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Study the *karshya chikitsa siddhant* according to *brihatrayee* with special reference to *ashwagandha choorna*.

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ABSTRACT:

Karshya is the widest spreading health and nutritional problem in developing countries. Underweight or emaciation or protein energy malnutrition is a possible condition which may be correlated with *Karshya*. The present study was undertaken to find out the effect of *Ashvagandha choorna* with *mahish dugdha* in the management of *Karshya*. 100 patients were studied and randomly divided into two groups namely Group-A and Group-B. Group-A received *Ashvagandha choorna* with *mahish dugdha* and Group-B received *mahish dugdha*. Effect of drug observed at the end of days In Group A All 50 Subjects have shown Marked response. In group-B 49 Subjects have shown Marked response. 01 patient has shown Moderate

response. It is concluded that *Ashvagandha choorna* along with *mahish dugdha* is useful for the management of *Karshya* when compared to *mahish dugdha*.

Keywords: *Karshya*, *Ashvagandha choorna*, *mahish dugdh*,

INTRODUCTION

Ayurveda is an ancient medical science which deals with *Swasthavritta* and treatment of various diseases. *Ayurveda* has a specific scientific view based on *Siddhanta* i.e. basic principles and has the ability to solve the burning health issues of present era like life style related disorders.

Karshya is described in *Brihatrayee* and *Charak Samhita* has mentioned it in *Ashtauninditiya Purush*.^[1] It is main

nutritional problem in developing countries due to various degenerative causes related with fast life, various psychological burdens which affect metabolism, stress related disorders which affect GI Tract and absorption, dietary deficiencies specially related with low quality and hybridized seeds, poor quality grains and vegetables, polluted water and air affecting various metabolic activities inside body. All these factors ultimately result into nutritional deficiencies and emaciation. *Karshya* is emaciation of the body. *Atikrusha* person has *Shushka Sphika*, *Greeva*, *Udara*, *Santat Dhamanijaal*, *Twagasthishesha* and *Sthulaparva*.^[2] They suffer from *Pleeha*, *Kasa*, *Kshaya*, *Shwasa*, *Gulma*, *Arsha*, *Udara* and *Grahanigat Vikar*. They can't tolerate *Ativyayam*, *Sauhitya*, *Kshudha*, *Pipasa*, *Amay*, *Aushadha*, *Shita*, *Ushna* and *Maithuna*.^[3]

The classical management of *Karshya* is indicated by *Brimhan Upakrama*.^[4] *Brimhana* helps in the healthy growth of *Dhatu*. The *Ashwagandhais* described in *Brimhaniya Mahakashaya* in *Charak Samhita*.^[5] It has properties of *Brimhana*.

If *Ashwagandhais* given to the patient of *Karshya* for 15 days with either *Dugdha* or *Ghruta* or *Tail* or *Sukhambu* then just like the rain helps the small

plants to grow, similarly it helps lean person to grow into a healthy being.^[6]

AIM AND OBJECTIVES:

1. Study the *Karshya Chikitsa Siddhant* according to *Brihatrayee* with special reference to *Ashwagandha choorna*.
2. Conceptual study of the *Karshya chikitsa Siddhant* according to *Brihatrayee*.

MATERIALS:

1. Literature regarding *Karshya*.
2. Diagnosed Subjects or individuals of *Karshya* from OPD and IPD of Ayurved Hospital.
3. *Ashwagandha choorna*.
4. *Mahisha Dugdha*
5. Written informed consent will be taken of all Subjects included in my study.

METHODS:

Collection of literature from *Brihatrayee* was done. In the clinical study, Subjects of *Karshya* attending the O.P.D. and I.P.D. of Ayurvedik Hospital were selected for the present study irrespective of their sex, religion, occupation etc. between the age group 20-30 years. A detailed history was taken and a special research proforma was prepared for the study incorporating all the relevant points from both Ayurvedic and Modern views. A written consent of

each patient is obtained before starting the treatment.

CRITERIA FOR DIAGNOSIS-

Subjective parameters-

- *Lakshanas* of *Karshya–Vyayama Asahatwa, Sauhitya Asahatwa, Shitoshna Asahatwa.*

Objective parameters-

- Weight and Body Mass Index (BMI).

Investigation- CBC

inclusive criteria-

1. Age- 20-30 years.
2. Sex- patient of either sex.
3. Diagnosed Subjects of *Karshya*.
4. Patient willing to take treatment.

exclusive criteria-

1. Subjects below 20 years and above 30 years
2. Subjects who have infectious diseases like Tuberculosis; congenital hereditary problems, malignancies, mal-absorption syndrome, endocrine disorders and metabolic disorders.

Plan of study- The Selected Subjects were randomly placed and studied under following two groups as

Group A (Trial)

- **Drug:** *Ashwagandha choorna* 5 gm was orally given along with 100ml of *Mahisha Dugdha* as *Anupana* after meal at morning and evening.

According to *Acharya Sharangdhar* the medicine should given after meal for *Brimhana* purpose.

Group B(Control)

- **Drug:** 100 ml of *Mahisha Dugdha* twice a day after meal.

Observations of the parameters was done before treatment and after 7th day of treatment and 15th day of treatment i.e. completion of treatment.

Assessment: - Patients were thoroughly assessed for any improvement in the subjective and objective criteria after completion of trial and on each follow up. Laboratorial parameters, body weight and BMI were evaluated both before and after the therapy.

Statistical Analysis: - The obtained data was analysed statistically and expressed in terms of mean, standard deviation (\pm SD) and standard error (\pm SE). Appropriate statistical test was applied to observe the significance of results obtained after treatment. The results obtained were interpreted accordingly.

OBSERVATIONS AND RESULTS

5.1. General Observations

B) Age-

Maximum Subjects (74) were found in age group 20 to 23 yrs. among all Subjects ranging age between 20 and 30. *Karshya* was observed more

prevalent in early 3rd decade. It may be due to stress of study, exam, junk foods.

C) Gender -

Female Subjects (75) were found maximum. Females were observed more prone to *Karshya*. It may be because negligence towards health.

D) Occupation

Occupation wise distribution in both groups, all 100 Subjects were students. It doesn't mean that *Karshya* is prevalent in Students only. It was purely by chance only.

E) Prakruti

Prakruti wise distribution in both groups maximum Subjects were found having *Vata -Pitta* (47) and *Vata -Kapha* (36) Total Subjects having *Vata Dosha* as at least one of the constituents in *Prakruti* were (98). It is clear that Subjects having *Vata Dosha* in *prakruti* may be more prone to *Karshya* in future. *Vata Dosha* is main *Sampraptighataka* in *Karshya*.

F) Addiction- Maximum Subjects (96) were found addicted to Tea. Tea is major causative factor for *Agni mandya* now a day's. Due to *Agni mandya Ahara rasa* convert into *Ama* so that *Adya Rasa Dhatu* cant formed properly. So further *Dhatu*s can't form. So that *Dhatukshaya* occurs. The tea is having *Ushna* and *Tikshna guna* which results in *Karshana* of *Dhatu*s, this might have been resulted in *Karshya*.

g) Diet

Maximum Subjects (56) were found having mixed diet. Practically it is found that mutton, chicken, fish, eggs etc in diet result in *Kapha –Meda Dushti* and *Sthaulya*. But here if *Agni* is not proper *Pachana, Shoshana and Dhatunirmana* in *Sharirabhava* is hampered which in turn results in *Karshya*

H) Agni

Maximum Subjects found with *Tikshnagni* (49). Though Subjects are having *Tikshagni*, it is clear that *Mansa* and *Medodhatwagni mandya* may lead to diseases like *Karshya*.

J) Height-

Height of all Subjects was measured and noted. It was ranging from 143cm to 175 cm. After classification it was found that most of Subjects (61) were having height between 150 cm and 159 cm.

I) Koshtha

Maximum Subjects were found *MruduKoshtha* (54) and *Krurakoshtha* (35.) So that *MruduKoshtha* and *KruraKoshtha* may be called as an early indicator of *Karshya*. It indicates influence of *Pitta* and *Vata Dosha*. So it leads to *Karshya*.

Changes in objective parameters before and after treatment

It was observed that,

- Weight has increased more in Group A than in Group B.
- BMI has increased more in Group A than in Group B.

DISCUSSION

Lifestyle disorders are very common in the present era, basically originating from lack of nutrition. Now a days young generation is very conscious about weight. They want to maintain the weight by dieting. So they conscious only about *Sthaulya*. Excessive dieting results in *Karshya*. So it is serious issue in the society. Another causes include stress, over exercise, lack of timely sleep. Due to all of these causes *Dhatu Kshaya* occurs and it results in *Karshya*. So this study was carried out for detail study of *Karshya* and its *Chikitsa*. All Acharya have described the *Lakshan* and *Chikitsa* of *Karshya*. *Lakshana* of *Krusha* are *Shushka Sphika, Greeva, Udar, Dhamanijaal*. They can't tolerate *Vyayam, Ati Sauhitya, Kshudha, Pipasa, Aushadh, Ati Sheeta, Ushna, Atimaithuna*. Acharya mainly focused on weak immunity of *AtiKrusha* people. The complications of *Karshya* are very much serious upto the death.

The Main treatment is *Brimhana*. It includes *Madhur Dravyasiddha Sneha basti, Snigdha Madhur Ahara* like *Ghrit, Dugdha, Dadhi, Proper Nidra, Brimhan*

Dravyas like *Ashwagandha, Vidarikanda* etc. So here I selected *Ashwagandha choorna* with *Mahisha Dugdha*, the yoga in *Ashtang hridaya Uttartantra*.

Review of drug: Ashwagandha-

According to Bhavprakasha, *Ashwagandhais Vatshleshmaghna, Shwitrahara, Shothahara, Kshayahara, Balya, Rasayan, Tikta Kashaya* in *Rasa, Ushna in Virya* and *Atishukrala*.^[7]

Entire review of *Dravya Ashwagandha* (*Withania Ashwagandha*) has been taken right from *Vedic* era till date.

The present study is done for *Brimhana* activity of *Ashwagandha*.

The milk of buffalo – it is *guru* than cow milk. it is *shukrakara, nidrakara, abhishyandi, kshudha adhikyahara* and *sheeta*.^[8]

- *rasa* : *madhur*
- *virya*: *sheet*
- *guna*: *guru,*
- *snigdha*
- *doshagnata*: *vatapittaghna*

CHANGES IN SYMPTOMS BEFORE AND AFTER TREATMENT

It was observed that,

- *Vyayam Asahatwa* has decreased more in Group A than in Group B.
- *Sauhitya Asahatwa* has decreased more in Group A than in Group B.

- *Shitoshna Asahatwa* has decreased more in Group A than in Group B.

It suggests that,

- *Ashwagandha choorna* along with *Mahisha Dugdha* has better efficacy to reduce *Vyayam Asahatwa*, *Vyayam Asahatwa* and *Shitoshna Asahatwa* than has *Mahisha Dugdha* alone in *Karshya Chikitsa*.

CHANGES IN OBJECTIVE PARAMETERS BEFORE AND AFTER TREATMENT

It was observed that,

- Weight has increased more in Group A than in Group B.
- BMI has increased more in Group A than in Group B.
- Average increase in Weight & BMI is greater in Group A than Group B.

Statistical Analysis within Group A and Group B

Subjective Parameters (By Wilcoxon Signed Ranks Test)

Sr.No.	Symptoms	Gr.	W	P	Significance
1	<i>Vyayam Asahatwa</i>	A	1275	<0.0001	Significant
		B	1275	<0.0001	Significant
2	<i>Sauhitya Asahatwa</i>	A	1275	<0.0001	Significant
		B	1275	<0.0001	Significant
3	<i>Shitoshna Asahatwa</i>	A	1275	<0.0001	Significant
		B	1275	<0.0001	Significant

Wilcoxon Signed Ranks test was applied to both groups separately to observe whether the difference between BT and AT score is significant or not.

Group A

In the case of all symptoms *Vyayam Asahatwa*, *Sauhitya Asahatwa* and *Shitoshna Asahatwa* the test has shown highly significant difference

between BT and AT symptom scores. It is hence concluded that *Ashwagandha choorna* along with *Mahisha Dugdha* is highly effective to reduce *Vyayam Asahatwa*, *Sauhitya Asahatwa* and *Shitoshna Asahatwa* in *Karshya Chikitsa*.

Group B

In the case of all symptoms *Vyayam Asahatwa*, *Sauhitya Asahatwa*

and *Shitoshna Asahatwa* the test has shown highly significant difference between BT and AT symptom scores. It is hence concluded that *Mahisha Dugdha* alone is highly effective to reduce *Vyayam Asahatwa* , *Sauhitya Asahatwa*

and *Shitoshna Asahatwa* in *Karshya Chikitsa*.

OBJECTIVE PARAMETERS (BY Z TEST FOR PAIRED DATA)

Statistical analysis within the Group A and B by Z Test

Sr.No.	Parameters	Gr.	Z	P	Significance
1	Weight	A	22.237	<0.0001	Significant
		B	20.652	<0.0001	Not Significant
2	BMI	A	23.406	<0.0001	Significant
		B	17.64	<0.0001	Not Significant

Paired t test was applied to both groups separately to observe whether the difference between BT and AT score is significant or not.

Group A

In the case of all parameters Weight and BMI the test has shown highly significant difference between BT and AT symptom scores. It is hence concluded that *Ashwagandha choorna* along with *Mahisha Dugdha* is highly effective to increase Weight and BMI in *Karshya Chikitsa*.

In the case of all parameters Weight and BMI the test has shown insignificant difference between BT and A and Group B

AT symptom scores. It is hence concluded that *Mahisha Dugdha* alone is not significantly to increase Weight and BMI in *Karshya Chikitsa*.

SUBJECTIVE PARAMETERS (BY MANN WHITNEY'S U TEST)

- Mann Whitney's U Test in between the Group
- Both groups were compared and analysed statistically by Mann-Whitney's U test.
- It is hence concluded that, *Ashwagandha choorna* is useful in proving *Karshya Chikitsa Siddhant*.

Sr. No.	Symptom	U	P	Significance	Efficacy
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1	Vyayamasahatva	975	0.0280	Significant	A>B
2	Sauhitya Asahatwa	826.5	0.0028	Significant	A>B
3	Shitoshna Asahatwa	894	0.0128	Significant	A>B

OBJECTIVE PARAMETERS (BY STUDENT'S T TEST FOR UNPAIRED DATA)

Unpaired t Test in between the Group A and Group B

Sr. No.	Parameters	Z	P	Significance	Efficacy
1	Weight	11.646	0.0358	Significant	A>B
2	BMI	11.261	0.0455	Significant	A>B

It is hence concluded that, *Ashwagandha choorna* is useful in proving *Karshya Chikitsa Siddhant*.

OVERALL EFFECT OF THERAPY

Effect of Therapy according % Relief in Subjects and in Symptoms

Effect of Therapy according % Relief in Subjects and in Symptoms

Sr. No.	Response Grade	Criteria	No. of Subjects		No. of Symptoms	
			Gr. A	Gr. B	Gr. A	Gr. B
1	Marked	> 50%	50	49	03	03
2	Moderate	25% - 49%	00	01	00	00
3	Mild	01% - 24%	00	00	00	00
4	No	00%	00	00	00	00

Relief in Subjects

In Group A

- All 50 Subjects have shown Marked response.

In Group B

- 49 Subjects have shown Marked response. 01 patient has shown Moderate response.

ccRelief in Symptoms

In Group A

- All 03 symptoms have shown Marked response.

In Group B

- All 03 symptoms have shown Marked response.

Group A has shown **better effect** than **Group B** to reduce score in **Subjects and in Symptoms.**(Table 6.5) Hence **according to % Relief** *Ashwagandha choorna* along with *Mahisha Dugdha* is more effective than *Mahisha Dugdha* alone in *Karshya Chikitsa* to reduce score in Subjects and in Symptoms.

EFFECT OF THERAPY ACCORDING TO AVERAGE % RELIEF

- Average % Relief in Subjects of **Group A** is **86.03%** and Average % Relief in Subjects of **Group B** is **68.43%**.
- Average % Relief in Symptoms of **Group A** is **84.12%** and Average % Relief in Symptoms of **Group B** is **67.86%**.
- Hence **according to average% relief**, *Ashwagandha choorna* along with *Mahisha Dugdha* is more effective than *Mahisha Dugdha* alone in *Karshya Chikitsa* to reduce score in Subjects and in Symptoms.

EFFECT OF THERAPY ACCORDING TO INCREASE IN OBJECTIVE PARAMETERS

- Average increase in Weight in **Group A** is **1.188 kg** and Average increase in Weight in **Group B** is **0.500 kg**.
- Average increase in BMI in **Group A** is **0.504 kg/m²** and Average increase in BMI in **Group B** is **0.214 kg/m²**.
- Hence **according to average% relief**, *Ashwagandha choorna* along with *Mahisha Dugdha* is more effective than *Mahisha Dugdha* alone in *Karshya Chikitsa* to increase Weight and BMI.

EFFECT OF THERAPY ACCORDING TO STATISTICAL ANALYSIS

According to statistical analysis

- *Ashwagandha choorna* along with *Mahisha Dugdha* is more effective than *Mahisha Dugdha* alone to reduce *Vyayam Asahatwa*, *Sauhitya Asahatwa* and *Shitoshna Asahatwa* in *Karshya Chikitsa*. (P < 0.05)
- *Ashwagandha choorna* along with *Mahisha Dugdha* is more effective than *Mahisha Dugdha*

alone to reduce Weight and BMI in *Karshya Chikitsa*. (P < 0.05)

- ***Ashwagandha choorna* is useful in proving *Karshya Chikitsa Siddhant*.**

CONCLUSION

From the clinical trials conducted for the study “Study the *Karshya Chikitsa Siddhant* according to the *Brihatrayee w.s.r. to Ashwagandha choorna*” following conclusion was drawn.

1. *Karshya* has been considered as a major problem to the physicians since long.
2. Objective of the study was to learn in detail about the *Karshya* and its *Chikitsa Siddhant* according to *Brihatrayee*.
3. Now a days people want to be slim and so that they don't take proper diet so that *Dhatu Kshaya* occurs and it results in *Karshya* .
4. Mainly *Vata Dosha* is responsible for *Karshya* . So that people having *Vaat prakruti* more suffered by *Karshya* .
5. Oral intake of *Ashwagandha choorna* along with *Mahisha Dugdha* is more effective in recovery of *Karshya* and reducing *Vyayama Asahatwa*, *Sauhitya Asahatwa* and *Shitoshna Asahatwa*

as well as increases Weight and BMI index.

6. From the clinical study carried out it can be concluded that, both the therapies are effective, simple, cheap and safe for the patients having *Karshya*. But *Ashwagandha choorna* along with *Mahisha Dugdha* was more effective for the patients having *Karshya* .

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