

CASE STUDY

Ayurvedic Management of Karshya – A Case Study

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ABSTRACT

Karshya, a form of undernutrition described in Ayurveda, is characterized by emaciation due to depletion of Rasa Dhatu and subsequent Mamsakshaya. This case report presents a 2-year-11-month-old male child with poor weight gain, low appetite, and general weakness. Ayurvedic management using Kushmanda granules (9g/day for 60 days), along with dietary and lifestyle modifications, resulted in notable improvements in both subjective and objective parameters including weight, appetite, and appearance. The case highlights the potential role of Kushmanda as a Brimhana and Rasayana dravya in pediatric undernutrition. Further studies may support its wider clinical application in managing Karshya effectively.

Keywords: Karshya, Under-nutrition, Kushmanda Granules.

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INTRODUCTION

The children are the most vulnerable members of the society in terms of health. The present world is dealing with the problems of malnutrition in children specially in developing countries like India. *Karshya* can be apparently correlated with underweight. *Karshya* is a condition in which the body of a person becomes emaciated having less quantity of *Rasa Dhatu* causing a further state of *Mamsa-hinata* or *Mamsakshaya*. Surveillance of young children is a major issue of public health in India [1]. Nearly half of all deaths in children under 5 are attributable to undernutrition; undernutrition puts children at greater risk of dying from common infections, increases the frequency and severity of such infections, and delays recovery [1-4]. According to modern science, a balanced diet is defined as a diet that contains all essential six components i.e. carbohydrate, protein, fat, vitamins, minerals, and water with roughage in required proportion and thus keeps all doshas in equilibrium. Agni (digestive fire) is the responsible factor for the digestion of *Aahar* (food), *Bala*, *Arogya*, *Ayu*, and *Prana* all depend upon *Agni*.

AIM AND OBJECTIVES

1. To study the effect of Kushmanda Granules on Karshya.
2. To study the effect of Kushmanda Granules with assessment criteria (subjective & objective criteria)

MATERIAL AND METHODS

Case Report

A 2 year 11 months old male patient reported at Kaumarbhritya (KB) outpatient department (OPD) on 17th July 2024, with complaints of not gaining weight as per age since 2 -3 months, associated with, generalised weakness, poor appetite for 15 days. The patient was apparently healthy before 3 months, gradually he developed poor appetite & generalised weakness in the body. For which they consulted to nearby Primary Health Center and took allopathic treatment but could not found relief. So for further management, patient came to Parul Ayurved Hospital for futher treatment.

Table No. 1 – Observation Table

Weight	9.1 kg
Height	74.5 cm
BMI	16.39 Kg/m ²
Head circumference	46 cm
Chest circumference	48.5 cm
Mid-arm circumference	12.5 cm

Table No. 2 – Personal History

Personal History	
Dinacharya	
Time of getting up in the morning	At 8 am
Face wash including tooth brushing	Once daily
Attaining toilet, Bowel evacuation habit	Evacuates daily
Doing physical exercise	Not performing
Taking Breakfast	Tea/Milk, Biscuit, Food packets
Afternoon regimen	
Lunch	Roti & Sabji/ Rice with Dal
Night regimen	
Since many day's patient is having disturbed night sleep	
Rules & Regulation while intake of food	Not Followed
Nutritional Status	Poorly built & poorly nourished
Family History	All family members are said to healthy

Table No. 3: General Examination

General Examination	
B.P.	110/70 mm of Hg
Pulse	89 pulse/min
Temperature	Afebrile
Respiratory Rate	24/min, clear

Dash Vidha Pariksha

The assessment of the individual based on Dashavidha Pariksha reveals the following:

Prakriti: Vata-Kaphaja, indicating a combination of Vata and Kapha doshas.

Sara: Madhyam

Samhanana: Madhyam (moderate), signifying average body build and compactness.

Pramana: Weight is 9.1 kg, and height is 74.5 cm.

Satmya: Madhyam

Satwa: Avara (low), suggesting weak mental endurance or emotional resilience.

Ahara Shakti:

Abhyavaharanshakti: Avara (low appetite).

Jaranshakti: Madhyam (moderate digestive capacity).

Vyayama Shakti: Madhyam (moderate capacity for physical activity).

Vaya: Balyaavastha, indicating the stage of childhood.

Diagnosis – The patient was diagnosed as Karshya (undernutrition)

Treatment Plan

Curative Treatment (Shamana Aushadhi Chikitsa)

Kushmanda Granules – 9gm BD for 60 days

4.5gm divided into two doses with milk; two times a day i.e, early morning & evening time.

Table No. 4: Pathya-Apathya Ahara Vihara to Be Consumed

Pathya Ahara :	
In Shooka Dhaanya varga	Dhanya,Yava,Godhuma
In Shimbi dhanya varga	Mudga, Soya
Mamsa varga	Jangala-anoopa-oudaka praanija mamsa rasa (kurta)
Go-rasa varga	Go-dugdha & ghrita
Jala varga	Sukhoshna jala / Kwathita jala
Shaaka varga	Palakya, Methika
Taila Varga	Tila taila
Phala Varga	Draaksha, Dadima, Kushmanda
Vayanjana Varga	Jeeraka, Ajamoda.....
Pathya Vihara :	
Vyayama	Playing/walking
Abhyanga	With Mahamasha Taila/ Tila Taila
Apathya Ahara :	
Rooksha ahara	
Rooksha pana	
Pramitashana	
Upavasa	

Table No. 5 – Subjective Criteria

Domain	Assessment	Grades
Daurbalya (General weakness)	Dull	3
	Moderately Active	2
	Active	1
	Very Active	0
Kshudha (Appetite)	Child does not take food considerably even by force	3
	Child does not ask but takes food considerably by request	2
	Child himself ask food but not take adequately	1
	Child himself ask food but take adequately	0
Nidra (Sleep)	Crood	3
	Disturbed	2
	Short but sound	1
	Long and sound	0
Appearance	Ill at ease	3
	Dull looking	2
	Playful look	1
	Healthy looking	0
Bowel Habit	Irregular for more than 2 days	3
	On alternate day	2
	Daily but hard stool	1
	No constipation	0
Interest in Activities	Dull	3
	Involves when forced	2
	Actively involves on motivation	1
	Very Active	0

Objective Criteria

- Weight in kg
- B.M.I.
- Chest Circumference (C.C.)
- Head Circumference (H.C.)
- Mid Upper Arm Circumference in cm (M.U.A.C.)

Table No. 6 – Evaluation Of Subjective Criteria

Symptoms	BT	AT	%
Daurbalya	2	1	50%
Kshudha	2	1	100%
Nidra	1	0	50%
Appearance	1	0	100%
Bowel Habits	0	0	0%
Interest in Activities	1	0	0%

Table No. 7 – Evaluation Of Observation Criteria

Anthropometry	BT	AT
Weight	9.1 kg	10.10 kg
Height	74.5 cm	83 cm
BMI	16.39 Kg/m ²	14.66 Kg/m ²
Head circumference	46 cm	46 cm
Chest circumference	48.5 cm	49 cm
Mid-arm circumference	12.5 cm	13 cm

DISCUSSION

The present case highlights the clinical appearance and administration of Karshya (undernutrition) in a 2-year-11-month-old child. Karshya, characterized by a shortage in Rasa Dhatu and consequent Mamsakshaya, aligns with the condition of underweight as observed in modern nutritional science. The patient presented with symptoms of poor weight gain, generalized weakness, and low appetite, which are indicative of impaired dietary status and digestive function. Upon evaluation, the child exhibited Vata-Kaphaja Prakriti, low appetite (Abhyavaharanshakti - Avara), and moderate digestive capacity (Jaranshakti - Madhyam), which suggest an imbalance in metabolic functions leading to inefficient nutrient absorption [5-8]. The Dashavidha Pariksha findings, especially Avara Satwa and Madhyam Samhanana, further reinforce the diagnosis of Karshya. The prescribed Pathya-Apathya Ahara & Vihara played a significant part in progressing the child's dietary status. The Pathya Ahara, which included nutrient-rich nourishment like Godhuma (wheat), Mudga (green gram), Go-dugdha (cow's milk), Ghrita (ghee), and Kushmanda (ash gourd), provided essential macronutrients and micronutrients to support weight gain and immunity. Moreover, Vyayama and Abhyanga (massage with Mahamasha Taila) contributed to improved muscle tone and digestion [9-11]. Highlighting on some important matter by kushmanda is beneficial for moderately malnourished population –

- Kushmanda is a nutrient-dense yet low-fat fruit, rich in vitamins (like B-complex, C) and minerals (calcium, iron, phosphorus).
- It's easily digestible, making it suitable for people recovering from illness or with weak digestion, where gradual weight gain is required
- In Ayurveda, kushmanda is classified as a Rasayana, meaning it helps in nourishment and rejuvenation.
- **Medhya** – Promotes intellect
- **Tridosha-shamaka** – Pacifies vata and pitta primarily
- **Vrishya** – Aphrodisiac
- **Grahi** – Absorbent (helpful in diarrhea)
- **Shothahara** – Anti-inflammatory
- It is considered a Balya (strength-promoting) and Brimhana (bulk-promoting) herb – useful for building body mass and improving overall strength.
- Ayurveda emphasizes **Ojas** as the essence of vitality. Kushmanda helps increase Ojas, which indirectly supports tissue development and proper weight gain. It is said to support anabolic processes, aiding in tissue development and growth.
- Pharmacological Properties according to Modern Science –

Property	Effect
Antioxidant	Neutralizes free radicals and oxidative stress
Anti-inflammatory	Reduces inflammation and swelling
Immunomodulatory	Enhances immune response
Neuroprotective	Protects brain tissue and cognitive function
Hepatoprotective	Supports liver function
Antidepressant	Calming and mood-enhancing
Hypoglycemic	Supports blood sugar regulation
Diuretic	Promotes urine production (mild effect)

CONCLUSION

The case demonstrates that Kushmanda Granules, along with dietary and lifestyle modifications, were effective in managing Karshya by improving appetite, digestion, weight, and overall health. The significant improvements in subjective and objective parameters indicate the potential role of Ayurveda in combating childhood undernutrition. Further clinical studies on a larger sample size can help establish Kushmanda Granules as a standard Ayurvedic intervention for Karshya.

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