

A Review Article on Kuposhanjaya Vikara (Malnutrition) Its Ayurvedic Treatment in Children

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Abstract

Malnutrition generally refers both to under nutrition and over nutrition, but we use the term to refer solely to a deficiency of nutrition. Malnutrition causes more problems in children than any other age group as they may lead to growth (Both physical & mental) retardation and susceptibility to repeated infections. More than one third of the world's children live in India. Among these, half of them under 3 are malnourished. Ayurveda is mainly based on preventive aspect first rather than curative. Ayurveda believe that many health problems can be prevented through nutritious diet. Food is important as a nutritional source also therapeutic importance. Karshya is disease a similar to under nutrition. PEM (protein energy malnutrition) is one of the diseases related to Annavaha Srotas. It is a type of malnutrition resulting from deficiency of proteins and calories in food over a long period of time. It is very common among young children (usually below 5 years). Disease such as Parigarbhika, Phakka, Balashosha and Karshya describe by various author of Ayurveda can also co related to malnutrition based on the clinical features these diseases are related to each other.

Keywords: Balasosha, PEM, Kuposhana, Phakka Roga

Introduction

Malnutrition, according to the World Health Organization (WHO), refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients. It is well-known that maternal, infant, and child nutrition play significant roles in the proper physical and intellectual growth and development, including future socio-economic status of the child. Malnutrition, forms a worldwide perspective, is one of the leading cause of morbidity and mortality in childhood. Malnutrition is a silent killer disease. About 50% of all childhood deaths are attributed to malnutrition. Malnutrition is still the first killer disease (54%) followed by acute respiratory infection (20%) and diarrhea (18%) in global perspective. Malnutrition kills 5 million children every year.

Food (*Aahara*) is one of the three sub pillars of life as per Ayurvedic classics. The transforming unit from food into nutrition is termed as Agni or

digestive fire, which forms the edifice upon which the Ayurvedic system is built. According to Acharya Charaka over lean (*Atikrushya*) persons are described under eight despicable persons (*Ashtaunindityapurusha*). A condition or disease in which the body of a person becomes emaciated, having less quantity of *Rasa Dhatu* causing further a status of *Mamsahinata* or *Mamsakshaya*. *Dalhana* in his commentary says in *Karshya*, *Dhatukshya* is the main event and thus this falls *Karshya* under *Apatarpanajanya* diseases.

Aims and Objective

The main aim of this present article is to study the detail knowledge regarding:

Kuposhana Janya Vikara

Malnutrition disorders

Comparison between Kuposhana Janya
Vikara and malnutrition

Treatment according to Ayurveda

Materials and Methods

This review was done by compiling the classical Ayurveda books, modern pediatric books, magazines, research articles, thesis and dissertations Pubmed and different databases.

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),
Malmutrativegavarodha (suppression of natural urges),
Ativyayam (excessive exercise)

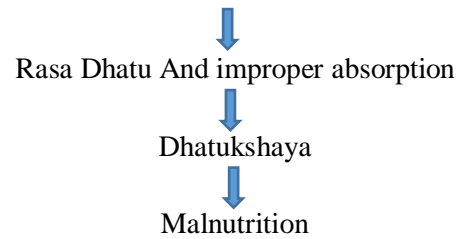
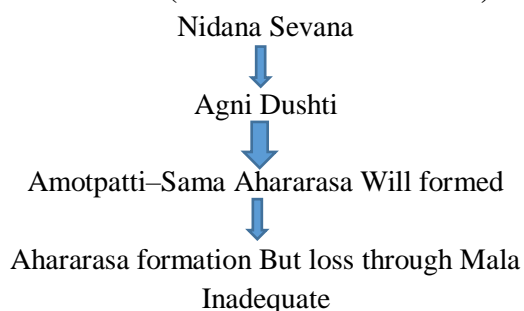
3) Manasika

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

4) Others

Grahani (Inflammatory Bowel Disease),
Visuchika (Infective Diarrhoea),
Krimi (Worm Infestation),
Ksheeralasaka (Lactose intolerance/milk protein allergy),
Jirnyvadhhi[4] (Chronic debilitating diseases),

B) SAMPRAPTI (PATHOPHYSIOLOGY)



Malnutrition Description in Ayurveda

There are 4 diseases described in different Samhitas of Ayurveda that are near to malnutrition as mentioned in modern medicine.

Karshya

Karshya is under nutrition condition due to reduced food intake of baby resulting from less intake, if mother use *Vatavardhak Ahara- Vihara* and baby take *Vatadushistanya*. Ultimately, baby become malnourished.

Balshosha

The causes of of *Balshosha* are *Arochaka* (reduced digestive capacity), *Pratishyaya* (running nose), *Jwara* (fever) and *Kasa* (cough), and at last baby may lead to *Shosha* (emaciation).

Parigarbhika

If any baby is on breast milk of pregnant women then *Parigarbhika Roga* can occur and that milk have poor nutriment. Signs and symptoms of *Parigarbhika Roga* are cough, impaired digestive capacity, vomiting, fever and anoxia.

Phakkaroga

In *Phakkaroga*, *Ksheeraj Phakka*, *Garbhaj Phakka* and *Vyadhija Phakka* are described, *Ksheeraj Phakka* is due to intake of *Shlaishmika Dughdha*. *Vyadhija Phakka* is malnutrition condition resultant of any diseases as *Graharoga* etc. *Garbhaj Phakka* is due to feeding of baby by pregnant lady. Signs and symptoms of *Phakka Roga* are wasting of buttocks, upper limbs and thighs, pot belly abdomen, head appears big due to relatively wasting in body parts and baby is unable to walk.

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*.

Treatment (Chikitsa)

1)Nidana Parivarjana

Nidana Parivarjana means avoiding the cause, it has two benefits - as a prophylactic measure and further progression of disease will be halted.

2)Agni Deepana

First line of Samshamana Chikitsa is to improve the proper functioning of Agni through the Aushadhis, and by following Pathya.

3)Pachana

After giving the Deepana Dravyas next Pachana Dravyas like Shunti can be administered.

4) 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 *Dhatusaravardhan*.

5) Bahyachikitsa

By external application therapy
Udavartana (dry powder massage),
Abhyang (oil massage)

6)Panchakarma Therapy

Shirodhra (steadily fripping of medicated oil or liquids on forehead),
Shashtikashalipindsweda (sudation therapy with cocked rice),
Basti (medicated enema) to stimulate child and to rehabilitate

7) Rasayana and Vajeekarana

Rasayana, Vajeekarana, Balya, Jeevaniya and Brimhaniya, drugs should be used which leads to dhatu poshana

8) 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

Discussion

Karshya, *Balshosha*, *Parigarbhika*, *Phakkaroga* are the disease described in Ayurveda texts is related to each other and possibly correlate to protein energy malnutrition (PEM). Its management is done by *Panchakarma* Therapy.

Conclusion

Malnutrition is described in modern medical sciences but is similar to nutritional disorder in Ayurveda like *Karshya*, *Phakka*, *Parigarbhikaa* and *Balshosha*. A systemic study of these conditions provide in sight in to hazards of nutritional deficiency and represents different aspects of nutritional deficiency and proper understanding of pathogenesis of condition provide valuable key for the effective management .

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