

**A Conceptual study on malnutrition according to Ayurveda****Sumit D. Pawar*², Karuna S. Ratnaparkhi²**

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Aurangabad, Maharashtra, India.***Corresponding author:** sdpawar2612@gmail.com**ABSTRACT:**

Malnutrition is the condition that develops when the body does not get the required amount of vitamins, minerals and other nutrients that are required to maintain normal health. Food is said to be a main source of energy, as it determines body conditions right from the womb to future growth phases. Nutrition is a major concern for mankind. Malnutrition is the condition, which results from abnormal nutrition. Malnutrition includes both under nutrition and over nutrition. It causes more than half of the nearly 11 million deaths each year among children less than 5 years of age. Malnutrition which is said to be a nutritional deficiency disorder is viewed under *Apatarpanjanya Vyadhis*. In Ayurveda the ancient Acharyas explained diseases related to Malnutrition *Karshya*, *Phakka*, *Parigarbhika*, *Shushkarevati*, *Balshosha*. This paper highlights the Ayurvedic approach to the malnourished child.

KEYWORD:

Malnutrition, *Apatarpanjanyavyadhi*, *Phakka*, *Karshya*, *Parigarbhika*, *Shushkarevati*, *Balshosha*.

INTRODUCTION:

Nutrition is having a major role in human's life. Malnutrition is a condition where children fail to maintain natural body capacities such as growth, learning and physical activities resisting power to infections as well as recovering from diseases. According to WHO poor feeding of infants and lack of nutrition in young children resulting in malnutrition is, The single most risk factor for disease."It has a major role in more than the half of the nearly 11 million deaths in each year among children under 5 years of age. Malnutrition is viewed under *Apatarpanjanya Vyadhis*. Depending upon severity and aetiology they may be considered as *Karshya*, *Parigarbhika*, *Phakka*, *Balshosha*, *Shushkarevati*. Treatment of *Karshya* according to Ayurveda are *Nidanparivarjan*, *Shodhan Chikitsa*, *Sanshman Chikitsa*, *Brihan Chikitsa* and *Rasayana Chikitsa*. Drugs which are useful in *Karshya* Are *Ashwagandha*, *Shatavari*, *Vidari*, *Bala*, *Krushmand* and Drugs which are present in *Jivaniya Gana*.

A) **Nidana** (Aetiology)-

The etiological factors that lead to Malnutrition can be classified into 3 headings.

1) *Aharaja*:

a) Qualitative-

Alpa Bhojana (inadequate food),
Ruksha Annapana (food that causes dryness) and
Excessive intake of *Katu*(spicy), *Tikta* (Bitter), and *Kashaya* (Astringent) Rasa.

b) Quantitative-

Anashana (no food intake),
Alpashana (less food intake),
Pramitashana(Intake of nutritionally deficient food),
Langhana (fasting).

2) *Vihara*:-

Sharirika Vatasevana(excessive exposure to wind),
Atapasevana (Excessive exposure to sunlight),
Atibhargamana (child labour),
Kriyaatiyoga(excessive purification therapies),
Malmutrdivogavarodha (suppression of natural urges),
Ativyayam (excessive exercise)

3) *Manasika*:

Atichinta (worry),
Atikrodha (anger),
Atibhaya (fear)

4) Others:

Grahani (Inflammatory Bowel Disease),
Visuchika (Infective Diarrhoea),
Krimi (Worm Infestation),
Ksheeralasaka (Lactose intolerance/milk protein allergy),
Jirnyadhi (Chronic debilitating diseases),

**B) SAMPRAPTI
(PATHOPHYSIOLOGY)-**

Nidana Sevana—



Agni Dushti



Amotpatti—



Sama Ahararasa Will formed



Ahararasa formation But loss through
Mala Inadequate
Rasa Dhatu And improper absorption



Dhatukshaya



Malnutrition



1) Balshosha (Marasmus Kwashiorkor):

Two different authors mention the term *Balshosha* and *KshirajPhakka* that are nutritional deficiency disorders. The causative factors of *Balshosha* are *Shlaishmikaannasevana* (Excessive energy dense food), *Diva Swapa* (Excessive day sleep) and *Shitambu* (Cold liquid items). Intake of these causative factors for long period of time leads to impairment of *Agni* further leading to *Aruchi* (Reduced digestive capacity), *Jwara* (Fever), *Pratishyaya* (Running nose) and *Kasa* (Cough). If these conditions were not detected and treated early will may lead to *Shosha* (Emaciation) called *marasmus*

Kwashiorkor. As per *Kshiraj Phakka* is concern the intake of *Shlaishmikadughdha* will lead to *Agnidushti* results in *Bahuvyadhi* (Infectious diseases) and *Kshaya* (Failure to thrive)

2) *Parigarbhika/Garbhaja Phakka* (*Kwashiorkor*):

When the child is on feeding breast milk of pregnant women which has *Alpaposhakansha* (poor nutrients) and also abrupt stoppage of breast milk leads to *Parigarbhika/ Garbhaja Phakka*, The condition presents with symptoms of *Kasa* (cough), *Vaman* (vomiting), *Agnisada* (impaired digestive fire), *Tandra* (stupor), *Jwara* (fever), *Aruchi* (anorexia) and *Koshtavrudhhi* (pot belly).

3) *Karshya/Underweight*:

Karshya is a under nutrition condition which results from less intake. *Vatdushitstanya* or secondary to *Vatdushitstanya* or secondary to *Vatdushitstanya* debilitating disorder where child becomes malnourished.

4) *Vyadhi Sambhavaja Phakka* (*Diseases leading to Karshya*):

It is a severe form of malnutrition condition which is result of chronic diseases like *Prameha*, *Grahani*. Clinical symptoms shows *Shushkaspikha* (wasting of buttocks), *Shushkabahu* (wasting of upper limbs), *Shushkauru* (wasting of thighs), *Mahoshira* (big head appearance), and *Mahodara* (pot belly). Due to wasting in body parts, *Nischeshta* (inability to walk) of *Adhokaya* (lower limbs) etc. represents grades of *Marasmus*. *Prameha* is a metabolic disorder where *Dhatusara* (essential nutrients) is lost, as happens in *Glycosuria*, *Phenyl Ketone-Albumin urea* thus child develops life threatening

condition if not managed properly. In some cases diseases due to *Grah adushti* (debilitating infections), *Grahanivikaras* (diseases of Pancreas) shall also land up in malnutrition.

5) *Shushka Revati* (*Debilitating infections*):

Ancient *Acharyas* describes many *Grahas* (Demon) in *Ayurveda* literature. The *Graha* affects the child represents infectious spectrum of diseases that results into *Sarvangakshaya* (Emaciation). This child though feed with enough quantity of high quality of food ends up in malnutrition. When the condition becomes chronic the same child presents with *Annadweshya* (aversion to food), *Nanavidh Shakrita* (Different colour stools), *Vivarnata* (Loss of lustre), *Udaragranthi* (Abdominal nodular swelling), *Vivhanimnata* (Geographic tongue).

Upadrava (Complications):

Grahani leads to *Agnimandya*, *Shwasa* and *Kasa* With above discussed perspectives we can conclude that the Malnutrition is either due to *Agnimandya* or due to *Dhatukshaya*.

D) *Chikitsa*:-

Therefore the principle of treatment shall be the line of *Agnidipana*, *Dhatusartavardhan*, *Brimhana*. In case of malnutrition along with other complications like inability to speak, walk, irritability and others diseases the respective treatment should be adopted.

1) *Abhyantarachikitsa*

By oral use of various *Kalpas* (Medicine preparations)



Haritakichurna (powder of *Terminalia chebula*),

Trivruttakshira (roots of *Operculina turpethum* boiled in milk),

Draksha rasa (fruit juice of *Vitis vinifera*) can be used.

Rajanyadichurna,

Aravindasava,

Pippalyadighrita,

Kushmandaavaleha,

Kalyanakaghrita,

Chyavanprasha are used for *Dhatu saravardhan*.

2) **Bahyachikitsa-**

By external application therapy

Udavartana (dry powder massage),

Abhyang (oil massage),

Shirodhra (steadily dripping of medicated oil or liquids on forehead),

Shashtikashalipindsweda (sudation therapy with cooked rice),

Basti (medicated enema) to stimulate child and to rehabilitate

Care should be taken to avoid the factors which can aggravate the malnutrition.

E) **Pathya:**

1) **Aahara-**

Nutritional diet that includes all components like proteins, fats, Carbohydrates along with minerals.

2) **Vihara-**

It includes preventive as well as rehabilitative measures that are effective for both mind and body like playful

activities, peace of mind, music therapy, active and passive physical exercise.

Conclusion-

Malnutrition disorder is described in scattered manner in Ayurvedic text. A well-defined and systematic study of these conditions provides hazards of malnutrition disorder and represents different aspects and proper understanding of pathogenesis of the conditions that provides valuable key for the proper and effective management.

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