

“A LITERATURE REVIEW OF KARSHYA AND ITS MANAGEMENT THROUGH AYURVEDA”**Dr. Dipak P Rathod¹, Dr. Archana S. Dachewar Singam²**

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ABSTRACT:

Karshya means the weakening of the "disease of malnutrition" [Apatarpanajanyavyadhi] resulting from reduced food intake. Rukshanapana (lack of food). Langhan (fasting). Pramitashana (Lack of nutrition). Shoka (sanity). Essentially it is vataja prakriti. Extreme filtering measures and Nidra (sleep) vegadharana, repressed impulses, many body functions etc. Other causes such as may cause negative effects of Vata. According to Ayurveda Shabdakosh the meaning of Krusha is Amedasvi, Durbala, Alpamamsa and Nirmamsa Aahar factors of this disease, Alpashana is especially responsible for the development of Karshya. Karshya is included in Vataj Nanatmaja Vatavyadhi. 2)) Charak and Sushrut classified it as Raspradoshaja Vyadhi. Karshya is Vata Pradhan Apatarpanajanya Vyadhi. In these diseases, the body gradually loses weight. It is governed by Rasa-pradoshaja Vyadhi. It is the worst health and nutrition problem in developing countries. Aahar is considered an important factor in disease, while Alpashana and Vishamashana are particularly responsible for the development of Karshya. Acharya Charaka explains the symptoms of Karshya very well and also explains in detail its causes such as Aharaja (diet), Viharaja (attitude) and Manasika (mental state). All these causes lead to changes in Vayu, Agni, inadequate production of Rasadhatu and other Dhatus and Karshya. Depending on the clinical location and pathogenesis, Karshya may be associated with severity. If emaciated people are not treated properly, they may experience splenomegaly, cough, weight loss, shortness of breath, gurgling, hemorrhoids, stomach infection, stomach infection, etc. It will improve. In today's medicine, weight loss can be treated with steroids and protein powders as well as a healthy diet. However, overuse of steroids and protein powders can cause serious problems. The same diet plan will not be effective for all patients if Agni is not included. Therefore, it is best to find a safer and better alternative treatment. An excellent diet plan and various medicines complete the treatment of Kasha in the Ayurvedic text Nidanparivarjana. This article describes the Ayurvedic perspective of Karshya, which will help in the diagnosis and treatment of the disease.

KEY WORDS:- Karshya, Weakness, Rasavaha Strotas, Ayurveda, Treatment**Corresponding Details:****Dr. Dipak Rathod**

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INTRODUCTION

Karshya is one of the most common health and nutrition problems in the developing world. Karshya is Apatarpana janya Vyadhi. According to Ayurvediya Shabdakosh it means Krusha, Amedasvi, Durbala, Alpamamsa and Nirmamsa. (Ayurvedic Shabdaksh). Aahar factors are mainly responsible for this disease, Alpashana and Vishamashana are especially responsible for the development of Karshya. Karshya is included in Vataj nanatmaja Vatavyadhi. Both Charak and Sushrut attributed this to Raspradoshaja vyadhi. Acharya Bhavprakash describes Kasha disease as a separate disease. Treatment of the elderly includes weight loss, muscle atrophy, loss of subcutaneous fat, physical disability, depression, fatigue and other symptoms. Apparently Karshya has something to do with weight loss. Krishata is the first stage; It must be treated with proper care, otherwise it will cause Atikarshya. Chronologically, Rasa Dhatu's Upososhan leads to Dhatukshaya. Therefore, Karshya patients suffer from indigestion, malabsorption and metabolic disorders. In today's medicine, weight loss can be treated with steroids and protein powder, as well as a healthy diet. However, overuse of steroids and protein powders can cause serious problems. The same diet plan will not be effective for all patients if Agni is not included. Therefore, it is best to find a safer and better alternative treatment. An excellent diet plan and various medicines complete the treatment of Kasha in the Ayurvedic text Nidanparivarjana. Brimhana, Madhur dravya, Rasayana, Vrishya etc. are mentioned in the scriptures for Kashi patients. treatments are recommended.

NIDAN

Sanjeevani Darshan

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सेवा रुक्षात्रपानानां लंघन प्रमिताशनम्।

क्रियातियोगः शोकश्च वेगनिद्राविनिग्रहः॥

रूक्षस्योद्धर्तनं स्नानस्याभ्यासः प्रकृतिर्जरा।

विकारानुशयः क्रोधः कुर्वन्त्यतिकृशं नरम्॥'- च.सू. २१/११-१२

Aharaja Nidan - rasa atisevan, Rukshaannapan, Vatalaahara

Viharaja Nidan – Atisanabhayyas, Langhana, Promitashan , Ativyavaya , Dhyana Nigraha, Alpashana , Kshuda Nigraha , Pipasa Nigraha , Ruksha Udvartan .

Manasik Nidan- Bhaya, Chinta , Krodha , Shok , Nidra Nigraha .

Table No. 1 Aharaja Nidana Of Karshya by different Acharyas

<i>NIDANA</i>	<i>C.S</i>	<i>S.S</i>	<i>A.H</i>	<i>Bh. Pra</i>
<i>Rookshanna</i>	+	-	-	+
<i>Langhana</i>	+	-	+	+
<i>Pramitashana</i>	+	+	-	+
<i>Vatala Ahara</i>	-	+	-	-
<i>Kashaya Rasa Ati Sevana</i>	-	+	-	-

Table No. 2 Viharaja Nidana Of Karshya

<i>NIDANA</i>	<i>C.S.</i>	<i>S.S.</i>	<i>A.H.</i>	<i>Bh.Pra.</i>
<i>Kriyaatiyoga</i>	+	-	-	+
<i>Rooksha Udvartana</i>	+	-	-	-
<i>Ati-Snana Abhyasa</i>	+	-	-	-
<i>Ati-Vyayama</i>	-	+	-	+
<i>Ati-Vyavaya</i>	-	+	-	+
<i>Nidra Nigraha</i>	+	+	-	+
<i>Atiadhyaana</i>	-	+	-	-
<i>Kshudha Nigraha</i>	-	+	-	-
<i>Pipasa Nigraha</i>	-	+	-	-

Table No. 3 Manasa Nidana Of Karshya

<i>NIDANA</i>	<i>C.S.</i>	<i>S.S.</i>	<i>A.H.</i>	<i>Bh. Pra.</i>
<i>Shoka</i>	+	+	-	+
<i>Bhaya</i>	-	+	-	+
<i>Chinta</i>	-	+	-	+
<i>Krodha</i>	-	-	-	-
<i>Dhyana</i>	-	+	-	-

Table No. 4 Anya Nidana Of Karshya:

<i>NIDANA</i>	<i>C.S.</i>	<i>S.S.</i>	<i>A.H.</i>	<i>Bh.Pra.</i> 5
<i>Vatika Prakruti</i>	+	-	-	-
<i>Jaraavastha</i>	+	-	-	-
<i>Vikaranushaya</i>	+	-	-	+
<i>Kala-Greeshma</i>	+	-	-	-

SAMPRAPTI

तत्रपुनवातलाहार सेविनौऽतीव्यायामव्ययायाध्ययनभयशोकध्यान
रात्रिजागरणपिपासाक्षुत्कषायाल्पाशनप्रभृतिभिरुपशोषितोरसधातुः
शरीरमननुकामत्रल्पत्वात्रप्रीणति, तस्मादतिकाश्यभवति ॥ सु. सू. १५/३९(२०)

Those who has interest in Vata promoting diet, physical exercise, excessive sexual Intercourse, strenuous study, anxiety, wakefulness in night, thirst, hunger, taking of Astringents, partial starvation etc., circulating *Rasa* being reduced in quantity fail to nourish. The tissue due to insufficiency; hence extreme Karshya occurs. Detail pathogenesis of disease Occurs as given below:

REPRESENTATAION OF THE SAMPRAPTI



SAMPRAPTI GHATAKA

Dosa – Vata

Dushya – Rasa dhatu

Agni- Mandagni

Ama- Samata

Udbhvasthan -Amaavstha

Srotas affected -Rasa vaha, Raktavaha, Medavaha, Mamsavaha

,Type of Srotodusti -Sanga

Rogmarga – Abhyantarrogamarga

Vyaktasthan -Sphiga, Udar, Griva, Twak, Asthi

Vyadhiprakar – Chirakari.

Sadhyasadhyatwa – Kricchasadhya

LAKSHANA

व्यायाममतिःसौहित्यं क्षुत्पिपासामयौषधम् । कृशो न सहते तद्वदतिशीतोष्णमैथुनम् ॥

च.सू. २१/१३

शुष्कस्फिगुदरग्रीवो धमनीजालसन्ततः । च.सू. २१/१५/३०

- Sushka- Sphika,Udar, Griva (Emaciated buttock, abdomen, neck region)
- Dhamanijalasantata (Prominent venous network)
- Twakasthishes (Skin bone appearance)
- Sthulaparva (Prominent joint)
- Vyayam Asahishnuta
- Atisauhitya Asahishnuta
- Kshuta Niqraha Asahishnuta
- Pipasa Nigraha Asahishnuta
- Mahoushadha Asahishnuta
- Ati shita Asahishnuta
- Ati ushna Asahishnuta
- Maithuna Asahishnuta
- Kriyashu Alpa Prana

- Rakta Pittaja Amaya
- Sthula Anana
- The lean person does not tolerate physical exercise, over –saturation, hunger, thirst, Disease and drugs and also too much cold, heat and sexual intercourse

Table no. 5 Rupa of Karshya:

<i>Sr. No.</i>	<i>Rupa</i>	<i>C. S.</i>	<i>S.S.</i>	<i>A.S.</i>	<i>Bh.Pra.</i>
1	<i>Sphika Shushkata</i>	+	-	+	+
2	<i>Udara Shushkata</i>	+	-	+	+
3	<i>Greeva Shushkata</i>	+	-	+	+
4	<i>Sirajala Santata</i>	+	-	+	+
5	<i>Twak Asthi Shesha</i>	+	-	-	+
6	<i>Sthula Parva</i>	+	-	+	-
7	<i>Vata Roga Prayaha</i>	-	+	+	-
8	<i>Atisheeta Asahishnuta</i>	+	+	+	-
9	<i>Atiushna Asahishnuta</i>	+	+	+	-
10	<i>Vyayama Asahishnuta</i>	+	+	+	-
11	<i>Kshut Nigraha Asahishnuta</i>	+	+	+	-
12	<i>Pipasa Nigraha Asahishnuta</i>	+	+	+	-
13	<i>Maha Aushada Asahishnuta</i>	+	+	+	-
14	<i>Maithuna Asahishnuta</i>	+	-	-	-
15	<i>Kriyasa Alpaprana</i>	-	+	+	-
16	<i>Sthula Anana</i>	-	-	-	+

UPADRAVAS OF KARSHYA

If a weakened person is not treated properly, he may experience splenomegaly (Pleeha), cough (Kasa), diarrhea (Kshaya), shortness of breath (Swasa), Gurma (Gulma), hemorrhoids, stomach ache and abdominal pain. will suffer from pain. intestinal diseases. Pleeha - Due to Meda Kshaya. Shwasa, Kasa - Due to decreased immunity, infection. Kshaya - if Krishata is neglected - will cause Kshaya of other Dhatu. Gulma, Udara, Arsha Grahani - originated from Agnimandya.

CHIKITSA FROM KASHYA

Karshya is Vata Pradhan Vyadhi caused by Dhatukshaya. Therefore, Vata Upakrama can be adopted as a general treatment method. The importance of Brimhana treatment is considered as a special treatment by all Acharyas. According to Acharya Charaka Brimhana, the remedy should be Laghu Santarpana in nature. Because Agni, Sharirabala etc. Krishna affects her patients badly. The principles of Karshya administration should be as follows

- 1) Nidana parivarjana:
- 2) Samshodhana
- 3) Samshamana
- 4) Akhara
- 5) Achara .



Nidana Parivarjana

These Nidanas include Nidra Nigraha, Ativyayama, Ruksha Annapana, Vatika Annapana, Alpa Bhojana, Kashaya, Katu, Tikta Rasa Sevana, Ati Vyavaya Chinta Krodh Shok etc. takes place. should be avoided. Therefore, Nidana Parivarjana has two benefits. As a precaution, the increase of the disease will be stopped. Another feature is that it can prevent the recurrence of the same disease in the future. Acharya Susruta explains that the use of Samshodhana, Samshamana Aahara and Achara will help prevent, control and eliminate diseases.

Samshodhana Karshya

Is Apatarpana janya vyadhi. Therefore, the most important treatment is Brimhana therapy. However, Mridu Samshodhana can be recommended for Krishna patients, there are two types of Samshodhana treatments: 1) Bahira Parimarjana: Taila Abhyanga, Sniigdha Udvartana are suitable for Krishna patients. 2) Antaha parimarjana: Vata Dosha along with Agni is the main factor in the pathogenesis of Karshya disease and hence Basti Karma is the option of the Panchkarma process. Acharya Sushruta and Vagabhata recommend Brimhana Basti to use Mridu, Snigdha etc. Features like Kshirabala Taila Basti.

Samshamana

Samshamana treatment is a good treatment. Acharyas Ancient Acharyas believed that

medicines containing the properties of Rasayana Vrishya, Balya, Brimhana, Jivaniya should be administered in Karshya. Listed below are some of the herbs used in treatment:

- Ashwagandha
- Vidarikand
- Shatavari
- Bala

Ahara

Laghu Dravya Santarpan Chikitsa (like Shali rice), good in Karshya Rogi It means eating good, healthy foods to ensure nutrition. This diet promotes digestion and absorption of food due to its nutritional value. Eating fresh rice, fresh wine, juice and aquatic animals, preparing good meat, curd, ghee, milk cane, salimi, wheat, sweets will cure the pain.

Vihara

This includes many preventive and rejuvenating treatments. It is beneficial for body and mind. Feelings of joy, peace of mind, stress control etc. like Atimatra Swapna.

Karshya's Diet and Daily Life

• Diva-swapna (Sleep) • Harsha (Excitement) • Sukha shayya (Healthy) Sleep • Manaso nivrutti (Relaxation of the Mind) • Chinta-vyavaya – vyayama virama (stay away from mental, sexual and physical activity) • Priyadarshanama (stay with the people and environment you love) • Tailabhyanga (daily oil massage) • Snigdha udvartan (cosmetics) • Snana (bathing) • Gandha-mala -neshevanam (use of incense and garlands)) • Shukla vasa (wear white clothes) • Snigdha & madhura dravya (sweet and oily food) • Navanna, navamadhya (fresh rice, fresh wine) • Gramya – aanupa –aaudaka rasa (homemade food) broth of animals (in animals and water living animals) • Sanskrita mansa (cooked meat) • Dadhi, sharpi, paya, ikshu, shali, masha, godhuma (curd, ghee, milk, sugar, rice, black gram, wheat) • Gudavaikrutama (rough product)

DISCUSSION

In Ayurveda, Kasha Disease is defined as irregular nutrition. Karshya disease is described in detail by Charak in Astoninditiya Adhaya; This disease is considered as an evil phenomenon and hence Karshya is recommended for treatment and management principles as it is subject to many other diseases. Sushruta also considered Karshya to be a state of medical deficiency. The role of Rasa in Karshya history is explained. The working hours of Dhatukshaya, Ojakshaya and Balakshaya are stated. This treatment should be treated using the classical treatment mentioned above. Dhatukshaya supports the concept of due immunity. The effects of Langan a are mentioned in Astanga Hridaya Karshya. Following Sushruta, Astanga Hridaya also suggested the treatment of Brimhan. Brimhan's treatment is specified in the treatment plan. Sarangadhar joins Karshya in Nanatmaja Vatavyadhi. In Bhav Prakash, Kasha is

described as a separate chapter. Karshyaroga is mentioned in Yogaratnakar's Medoroganida. Rukshannapan, Langhana, Promitasa, Kriyati Yoga, Shok, Vegadharan, Nidranigraha, Ruksha udvartan, Atisnanabhayasa, Prakritijara, Ati Vyayama, Ati Vyavaya, Dhyana, Adhyana.

Kashaya rasa, Vatalaaharaseban, Kshudanigraha, Pipashanigraha, Krodh and Vikaraanusaya are Kashaya factors in etiology. These factors are divided into nutritional, behavioral, medical, psychological, and iatrogenic factors as defined in the disease investigation. All these conditions cause Vayu to become corrupted. Disruption of Vayu causes Upososhan of Rasa Dhatu in Pachakagni and Dhatavagni stages. Loss of exaggerated Rukshaguna of Vayu, Ushnaguna of Pitta and Snigdha-guna of Kapha leads to Soshankarya of Rasa Dhatu at the level of Jatharagni. So Rasa dhatu is not established properly. The main functions of Rasa dhatu are Tusti and Prinan; This means that Rasa dhatu provides nourishment to the advancing Dhatus. This function is blocked. The formation of Ama in the Dhatavagni stage affects the ultimate absorption and metabolism of Rasa dhatu. Poor functioning of Vyanvayu in Karshya leads to changes and malfunctions as a result of metabolic activity, which together lead to changes in the level of digestion, absorption and metabolism of Jatharagni and Dhatavagni, so that the production of Dhatus and food cannot be stored. timely action. This may cause malnutrition in Kasha patients. As a result of malnutrition, there is a loss of fibrous muscle content in the legs. Fatty diet and obesity cause loss of fat tissue. Patients suffer from weak bodies and skin disease, cough disease, respiratory disease, Kshaya, Gulma, Arsha, Udar, Grahai, Vataroga, Agnisad, Rakta pitta etc. He suffers from many diseases such as.

CONCLUSION

Karshya is Apatarpanjanya Vydhi where Rukshata appears in the body due to destruction of Vata Dosha. Sushka-Sphika, Udar, Griva, etc. are the main features. Ayurveda explains the symptoms, causes, problems and treatment of Kasha very well. Understanding the factors contributing to the effect will help reduce or prevent the pathogenesis of the disease. Distinguishing nutritional deficiencies and better understanding disease pathogenesis provide important keys to effective management. Varthasaman, Agnidhipan and Snehana are needed under Kasha. Nirantar Brimhan, Shodhana and Shamana treatments along with proper nutrition and daily exercise provide the best treatment for Karshya disease. In this way, we can give people health and immunity.

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