



Ayurvedic Management of Karshya -A case Report

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ABSTRACT

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. Despite numerous global sensible corrective attempts to provide nutrition, Underweight (Karshya) remains one of the most pressing issues. The bulk of the population in underdeveloped nations is undernourished. It is one of the main causes of death and morbidity in both children and adults. Karshya as per classics has Shushkaspika, Udara, Greeva, Dhamanijalasantata, Twagasthishesha, Kshuda, Pipasa, Sheeta, Ushna, Vayu, Varsha, Asahishnuta and it is similar to the clinical features of under-weight 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. Dashmooladilehya 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 Kaarshya. 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.

KEYWORDS: Underweight, Karshya, Ayurveda, Dashmooladiavaleha

This 39 year old female of housewife Came with complaints of willing to gain weight. Associated complaints include loss of appetite, general weakness since for 1 year. Patient was apparently healthy 1 yrs back. Gradually she developed loss of appetite & general weakness in the body. For that he consulted local doctor and took

allopathic treatment but could not get any relief. So for further management, patient came to Ayurveda hospital.

She was non- HTN & non-DM. Her daily routine personal activities (Dinacharya) are listed below

Personal History	
Dinacharya	
Time of getting up in the morning	At 6 AM
Face wash including tooth brushing(Mukhaprakshalana)	Once daily
Attaining toilet i.e.,Bowel Evacuation habit(Vegothsarga)	Use to evacuatedaily
Doing physical exercises(Vyayama)	Not performing
Takingbath(Snana)	Use to take bath daily
Taking breakfast (Pratahakaleena Bhojana)	Such asavalakki/katakaroti –curd...,upma
Afternoon regimen (Madhyanhacharya)	
Lunch(Madhyahnabhojana)	Roti & curry/rice with saambhar
Night regimen (Ratricharya)	
Since many days patient is having disturbed sleep.	
Rules & regulations while intake of food (Bhojanavidhi)	Not followed
Nutritional status	Poorlybuilt 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.

General Examination	
B.P	110/80mmofHg
Pulse	78pulse/min
Temperature	A febrile
R.R.rate	16 /min,clear.
Height	137 cm
BMI	11.8Kg/m ²
Weight	22.2 kg

Assessment of Nutritional Status	
Anthropometric assessment	
Greeva circumference	26cm
Udara circumference	52cm
Sphik circumference	67 cm

Dashavidha Pariksha		
Prakruti Pariksha	Vata-kaphaVikruti	
Dosha Pariksha	Vatavruddhi, Pitta kshaya&Kaphakshaya	
DooshyaPariksha	Rasakhsaya leading to uttarottaradhatukshaya especially mamsa&meda	
SaatmyaPariksha	Avara	
SatwaPariksha	Madhya	
SaaraPariksha	Rasa Sara	
PramanaPariksha	Height-137cm;wt-22.2.8kg;BMI-11.8 18.08kg/m ²	
SamhananaPariksha	Avara (Poorlybuilt)	
Vyayama Shakti Pariksha	Avara	
AaharaPariksha	Abhyavaranashakti	Madhyama
	Jaranashakti	Madhyama
Vaya Pariksha	Madhyama.e.28yrs	

AshtaSthaanaPariksha	
NaadiPariksha	78 pulse/min, Prakruta
Mala Pariksha	1-2 times/day, malabadhatta
Mutra Pariksha	4-5 times/day
ShabdaPariksha	Prakrutha
SparshaPariksha	Prakrutha
JivhaPariksha	Ama (liptatta)
DrukPariksha	Prakrutha
AkrutiPariksha	Poor built and poorly nourished.

Sampraptighataka	
Dosha	Vata-kaphaja
Dooshya	Rasa, Mamsa, Meda
Agni	Jatharagni(manda&vishama)
Ama	JataragnimandhyaJanyaAma
SrotodushtiPrakara	Sanga
UdbhvaSthaana	Amashaya
VyaktaSthaana	Sarvashareera
SancharaSthaana	Sarvashareera, rasayanees
VyaktaSthaana	Sarvashareera
Vyadhibheda	Chirakari

Diagnosis:

Kaarshya (under the patient was diagnosed as Underweight)

Plan / Management of the disease (Chikitsa yojana):

Adopting chikitsasootra explained by ayurveda in this disease context:

1. Brihmanachikitsa (nourishing therapy).
2. Advising diet (pathyaahara-vihara) in respect to this disease:

Treatment planned: curative treatment (shamanaoushadhichikitsa)

Dashmooladilehya 2 teaspoon with Sukhoushajala; 3 times a day i.e., early morning, Afternoon & evening time

Type of food / diet planning (Aharapravicharana):

1. Laghuahara / Snigdhaahara / Dwikaalikaahara / dravottaraahara is advised.
2. Advise to Follow Ahara Vidhi Vidhana correctly

Food/diet to be consumed (AhararoopiPathya)	
In ShookaDhaanyavarga (cereals)	Dhanya, Yava, Godhuma
In Shimbidhanyavarga (pulses)	Mudga, Soya
Mamsavarga (innon-veg)	Jangala-anoopa-oudakapraanijamamsarasa(kruta)
Go-rasavarga (in animal product)	Go-dugdha & ghrita
Jalavarga (In water)	Sukhoshnajala/kwathitajala
Shaakavarga (in vegetable)	Paalakya, Methika
Tailavarga (in oil)	Tilataila
Phalavarga (in fruits)	Draaksha, Dadima, Kushmanda
Vyanjanavarga (various dishes)	Jeeraka, ajamoda.....

Vihararoopipathya	
Vyayama	Walking, jogging/loosening exercises
Abhyanga	With Mahamashataila/Tilataila etc

Apathyaahara	
Rookshyaahara Rookshapaana Pramitashana Upavasa	

	Follow up
Before one month (23-09-2022)	After one month(23-10-2022)
Anthropometric assessment:	Anthropometric assessment:
Greeva circumference 26 cm	Greeva circumference 27 cm
Udara circumference 52 cm	Udara circumference 54 cm
Sphik circumference 67 cm	Spjkcircumference 68 cm
Weight 22.8 kg	Weight – 25.1
BMI 11.8	BMI 13.3

Diet menu in Kaarshya These diets are subject to change daily, options are provided to patient	
Breakfast	Godanna/Rasodana/KheeroddhritaShaali Go-dugdha/Mahishadugdha Kadaliphala
Lunch	Godhoomarotika(2)with PaalakyavyanjanaAnnna with Mudga / MasoorayooshaTakra
Evening	Tea/milk
Dinner	Go-dhoomarotika(2)with kushmandavyanjana/methikavyanjanaAnnna with MdgakritayooshaGo-dugdha(before retiring to bed)
Nidra	Gives mental & physical restDiwaswapna prohibited
Yogaintervention	ShithilkaranavyayamaSoorya namaskaraAsana

Discussion:

Karshya is nutritional disorder described in Ayurveda samhita and it is possible related to underweight. Karshya is apatarpanajanyavikara (rasapradoshajavikara) seen in majority of adult population in developing countries. This results due to inadequate intake of nutritious food and lack of awareness regarding its importance. Poverty & lack of personal hygiene are the other causative factors which contribute in the manifestation of the kaarshya. Underweight may be seen in an adult population due to deficiency of essential nutrients such as proteins, carbohydrates, vitamins, minerals & other micro-nutrients. Kaarshya patients are prone for infections hence treatment should be aimed to full their nutritional requirements.

The Dashmooladi Avaleha having drugs like Gokshura, Prishnaparni, Shalaparni, Twak, Shyonak, Agnimantha possessing properties like Madhura Vipaka, UshnaVirya, Kapha-Vatahara and Shunti, Maricha, Pippali having Katu Rasa, UshnaVeerya and Agnidipana will help for the proper digestion of food. It enhances the absorption and increase Bio-availability of nutrients from the food, by this; it helps in proper formation of Rasa Dhatu which will help for Uttarottar Dhatu Poshana.

Dashmooladilehya provide significant relief in nidra, utsahahani, ayaseshrama, alasyata, abhyavarana shakti, jarana shakti & vyayama shakti. It also significantly increased anthropometric measurements like BMI, Greeva circumference, udara circumference, Sphik circumference.

Conclusion:

Hence in this case, it may be concluded that Dashmooladilehya acts both on agni & poshaka rasa. Being rich in protein when given through the Sukhoushajala as an anupana, it is having the ability to nourish all the tissues of the body by increasing the adya dhatu ie, rasadhatu.

Kaarshya 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 try to consume nutritional food among the society & also awareness of nutrition education.

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