A Conceptual study on malnutrition according to Ayurveda
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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),
   - *Malmutradivegavarodha* (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),

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**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 Parigarbhikal 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 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 Shushkasrikha (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, Nischeshita (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 Glocosuria, 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 Annadwesha (aversion to food), Nanavidh Shakrita (Different colour stools), Vivarnata (Loss of lustre), Udaragranthi (Abdominal nodular swelling), Jvhanimmnata (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),
Trivrutakkshira (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.

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