



Nidanpanchak of Karshya and it's Ayurvedic Management - A Review.

Pooja Ashokrao Sarnaik*¹, Vipul P. Kanani²

1. PG Scholar,
2. Professor and HOD, Email: vipulkanani@rediffmail.com
Rognidan Avum Vikruti Vigyan Department, RTAM Akola.

*Corresponding author: Pooja.desh143@gmail.com

Abstract:

Ayurveda is an ancient science, which means 'knowledge of life.' This holistic science has always given special importance to the preventive aspect first, rather than the curative. *Karshya* (emaciation) is the most widespread health and nutritional problem in developing countries. Underweight or emaciation is a possible condition that may be more related to *karshya*.

Aahar (food) is considered the first pillar among the three, with *nidra* (sleep) and *brahmacharya* (celibacy) being the other two. Many common health problems can be prevented through a nutritious diet. *Alpashana* (poor intake of diet) and *Vishamashana* (irregular diet), especially, result in the development of *karshya*."

If the emaciated person is not treated properly, they will suffer from many disorders. In Ayurvedic literature,

Nidanparivarjan (avoidance of cause), a perfect diet plan, dietary habits, and various types of medicines form the complete treatment for *karshya*. This article explains the Ayurvedic view of *karshya*, which will aid in the diagnosis as well as the proper management of the disease.

Keywords- *Karshya*, *Aahar*, underweight, *Nidanparivarjan*.

Introduction:

Karshya is described in the *Brihatrayi*, and *Charak Samhita* mentions it in the *Ashtaundatiya Purush* ⁽¹⁾. It is the main nutritional problem in developing countries, attributed to various degenerative causes associated with fast-paced lifestyles, various psychological burdens that affect metabolism, stress-related disorders that affect the GI tract and absorption, dietary deficiencies, especially related to *Aahar*

(food), and habits that influence various metabolic activities within the body. All of these factors ultimately result in nutritional deficiencies and emaciation.

Karshya is a feature of *Vatavridhhi* (aggravation of *vata* dosha), characterized by insufficient production of *rasdhatu*, along with other factors that lead to a decrease in body strength (*Balhani*)⁽²⁾. Hence, patients with *karshya* suffer from indigestion, malabsorption, and defective metabolism. In modern medicine, underweight individuals are treated with steroid supplements and protein powder, along with a proper diet plan. In Ayurvedic literature, *Nidanparivarjan*, a perfect diet plan, and different types of medicines form the complete treatment for *karshya*. Modalities like *brimhan* (nourishing), *Madhur* (sweet) *dravya*, *rasayana* (rejuvenation), and *vrishya dravya* (aphrodisiac) have been adopted in the classics for the treatment of *karshya*. *Nidanparivarjan* is the key to managing *karshya*. *Aahar*, one of the three sub-pillars of life, plays a crucial role. *Karshya* involves improper diet, incompatible food combinations, body constitution, accumulation of toxins in the body, and impaired digestion.⁽³⁾

The Ayurvedic management of *Karshya* focuses on correcting several factors through a balanced and nutritious diet, avoiding incompatible food combinations, identifying and balancing an individual's body constitution, removing toxins from the body, and improving digestion. Herbal remedies such as *Withania somnifera* (*Ashwagandha*), *Asparagus root* (*Shatavari*) and *Triphala* may also be used

to enhance nutrient absorption and overall health⁽⁴⁾. It is important to note that Ayurvedic treatment should always be customized to the individual's unique needs and requirements.

Aim and objectives –

To study the *Nidanpanchak* of *karshya* and its Ayurvedic management.

Materials and methods –

- Literature regarding *Karshya*.

Definition of *Karshya*⁽⁵⁾ –

A condition or disease in which a person's body becomes emaciated due to a reduced quantity of *Rasadhatu* (~*plasma tissue*), leading to a further state of Muscle wasting (*mamsakshya* or *mamshinata*). *Acharya Dalhan* explained the methods helpful for the proper and accurate diagnosis and treatment of *karshya*.

***Nidanpanchak* of *karshya*⁽⁶⁾**

A) *Hetu* (Causative Factor)⁽⁷⁾

1) *Aaharaj Hetu*–

- *Langhan* (Fasting)
- *Pramitashana* (moderate eating)
- *Rukshannapan* (consumption of dry food)
- *Vatalahar*
- *Alpashana* (restricted diet)
- *Kashayras atisevan* (excessive intake of astringent food)

2) *Viharaj* (lifestyle) *Hetu* –

- *Atisnanabbhyas* (Excessive bath)
- *Ativyayam* (hyperexercise)

- *Ativyavay* (overflowing)
- *Kshudhanigrah* (restricted hunger)
- *Pipasanigrah* (forced thirst)
- *Nidranigrah* (restrict sleep)

3) *Mansik* (psychological) *Hetu* –

- *Bhaya* (fear)
- *Chinta* (anxiety)
- *Krodh* (anger)
- *Shoka* (grief)

B) *Lakshan* (symptoms) ⁽⁸⁾

(Clinical features of *karshya*)

- *Shushka sphik,griva,udar.* (Emaciated buttock, abdomen, neck region)
- *Dhamanijalsantat* (prominent venous network)
- *Twak-asthi shesho* (skin bone appearance)
- *Sthula parva* (prominent joints)
- Patient cant tolerate *Ativyayam, kshut-pipasa-aushdho, And atishita-ushna.*

C) *Purvarupa* (preform) *Of Karshya* ⁽⁹⁾ –

Diseases are characterized by specific signs and symptoms, often including cardinal signs. However, at the onset of a disease when *doshas* become lodged in a particular site and *dushya* (culpable) is also vitiated, certain specific features manifest prior to these symptoms, and these are referred to as "*purvarupa*." Therefore, *purvarupa* represents the impending disease. In the case of *karshya roga* (disease), no such *purvarupa* has been mentioned.

D) *Samprapti* (etiopathology) –

The causative factors of *Karshya* aggravate *vayu*, which ultimately vitiate *agni* (fire), causing *agnimandya* (dyspepsia) . Subsequently, this leads to the formation of *ama* (undigested) Following the absorption of *ama* in the gastrointestinal tract, the system treats the *ama* as a toxic material. *Ama* migrates to the heart and spreads through the rest of the body channels. Due to its qualities of *daurgandhyatva* (unpleasant), *picchilatva* (sliminess), *tantumtva* (threadlike), *guruta* (heaviness), it obstructs the minute vessels, preventing nutritive materials from reaching their destination. Ultimately, there is a sequence of malformation in the chronological formation of *Dhatu*s. The consumption of food with no nutritive value is incapable of forming *raktadhatu* (blood) . Consequently, the volume of blood depletes, and its functions get retarded, as nutritive nutrition is hampered, leading to the degenerative process that results in *Karshya*."

Samprapti Ghatak (substances) ⁽¹⁰⁾ –

- *Dosha – Vata.*
- *Dushya – Rasdhatu.*
- *Agni- Mandagni* (slowfire) .
- *Udbhavsthan – Aamashaya* (stomach) .
- *Strotas – Rasvaha, Raktavah, Medovah, Mamsavah.*
- *Types of Strotodushti – Sanga .*
- *Rogamarga – Abhyantar rogamarga.*
- *Vyakta sthan – sphika,griva,udar.*
- *Vyadhi prakar – chirkari* (longterm) .
- *Sadhyasadhyatva – krichhasaddhya* (moderate) .

Updravas (complication) *of karshya* –

The emaciated person is not treated properly then he or she gets suffered from spleen enlargement (*pleeha vridhhi*), cough (*kasa*), wasting (*kshaya*), dysnea (*shwas*), *gulma*, piles, abdominal disease and the disease of gastrointestinal tract.

- *Pleehavridhhi* – because of *medakshaya*.
- *Shwas,kasa* – Because of lowered immunity infections occurs.
- *Kshaya* – if *krishata* (leanness) is ignored it will lead to *kshaya* of other *dhatu*.
- *Gulma-udar-grahini-* Due to *agnimandya* produced one after other.

Chikitsa (treatment) Of *Karshya* ⁽¹¹⁾

(Ayurvedic management of *karshya*)

Karshya is a *vata pradhana* (prime) *vyadhi*, primarily caused by *dhatukshay* (emaciation) . Therefore, the general line of treatment, known as *vata upakram* (initiative), can be considered. All the *acharyas* have observed that *brimhan* therapy should be of a *laghusantarpan* (a light offering) nature, especially in *kapha* patients, as their *agni,sharirbala* (bodyweight), and other related aspects are functioning poorly.

• *Nidanparivarjan* -

As mentioned before, *hetu* should be avoided because *Nidanparivarjan* has two-fold benefits. It serves as a prophylactic measure, stopping the further progression of

the disease. Additionally, it can prevent the future relapse of the same disease.

• *Samshodhan* –

Karshya is an *aptarpanjanya* (protein energy malnutrition) *vyadhi*. Hence, the most important therapy is *brimhan* therapy. *Mrudu* (light) *Samshodhan* (rectification) can be advised to the patient. For *bahirparimarjan* (external application), we can advise *taila* (oil) *abhyanga* (massage) and *snigdha udvartan* (soft powder massage). For *antaparimarjan* (internal insertion), *basti karma* is the choice of *panchakarma* procedure that will reduce *vata*. *Acharya Sushruta* and *vagbhata* recommend *brimhan basti*, having *mrudu* and *snigdha* properties like *kshirbala taila basti*.

• *Samshaman* –

Ancient *acharyas* believed that drugs with *rasayana*, *vrishya*, *balya*, *brimhan*, and *jivaniya* properties should be administered in cases of *karshya*. Examples of such drugs include *ashwagandha*, *shatavari*, and *bala*, among others.

• *Aahar (Laghu Santarpan)* –

Laghu dravya santarpan, which means a light and nourishing diet, should be administered to *karshya rogi* to provide them with proper nourishment. Such diets, being light, serve as a stimulant for digestive power and bring about nourishment due to their nutritive properties.

The intake of freshly harvested rice, fresh wine, meat soup made from domestic, marshy, and aquatic animals, well-prepared

meat, curd, ghee, milk, sugarcane, shali rice, wheat, and sweet preparations will surely improve the condition."

- **Vihar –**

This includes various preventive and rehabilitative measures that are effective for both the mind and body, such as sleep, joy, a comfortable bed, containment, abstinence from anxiety, sexual activity, physical exercise, and regular oil massages. Adequate sleep is essential for restoring the body's natural rhythm and promoting healthy digestion.

- **Yoga and Meditation**

Yoga and meditation can help reduce mental stress and anxiety, which are some of the causes of *karshya*. Yoga postures like *balasana* and *shavasana* can improve digestion and stimulate appetite. These practices help calm the mind, reducing stress in patients.

Discussion:

Karshya is a nutritional disorder described in Ayurveda *Samhita*, and it is possibly related to underweight. In the present era, today's lifestyle has led to an increase in the incidence of many *vata vikaras* like *karshya*. Etiological factors of *karshya* include *vatalahar sevan*, *kshut-pipasa nigraha*, *krodh*, and *atishram*, among others. All these factors favor the aggravation of *vayu*, which is the cause of the *upshoshan* of *rasadhatu*. The exaggerated *ruksha guna* of *vayu*, *ushna* (hot) *guna* of *pitta*, and the loss of *snigdha* (soft) *guna* of *kapha* lead to the *shoshan*

(drying) *karya* (function) of *rasadhatu*, resulting in *rasadhatu* not forming properly.

The main function of *rasadhatu* is *tushti* (appeasement) and *prinan*, which means *rasadhatu* provides nutrition to onwards *dhatu*. This function is hampered due to the dysfunction of *vyan vayu* in *Karshya*, causing the formation of nutrition of *dhatu*s in chronological order to not be maintained. Patients suffer from *agnimandya* and *dhatukshay*, leading to gross malnutrition in *karshya* patients.

They also suffer from immunological deficiencies and become susceptible to many diseases such as *pleeha*, *kasa*, *kshaya*, *shwas*, *gulma*, *udar*, etc. The management of *karshya* is done through *brimhan santarpan*, and in the treatment schedule, *brimhan* therapy is highlighted.

The Ayurvedic approach to managing *karshya* involves correcting factors such as improper food habits, fasting (*langhan*), irregular meal timings, and so on. Identifying and balancing an individual's body constitution is also an important part of Ayurvedic management for *karshya*. Individuals with a *vata-pitta* constitution may be more prone to malnutrition due to their fast metabolism, and they may require specific dietary and lifestyle modifications.

Conclusion:

Karshya is a significant global issue stemming from nutritional deficiencies, resulting in gradual emaciation of the body. *Karshya*, also known as malnutrition, is a condition that can arise from various factors,

including improper diet, weak digestion, toxin accumulation, excessive physical activity, and mental stress, among others. Ayurveda offers a comprehensive approach to managing *karshya*, focusing on restoring dosha balance, promoting healthy digestion, eliminating toxins, and enhancing mental well-being. Strategies such as adopting a balanced and nutritious diet, undergoing *panchakarma*, practicing yoga and meditation, using Ayurvedic herbs, and making lifestyle changes can be effective in preventing and managing *karshya*.

References –

1. Charaka, Acharya Priyavrat Sharma, Dr. Vidyadhar Shukla, Dr. Ravidutta Tripathi (ed), Charak Samhita, (Vaidyamanorama Hindi Commentary) Vol-1, Varanasi, Chaukhamba Sanskrit Prakashan ; 2006, p433.
2. Sushruta, Acharya Priyavrat Sharma, Dr. Anant Ram Sharma (ed) (Susrutvimarsini Hindi Commentary) Vol-1, Varanasi, Chaukhamba Surbharati Prakashan; 2017, p70.
3. https://www.researchgate.net/publication/272159339_Review_on_Karshya_Nutritional_disorder_in_ayurveda_and_malnutrition

4. <https://ijapr.in/index.php/ijapr/article/view/615>
5. https://ijrap.net/admin/php/uploads/1763_pdf.pdf
6. https://wjpr.s3.ap-south-1.amazonaws.com/article_issue/1619782426.pdf
7. Charaka, Acharya Priyavrat Sharma, Dr. Vidyadhar Shukla, Dr. Ravidutta Tripathi (ed), Charak Samhita, (Vaidyamanorama Hindi Commentary) Vol-1, Varanasi, Chaukhamba Sanskrit Prakashan ; 2006, p308.
8. Charaka, Acharya Priyavrat Sharma, Dr. Vidyadhar Shukla, Dr. Ravidutta Tripathi (ed), Charak Samhita, (Vaidyamanorama Hindi Commentary) Vol-1, Varanasi, Chaukhamba Sanskrit Prakashan ; 2006, p309.
9. https://ijrap.net/admin/php/uploads/1763_pdf.pdf
10. <https://www.ayurlog.com/index.php/ayurlog/article/view/961/1347>
11. Sushruta, Acharya Priyavrat Sharma, Dr. Anant Ram Sharma (ed) Sushrut Samhita, (Susrutvimarsini Hindi Commentary) Vol-1, Varanasi, Chaukhamba Surbharati Prakashan.

Conflict of Interest: Non

Source of funding: Nil

Cite this article:

Nidanpanchak of Karshya and its Ayurvedic Management - A Review.

Pooja Ashokrao Sarnaik, Vipul P. Kanani

Ayurlog: National Journal of Research in Ayurved Science- 2023; (11) (05): 01-06