



## A Review Study on the Efficacy of Ashwagandha Ghrita in Children with Karshya

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### KEYWORDS

Ashwagandha Ghrita, Karshya, Rejuvenation, Under nutrition

### ABSTRACT:

**Introduction:** Karshya is a condition where the body never gains optimum weight as a result of a decrease in Rasadi Saptadhatu. Children experience long-term physical and mental fatigue. At the critical ages of growth and development in childhood, a Karshya child demonstrates chronic under nutrition and is not fully developed.

**Objectives:** To assess Ashwagandha Ghrita's effectiveness in treating children with Karshya.

**Methods:** A literary review used several significant modern and Ayurveda textbooks, children's research articles for children aged 5 to 10, and journals to gather data on Ashwagandha Ghrita.

**Results:** Improvement in Karshya due to the Bruhan effect of Ghrita.

**Conclusions:** Karshya is a condition in which the body becomes progressively emaciated due to nutritional inadequacies. The gluteal area, abdomen, and neck are the main areas where there is a decrease in gross bulk muscle and subcutaneous fat. Ashwagandha, which has alkaloids and steroids, as well as Ghrita, which has Yogvahi and Sanskaranuvartini Deepan properties, and has the ability to increase body mass. Agni is vital for metabolism, and Ashwagandha Ghrita directly promotes it.

### 1. Introduction

The National Family Health Survey (NFHS-4) was conducted in 2015–2016, with 36% of Indians taking part. Along with wasted children (21%), underweight children (38%) and stunted

children (21%) make up the underweight population. Estimates place the number of children who pass away before turning five at close to 11 million. <sup>1</sup>



Both boys and girls experience undernourishment at comparable rates. In comparison to urban areas, where the incidence is 33%, rural areas have a 46% prevalence. Within six months of birth, 20–30% of infants already suffer from malnutrition. Most frequently as a result of their low birth weight. After six months of age, the prevalence of under nutrition starts to rise due to the advent of dirty food consumption, which raises the risk of undernutrition.<sup>2</sup> Ayurvedic literature views food as one of the three sub-pillars of life (Aahara). Karshya has been primarily caused by poor eating habits, namely Alpashana (limited food intake) and Vishamashana (false eating habits). For insufficient physical, psychological, and intellectual development, inadequate nutrition is a crucial contributing factor. According to recent studies, undernourished children are the first to develop severe disorders that affect adults, such as heart disease, hypertension, and type 2 diabetes.

## 2. Objectives

To assess Ashwagandha Ghrita's effectiveness in treating children with Karshya.

## 3. Discussion

Information on ASHWAGANDHA GHRITA, which is used to treat Bal Karshya (Childhood Under nutrition), was gathered for the literature review from a variety of significant Ayurvedic and contemporary textbooks, research papers, and journals. Not getting enough food: Undernourishment is a state in which inadequate nutrient intake, subpar nutrient uptake, or excessive nutrient loss occur.<sup>2</sup>

Term Malnutrition includes both inadequate dietary intake and excess calorie intake. Under

nutrition is, however, sometimes referred to as malnutrition or PEM.

Malnourishment causes include:

- Low birth weight
- Inadequate food intake
- Frequent infections including pneumonia, diarrhoea, and other illnesses

Ati-Karshya's literal meaning is "decrease in Upachaya, Rupa, and Bala," according to Acharya Dalhan.<sup>3</sup>

Causes of Karshya:<sup>4</sup>

Pramitasan, Kashaya rasa atisevan, Langhana, and Rukshaannapan Vatalaahara are dietary factors.

The causes of Viharaja are Ruksha Udvartan, Nidra Nigraha, Kshudha Nigraha, Pipasa Nigraha, Dhyana, AtiVyayama, AtiVyavaya, and Atisnanabhayas.

Chinta Manasik Nidan, Bhaya. Both Krodh and Shok

Samprapti/Pathogenesis:

Malnutrition-related Karshya can manifest as a sickness in and of itself or in combination with other illnesses as a glaring indication of a more serious condition. The disease Apatarpana Janya Vyadhi, which is mostly ascribed to vitiated Pitta and Vata doshas (bio-humor), is brought on by malnutrition. As a result of Agni Dushti, or incorrect digestion, caused by Pachaka Pitta, a subtype of Pitta that produces digestive enzymes, the Dhatus (tissues) are not properly hydrated without adequate diet, resulting in Anuloma Kshaya (depletion of whole-body tissues).



Rasa Dhatu is not produced enough as a result of the Vata dosha and Agni's altered functions. Rasa Dhatu is not produced enough, which chronologically results in Dhatu-Kshaya.

Dushya – Rasa Dhatu;

Agni – Jatha-ragni (Mandagni);

Vata – Dosa;

Ama – the production of Ama due to Agnimandya; Amasaya, Vyadhi, and Sthan

Vyaktasthan: Sphiga, Udar, Griva, Twak, and Asthi;

Rogamarga: Abhyantar-rogamarga;

Strotas affected: Rasavaha, Raktavaha, Medavaha, and Mamsavaha

Type of Srotodusti: Sanga;

Sadhyasadyata: Kricchasadya

Rupa (Clinical features of Karshya):<sup>5</sup>

The signs and symptoms of Karshya are described by Acharya Charaka, Sushruta, and Vagbhatta (skin and bone appearance), Dhamanijala Santatah (dominant venous network), Twak-Asthi Shesh, and Shushk Sphiga Udar Griva (emaciated buttock, belly, and neck area) in a nearly comparable way. The patient is unable to cope with Ati-Vyayama (severe exercise), Kshut Pipasha Oushadha (Hunger, Thirst, and Medications), Ati Shita Ushna maithuna, and Sthula Parva (Prominent joint) (excessive cold-hot, sexual intercourse).

Upadrava of Karshya:<sup>6</sup>

The most common ailments that patients with Karshya are prone to have are listed below. Grahani, Kas, Gulma, Arsha, Swas, Udar, Pleeha, and Kshaya

## 4. Results

Karshya is a condition where the body becomes gradually undernourished and is brought on by dietary inadequacies. Gross bulk muscle loss and subcutaneous fat loss are typically visible in the gluteal region, belly, and neck.

Undernutrition and this condition are extremely similar. Shishu's response to Ashwagandha Ghrita Ayurveda Samhitas (Chakradutta 63/70 Page 273, Yog Ratna Balroga Chi. (443), and Bha. Rat. 71/132) extensively discusses the condition known as Karshya (Underweight Children). This medication has natural steroids that improve protein synthesis as well as lipophilic activity, which enables it to pass through cell membranes. A rise in internal organ capacity, accompanied by an increase in lung power (perhaps due to an increase in the lungs' alveolar line protein count).

Ashwagandha contains alkaloids and steroids in addition to the Yogvahi and Sanskaranuvarti qualities of Ghrita. Moreover, Ghrita has Yogvahi and Sankharanuvarti characteristics, which are all responsible for the growth of bodily mass.

## 5. Conclusions

1. In Karshya-Rogi, Laghu-Dravya-Santarpan Chikitsa should be suggested.<sup>7</sup>

2. It is recommended that patients with chronic Karshya be gradually prescribed the rejuvenating therapy, taking into consideration their physical constitution, food digestion capacity, vitiated Doshas, therapy kind, dosage, season, and administration time. These patients benefit from using various forms of Brinhana Basti, abhyanga, and nutritious beverages in addition to Mansa Rasa, Ksheer, and Ghee from various animals.



3. Charak Brinhana claims that Karshya can benefit from Chikitsa.<sup>8</sup>

4. Ayurveda makes significant use of the roots of *Withania somnifera* as a Rasayana to protect against illness and improve physical and mental health<sup>9</sup>.

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