimen (Madhyancharya)	
Lunch (Madhyahna bhojana)	Roti & curry/rice with sambhar
Night regimen (Ratri charya)	
Since many days patient is having disturbed sleep.	
Rules & regulations while intake of food (Bhojana vidhi)	Not followed
Nutritional status	Poorly built and poorly nourished.
Family history	All family members are said to be healthy.

On Physical examination of the patient, the following characteristic features were noted.

Table: 02

General Examination	
B.P	110/80 mm of Hg
Pulse	78 pulse/min
Temperature	Afebrile
R.R	16/min, clear.
Height	137 cm
BMI	11.8 Kg/m ²
Weight	22.2 kg

Table: 03

Assessment of Nutritional Status	
Anthropometric assessment	

Greeva circumference	26cm
Udara circumference	52cm
Sphik circumference	67cm

Table: 04

Dashavidha Pariksha		
Prakruti Pariksha	Vata-kaphaja prakruti	
Dosha Pariksha	Vatavruddhi, Pittakshaya & Kaphakshaya	
Doosha Pariksha	Rasakshaya leading outtarottara dhatu kshaya especially mamsa & meda	
Satmya Pariksha	Avara	
Satwa Pariksha	Madhyama	
Saara Pariksha	RasaSara	
Pramana Pariksha	Height-137cm; wt.-22.2.8kg; BMI-11.8 18.08kg/m ²	
Samhanana Pariksha	Avara (Poorly built)	
Vyayama Shakti Pariksha	Avara	
Aahara Pariksha	Abhyavarana shakti	Madhyama
	Jarana shakti	Madhyama
Vaya Pariksha	Madhyamai.e.28yrs	

Table: 05

Ashta Sthana Pariksha	
Nadi Pariksha	78pulse/min, Prakruta
Mala Pariksha	1-2times/day, Malabhaddhata
Mutra Pariksha	4-5times/day
Shabda Pariksha	Prakruta
Sparsha Pariksha	Prakruta
Jivha Pariksha	Liptata
Drik Pariksha	Prakruta
Akruti Pariksha	Poor built and poorly nourished.

Table: 06

Samprapti ghataka	
Dosha	Vata, kapha
Doosha	Rasa, Mamsa, Meda

Agni	Jataragni(manda &vishama)
Ama	Jataragni mandya janya ama
Srotodusti Prakara	Sanga
Udbhava Sthana	Amashaya
Vyakta Sthana	Sarvasharira
Sanchara Sthana	Sarvasharira, rasayanis
Vyakta Sthana	Sarvasharira
Vyadhi swabhava	Chirakari

Diagnosis:

Karshya (under the patient was diagnosed as Underweight) Plan/Management of the disease (Chikitsayojana):

Adopting Chikitsa sutra explained by ayurveda in this disease context:

1. *Brumhana chikitsa* (nourishing therapy).
2. Advising diet(pathya ahara-vihara)in respect to his disease:

Treatment planned:

Ashwagandhadi Avaleha 2 teaspoon with *Sukoshana Dugdha*; 3times a day i.e.early morning,Afternoon & evening time

Type of food/ diet planning (Ahara pravicharana):

1. *Laghuahara/Snigdhaahara/Dwikaalika ahara/Dravottara ahara* is advised.
2. Advise to Follow *Ahara Vidhi Vidhana* correctly

Table: 07

Food/diet to be consumed (Ahararoopi Pathya)	
In Shuka Dhaanyavarga(cereals)	Dhanya, Yava, Godhuma
In Shimbi Dhanyavarga(pulses)	Mudga, Soya
Mamsavarga (in non-veg)	Jangala-anoopa-oudaka praanija mamsa rasa(kruta)
Go-RasaVarga(inanimalproduct)	Go-dugdha & ghrita
JalaVarga (Inwater)	Sukhoshana jala/kwathita jala
ShakaVarga (invegetable)	Paalakya, Methika
TailaVarga (in oil)	Tila taila
PhalaVarga(in fruits)	Draaksha, Dadima, Kushmanda
Vyanjana varga(various dishes)	Jeeraka, ajamoda.....

Table: 08

Vihara roopi pathya	
Vyayama	Walking,jogging/loosening exercises
Abhyanga	With Mahamasha taila/Tila taila etc

Table: 09

Apathy aahara
Rookshyaahara Rookshapaana Pramitasana Upavasa

Table: 10

BEFORE TREATMENT	AFTER TREATMENT
Before one month (23-09-2022)	After one month(23-10-2022)
Anthropometric assessment:	Anthropometric assessment:
Greeva circumference26 cm	Greeva circumference27 cm
Udara circumference52cm	Udara circumference54cm
Sphik circumference67cm	Sphik circumference68cm
Weight 22.8kg	Weight-25.1
BMI 11.8	BMI 13.3

Table: 11

Diet menu in Karshya these diets are subject to change daily,options are provided to Patient	
Breakfast	Godanna/Rasodana/Kheeroddhrita Shaali, Go-dugdha/Mahisha dugdha Kadaliphala
Lunch	Godhooma rotika with Paalak yavyanjana Annawith Mudga/ MasoorayooshaTakra
Evening	Tea/milk
Dinner	Godhuma,rotika with kushmanda, methika, Anna with mudgadi yoosha,Go-dugdha(befor eretiring to bed)
Nidra	Gives mental & physical rest,Diva swapna prohibited
Yoga intervention	Shithilkarana,vyayama,Soorya namaskara,Asana

3. DISCUSSION

Karshya is one among the *Kuposhana Janya Vyadhi*, which comes under *Apatarpana Vyadhi*. *Atikrusha* included under *Astanindhita Purusha*. Because of indulgence of *Vata prakopakara Aahar- Vihara, Chinta, Shoka, Vegadharana, Trushna, Kshudha* and *Alpahar* there will be less formation or dryness of *Rasadhatu*. The same *Rasadhatu* circulates all over the body, which fails to nourishes the other *Dhatus* because of its inadequate quantity and that leads to *Karshya*².

In *Ayurvedic* classics, *Karshya* has not been mentioned as a separate disease. However, one can assess the *Karshya Lakshanas* by lowering into the features of *Atikrusha* it such as *Shuska Sphik, Greeva, Udara, Dhamanijala Santata, Twaka Shosha* and

*Asthti Shosha*³.

The general treatment for *Karshya* is *Dhatu Samavastha* i.e. by *Laghu Santarpana Chikitsa* it will help in the nourishment of *Rasadi Dhatus*. Some *Upakramas* have been explained such as *Brumhana*, *Snehana*, *Basti*, *Rasayana* and *Aharaja-Viharaja-Manasa-Aushadha Chikitsa*⁴.

- Due to inadequate intake of nutritious food and lack of awareness regarding its importance.

Karshya (Under-nutrition) may be seen in an adult population due to deficiency of essential nutrients such as proteins, carbohydrates, vitamins, minerals & other micro-nutrients. Hence in this present case study treatment is planned to improve the nutritional status of the patients with *Ashwagandhadi Avaleha*.

Ashwagandhadi Avaleha in *Karshya Roga* are mentioned in *Sahasrayoga*, *Lehya yoga Prakaranam*⁵. *Ashwagandhadi Avaleha* having drugs like *Ashwagandha*, *Masha*, *Pippali*, *Guda* possessing properties like *Madhura Rasa*, *Madhura Vipaka*, *Kapha vardhaka*, *Balya*, and *Brumhana*. By these Properties it nourishes the *saptadhatu* and helpful in treatment of *Karshya*.

In present case study *Ashwagandhadi Avaleha* shows significant improvement in anthropometric measurements like BMI, neck circumference, abdominal circumference, waist-hip ratio, mid-arm circumference & mid-thigh circumference. It also improves the other symptoms of *Karshya* like *Nidra*, *Utsahahani*, *Ayasa*, *Shrama*, *Alasyata*, *Dhamanijaala Darshana*, *Abhyavaran Shakti*, *Jarana Shakti* & *Vyayama Shakti*.

4. CONCLUSION

Hence, in this case study it can be concluded that *Ashwagandhadi Avaleha* acts both on *Agni* & *Poshaka Rasa*. Being rich in protein when given through the *Go-Ksheeraasan Anupana*, it is having the ability to nourish all the tissues of the body by increasing the *Adya Dhatu* i.e., *Rasa Dhatu*.

Karshya is a chronic disease, which needs long term treatment to get good response. Apart from concentrating therapeutic aspects of this disease, it is advised to improve the socio- economic status & also awareness of nutrition education.

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