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A REVIEW LITERATURE ON KARSYA & IT'S MANAGEMENT WITH SANTARPANA MANTHA

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ABSTRACT
Undernutrition is globally considered as a major health hazards in the developing country of the world. Under nutritional status is sensitive indicator of community health and nutrition. Under nutrition which is directly known as wasting (low weight for height), stunting (low height for age), underweight (low weight for age).Karshya is the term mainly related to underweight condition of malnutrition. Due to malnutrition patients suffers from immunological deficiency and becomes more exposure to be affected with multiple diseases A standardized study of Karshya literature and its management eradicate nutritional deficiency. Ayurveda is mainly based on preventive aspect first rather than curative. Karshya[1] is mentioned as Aptarpanjanaya Vyadhi [1] in Ayurveda.

KEYWORDS: *Undernutrition, Wasting, Stunting, Underweight, Karshya, Aptarpanjanya Vyadhi.*

INTRODUCTION
According to *Acharya Charaka*, over lean (*Karshya*) persons are considered under eight despicable persons (*Ashtauninditiya*)[1] along with over obese (*Medasvi*) person. An over lean person (*Karshya*) has dried up buttocks, abdomen, neck (*Shushka-sphic, Udar, Greeva*)[1], prominent vascular network (*Dhamanijala santataha*), remnant of skin and bone (*Twagasthi shesho, ati krisha*), and thick nodes (*Sthola parva*). Where as According to *Acharya Shushruta*, lean and fattiness of body depends upon *Rasa-dhatu.*[2] *Karshya* may be correlated with a possible condition of undernutrition or (PEM) protein energy malnutrition. Malnutrition or impaired nutrition may leads to growth retardation low resistance to infections & many other health problems. According to the WHO, malnutrition is a world wide problem, having adverse effects on the survival, health index and progress of population groups. The effects are of the highest order in the resource bound countries like India.[3]

Undernutrition is strongly associated with shorter adult height, less schooling, reduced economic productivity and for women, lower offspring birthweight. Low birthweight and undernutrition in childhood are risk factor for diabetes, hypertension, and dyslipidemia in adulthood.

LITERARY REVIEW
Ayurveda Literature
As far as *Ayurvedic* textbook is concerned , description of *Karshya*
(i.e. undernutrition or protein energy malnutrition) is available from the *Ati - Krishta, Balshosha, Phakka Roga & Parigarbhika Roga, Shushka Rewati*[4]. These all are from *Bala Roga & Kaumarabhritya.*

- Nutritional deficiency may be correlated as

1. *Karshya. Balshosha* - This disease is explained by *Acharya Vagbhata*. As the name indicate, there will be *Shosha* i.e., the body gets emaciated because of deterioration of subcutaneous fat and tissues.
2. *Phakka Roga* - *Phakka-Roga* is a peculiar and the only nutritional disorder or *Kuposhana Janya Vyadhi* described by *Acharya Kashyapa*. This clearly indicates that there will be persistent deterioration of general health status of the child.
3. *Parigarbhika Roga* - This is a different nutritional disorder mentioned in Ayurveda, which indicates the development rate of malnutrition during infancy period.
4. *Shushka Rewati* – This *Graha* disease only described by *Acharya Vagbhata*. In this condition, despite of taking complete or balanced food regular basis, the child is unable to gain weight and height as far as age is concerned and becomes emaciated subsequently.

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AIMS AND OBJECTIVES

1. To make the critical analysis of " *Ashtauninditeeya Adhyaya* " on the basis of practical approach .
2. To study the applicability of conceptual part that has been described in *Ashtaunindtiteeya Adhyaya* w.s.r to *Atikrusha*.
3. To study the effectiveness of application of *Santarpana Mantha* in *Atikrusha* .

METERIALS AND METHODS

1. Classical books of Ayurveda and Modern text books .
2. Article from journals , dissertation and another published .
3. Related sources of the data from the websites.

Karshya

Karshya means a person who is lean and emaciated. There are a lot of factors which may lead to Emaciation (*Karshya*) such as *Ruksha Anna Pana Sevana* (Indulgence in rough food and drinks) ,
Langhana (Fasting) , *Pramitashana* (Little diet)[5].

Lakshana of Karshya[5]

The over lean is the person who has dried up buttocks, abdomen and neck, prominent vascular network, only remnant of skin and bone and with prominent joints.
Associated symptoms :

- *Shoka* (Grief)
- *Chinta* (Worries)
- *Bhaya* (fear)
- *Prakruti* (Constitution)
- *Beeja dosha* (heredity)
- *Jara* (Old age)

Krodha (Anger) make a person lean.

Karshya Chikitsa[5]

Karshya is treated by *laghu Santarpana* and *Brimhana* medicine . As per mentioned by *Acharya Charak* in *Santarpaniya Adhyaya* , *Santarpana Mantha* is beneficial in the management of *Karsya* . The mechanism of action of this *Mantha* over the body is *Saptadhatu Vardhaka* with *Vrishya*. Hence the patient gets recovered gradually

Ingredient of Santarpana Mantha[5]

Sarkara
Pippali
Taila
Ghrita
Madhu
Sattu

Discussion[6]

Vata vardhak Aahar Vihar (Nidan Sevan) then it may cause vitiation of *vata* , it will lead to *Manda Agni* & ultimately *srotoavrodh* occurs . In the mean while under nourish *rasa dhatu* circulates all over the body . All *dhatu* and tissue don't get nourishment because of *Shuska Rasa dhatu* . Hence the body gets emaciated *(Karshya).*

CONCLUSION

Karshya is nutritional disorder mentioned in *Ayurveda samhita* and it is mostly related to undernutrition. According to *Acharya Charaka Ati Karshya* persons are explained under *Ashtauninditiya* (eight despicable persons) along with over obese (*Ati Sthula*) person .Malnutrition is defined in western medical sciences but is corelated to nutritional disorder in Ayurveda like *Karshya*, *Phakka* and *Balshosha.* An organised study of these conditions provide insight in to hurdles of nutritional deficiency and represents different aspects of deficiency of nutrition and proper understanding of pathogenesis of condition provides valuable breakthrough for the effective management.

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