



A SHORT REVIEW STUDY ON *ATIKRUSHATA* W.S.R.
MALNUTRITION

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ABSTRACT

Introduction: In today's era *atishulata* is very well found especially in developing country like India. India is first rank in malnutrition. A silent and largely invisible emergency malnutrition plays a role in more than half of the nearly 11 million deaths each year among children under age five Ayurveda has propounded the principal etiological factor as a cause of any and all disease *aharvihar and sadvritta*. **Materials and Methods-** As Ayurveda deals with the health of the society, in Indian philosophy described *ashatoninditpurush* and specially *atishulata*. References has been collected and relevant matter is compiled from *Ayuvedic* literature **Results and Discussion-**Indian philosophy *ashatonindit* person is described and *atishulata* and *atishulata* is treatable. *Atishulata* in India is in ranking in first and as comparative to *atishulata*. Major work done in *atishulata*, in present study *atishulata* is ayurvedic and modern literature.

Keywords: ayurveda, *ashatonindit*, *atishulata*, malnutrition, underweight

INTRODUCTION: Due to change in life style, faulty diet pattern and decrease interest in the exercise the incidence of *atishulata* increases day by day in our society .India in ranking 1 underweight people as comparative no 5 in overweight people. Little wonder the United Nations Special reporter on the right to food, Jean Zeigler, raised the alarm to the UN Human Right Council in a September 2006 report titled "The Extent of Chronic Hunger and Malnutrition in India " . Ziegler says his report was "motivated by the fact that India has the largest number of undernourished people in the world and one of the highest levels of child malnutrition many diseases are known to afflict human being these includes infectious, metabolic, genetic and nutritional deficiency disorder. Out of these nutritional diseases are by far the most common throughout the world, among them protein energy malnutrition is the commonest one.

It is the most widespread health and nutritional problem in developing countries. A silent and largely invisible emergency malnutrition plays a role in more than half of the nearly 11 million deaths each year among children under age five. WHO identifies malnutrition as the single most important risk factor for disease? Ayurveda is known for serving the society from the past time. Prevention and cure of Ayurveda is exactly applicable on the *Atishulata*. In the text of Ayurveda here are many drugs, medicine preparation, *Yoga*, *Pathya-Apathya* are described which have good result in the prevention and cure of *Atishulata*

In today's era this duo is very well found especially in developing country like. India. Ayurveda has propounded the principal etiological factor as a cause of any and all disease *aharvihar and sadvritta*. In *atishulata* the person is lean and thin and under weight and also has many problems related to body and according to ayurveda his characteristics

feature include *shushksphik*, *shushkudar*, *shushkgrivadhamnijaldarshan*, *twagasthishesh*, *sthulparva*.¹ This sign and symptoms can be correlated with the under nourished person according to modern medical science due to this he is vulnerable for getting any disease as inherent but is very less as compromised. In those days this disease was prevalent and according to ayurveda this is better than obesity or *atishthulata* which even today is a major disease it has been found that there is linkage of the hormonal imbalance in this person to site on example PCOD is very common in females resulting in irregularities in menses the undernourished female on the other end may not be able to conceive and if conceived the chances of IUGR, LBW and pre mature delivery are common complication. Underweight and stunted women are at greater risk of obstetric complication and low birth weight deliveries. A low birth weight infant tends as adults to remain shorter. Than those of normal birth weight, the result is the cycle of malnutrition carried over to the next generation, it is also described in our classics that if the disease *Karshya* is not treated in proper time complications like *Shwasa*, *Kasa*, *Gulma*, *Pliha*, *Kshaya*, *Arsha*, *Udarroga* and *Grahaniroga* occur. This grievous condition especially in children requires immediate medical attention. Being a nutritional deficiency disease has been selected for the present study. Ayurveda hence stress on good quality and adequate that according to once *Agni*, *kostha*, *desh*, *kal*, *shararik* and *mansikprakriti* and profession today in the era of westernization we have neglected our culture tradition, rituals leading to deviation of *doshas* which ultimately results is depletion of *dhatu*s and this

creating *krushata*. This ultimately leads to ill health there by generating economic Burdon leading to financial crunch on our economy. Thus lean and thin patient requires adequate nutrition. Ayurveda believes in the management of diseases by correcting the *ahar* and *vihar* component there by increasing the quality of *agnidhatawagni* and ultimately the *dhatu*. *Brimhana* is one of the important therapeutic regimens which is highlighted by all Ayurvedic authorities. *Brimhana* nature *Dhatu*s and renders them well organized form to resist any form of disorder. *medaDhatu* where as *brimhana* has no effect on the *medadhatu* but it promotes mainly the growth of *Mamsa Dhatu*.¹¹

AIM : A Short Review Study On *Atikrushata* W.s.r. Malnutrition

OBJECTIVE:

The objectives of this research project

- To study of *atikrishata* in ayurvedic literature
- To study of *atikrishata* in modern literature

MATERIALS AND METHODS:

References have been collected and relevant matter is compiled from Ayurvedic literature. Available commentaries of *samhitas* are also reviewed various books, articles and online data base. All Compiled matter is reorganized and critically analyzed for the discussion and attempt has been made to draw some fruitful conclusion.

OBSERVATIONS AND DISCUSSION:

Meaning:

Nirukti:-*Krush* is form of " *krushtanukarane' dhatu*"²

According to Ayurvedic *shabdkosha* -*Amedaswi*, *Durdba* -*Alpmas*, *Nirmans Paryay*-According to *Amarkosh* The term *krush* is derived from

Which means?

- To keep short of food
- To become lean and thin
- To become emaciated

Defination.

1) A condition or disease in which the body of a person becomes emaciated, having less quantity of *Rasa Dhatu* causing further status of *Mamsahinataor Mamsaksha*

2) It may be said that “*krisha* is condition in which the person becomes thin and lean.

3) Dalhana in his commentary says which clearly tells that *karshya* shows *Dhatukshya* as the main event and thus this falls *Karshya* under the heading of *Apatarpanatmaka* diseases

Gross Out Look of The Disease *Karshya*

Achrya Charaka in *Sutrasthana* 21st chapter has described 8 type of undesirable person from treatment point of view, *Atikrisha* is one of them. Untimely and little than the required food is prime factor in producing *krishta*. *Tikta*, *Katu*, and *Kashaya Rasas* are supposed to produce *Karshya*. *Krishangata* has been included in the *Rasa PradoshajaVyadhi* In *Sushruta Samhita* *Atikarshya* has been described with its *Nidana*, *Samprapti Lakshana* and *Chikitsa*. On *Sushruta Sutra* chapter 15 Acharya Dalhana, In addition to above reference, the word *Krishta* has been used at many places under different contexts. In A.S. *Atikrisha* has been described along with *Atisthula* in 24th chapter of *sutra sthana*. A.H. has not devoted any separate paragraph for describing the symptomatology of *krishta* though its treatment has been mentioned. Bhavaprakash has been devoted a separate chapter “*Karshyadhikar* for describing the symptomatology, aetiology, pathogenesis, prognosis and treatment of *krish* person.

Sharangadhar had included it under the heading of *NanatmajaVyadhi* of *Vata*, those diseases caused absolutely by *VataDosha*.

Acharya Kashyapa includes the condition *Karshya* as a disease caused by *Vata*.

Concept Of *Karshya* As A Separate Disease:

Achrya Charaka observes that in cases where *lakshana* of disease manifest independently, then they are considered as a separate disease. Likewise when the *lakshanas* appear's as a part of disease then they are not called as an independent disease. In the present study *Karshya* not a complication of any disease condition or has not a cause of any diseased condition has been taken into consideration. It may be said that a lean and thin looking person having no other complaint may be taken as *Karshya*. But if it persists for a longer period it may be lead in to *Balshosha* and *Parigarbhika* when *Karshya* occurs at early infancy. If *Karshya* occurs at later childhood and persist for a longer period than it may lead to *Atikarshya*. It is clear from metioned references that *Karshya* represents a mild form of Malnutrition while others represent severe degree of malnutrition.

Concept of *Karshya* and *Atikarshya*: An apparently lean and thin looking person may be known as *Krishha*. To understand this precisely, the word like *sthula*, *Atisthula*, *Krishha*, *Atikrisha* should be considered. According to the *Sushruta*, the human body can be divided in to three groups based on its looking viz- *Sthula*, *Madhyama* and *Krishha*. There are some places in the body where generally fat deposits and these are – *Sphika* (hips), *Udar*(abdomen) and *Griva*(neck). Apparently a normal looking person having more bulk of fat at these places may be taken as *sthula*, on other hand

when they have less fat at these places then termed as *krisha* and person with apparently well knitted body having requisite amount of fat at the above places may be termed as *madhyama*. In this way *sthula* and *krisha* may be considered as apparently abnormal. However they are prone to turn in to the stages of *Atisthula* and *Atikrisha* respectively, which are definitely diseased entities and Ayurveda has included them under *AshtauNinditaPurusha* i.e. eight types of undesired person.

Nidana (Aetiology Of Karshya)³

The etiological factors of *karshya* can be broadly classified under three separate headings-

- 1) *Aharaja* – (a) qualitative (b) quantitative
- 2) *Viharaja* – (a) *sharirika* (b) *mansika*
- 3) Others

Samprapti Ghatak Of Karshya³

Dosha:

1. *VATA* - In the pathogenesis of *Karshya* *Vata Dosha* plays very important role. Sushruta and Vagbhata have clearly mentioned that vitiated *Vatadosha* leads to *Krishta* as per quotation. 2. *PITTA* - *Pitta* mainly *Pachaka Pitta* responsible for the pathogenesis of *Karshya*. Because vitiation of *PachakaPitta* leads to *Agni Dushti* as a result of which the *Dhatus* are not produced properly leading to

Dushya:

Rasa, *Mamsa* and *Medadhatus* are the main *Dushya* responsible for the

Agni: In *Karshya*, *Agni dushti* is *JathragniMandya*. That's why Acharya Charaka advocates *LaghuSantarpana* type of treatment for the *Brimhana*

Koshtha: As *Vata* is the main *Dosha* in the pathogenesis of *Karshya* the *Koshtha* of the *Krisha* children become *Krura*.

Udbhavasthana: The *Udbhavasthana* of this disease is *Pakwashaya*. Because the formation of *Dhatus* starts after the separation of *Ahara* by *SamanaVayu* in to *Sara* and *Kittabhaga* in the *Pakwashaya*.

Rogamarga: The disease manifest s all over the body but it gets originates from *Koshtha*. So the *Karshya* becomes a disease of *AabhyantarRogamarga*.

Strotas: In this disease the *Srotas* like *Annavaha*, *Rasavaha*, *Mamsavaha* and *Medavahasrotas* affected due to their corresponding *Agni Dushti*.

Rupa of Karshyas: Detail description of clinical sign and symptoms is carried out on the basis of symptomatology of *Atikarshya*. (Ch. Su. 21/13-15). These sign and symptoms of *Karshya* can be broadly arranged in two separate headings: –

- (1) *Pratyatmalakshana* (cardinal sign and symptoms)
- (2) *Samanyalakshana* (associated sign and symptoms)

Sadhasadhyata of Karshya: According to *CharakaSamhita* that means the *Krisha* person is supposed to be easier to treat than *sthula person*.and *Karshya Roga Brimhana* therapy is usually implemented. It increases *Meda Dhatu* thus it is easier to treat and it said *Sukha Sadhya*. The *Krisha* afflicted with all complications with *Dosha* and *Dushya* involving all *Margas* and is of longer duration is considered as *Asadhyata* or incurable.

Principles of management of Karshya

. The principle of management of *karshya* should be in following manner:

- 1) *Nidanaparivarjana:*
- 2) *Samshodhana*
- 3) *Samshamana*
- 4) *Ahara*
- 5) *Achara*

Modern Review of Disease Definition of Malnutrition

Faulty nutrition due to inadequate or unbalanced intake of nutrients or their impaired assimilation or utilization ⁴

(Merriam webster) Malnutrition is the condition that develops when the body does not get the right amount of the vitamins, minerals, another nutrients it needs to maintain healthy tissues and organ function.

This of two types

1. under Nutrition
2. over Nutrition

Definition of Underweight: Weighing less than the normal or requisite amount. *Atikrish* include in this condition. .

BMI- The body mass index (BMI) is a statistic developed by Adolphe Quetelet in the 1900's for evaluating body mass. It is not related to gender and age. It uses the same formula for men as for women and children.

Body Mass Index Formula

The formulas to calculate BMI based on two of the most commonly used unit systems:

BMI = weight (kg)/height² (m²) (Metric Units)

BMI = 703•weight(lb)/height²(in²) (U.S. Units)

According to modern *Atikrishata* means malnutrition and this is depends into BMI classification.

BMI (Quetelet's Index) 18.5 Kg./m.²- Under wt.

18.5 - 24.5 Kg./m.² - Normal

25 -30 Kg./m.² - Over wt.

30 - 40 Kg./m. - Obese

The score of less than 18.5 is under weight (malnutrition) and ayurvedic parameter is similar to *Atikrish*.

Diagnosis: Comparing a patient's weight to standardized charts Calculating body mass index (BMI) according to a formula that divides height into weight Measuring skin fold thickness or the circumference of the upper arm.

Prevalence:

Following chart is indicated how many population are *Atikrish* (over lean and thin) person in India.

India – Key Indicators⁵

Indicators	NFHS-4(2015-16)		NFHS-3(2005-06)	
	urban	rural	Total	Total
Nutritional Status of Adults (age 15-49 years)				
75. Women whose Body Mass Index (BMI) is below normal (BMI < 18.5 kg/m ²) (%)	15.5	26.7	22.9	36.5
76. Men whose Body Mass Index (BMI) is below normal (BMI < 18.5 kg/m ²) (%)	15.3	23.0	20.2	34.2
77. Women who are overweight or obese (BMI ≥ 25.0 kg/m ²) (%)	31.3	15.0	20.7	12.6
78. Men who are overweight or obese (BMI ≥ 25.0 kg/m ²) (%)	26.3	14.3	18.6	9.3

Source: National Family Health Survey, 2015-16

Ranking by prevalence of underweight Children		
Country	Prevalence of underweight of Children (%)	Share of total underweight Children in World (%)
Bangladesh	48	5.7
Nepal	48	1.2
Ethiopia	47	4.2
India	47	39.0
Timor-leste	46	0.1
Yemen	46	1.1
Burundi	45	0.4
Cambodia	45	0.6
Madagascar	42	0.9
Eritrea	40	0.2
Lao's People Democratic Republic	40	0.2
Niger	40	0.8
Afghanistan	39	1.4

Source: UNICEF,2006, State of the World Children⁶

DISCUSSION: In present era, today's life style has led to increase the incidence of many *vata vikaras* like *ATIKRISHA*. Ayurveda because of its most powerful aspect of 'swasthasyaswasthyarakshanam'⁷ has a big role to play in prevention of many disease as well as *Vatavyadhis*. Ayurvedic principles of *Ahara-vihara*, *Dincharya*⁸, *Ritucharya*⁹ and *Achara Rasayana*¹⁰ are effective in prevention of *atikrishata*. In the text of *Ayurveda Pathya Aahar-Vihara*, various types of *Yoga*, *Rasayana*, *Dincharya*, *Ritucharya* and *Rarticharaya* are described which have good role in the prevention and managements of *atikrishata*. Different ayurvedic studies has been showed that drugs have effective role in *atikrishata*. If someone adopt the diet pattern, life style according to the *Ayurveda* it can be helpful in the decrease the incidence of *atikrishata*. In text of

Ayurveda there are number of drugs, formulation like *vati*, *churana* etc are described which have very effective result on the *atikrishata* as mentioned.

CONCLUSION: In this present article Ayurvedic approach in the management of *atikrishata* is discussed in a scientific way. It seems that we need to reassess entire lifestyle if we want to prevent and manage *atikrishata*. In *Ayurveda Ahara, Vihara, Dincharya, Ritucharya, Yoga, Rasayana* are described which have good role in prevention & cure of the *atikrishata*. The prevention and management of *atikrishata* can be done successfully in Ayurveda. Moreover Ayurvedic treatments are safe & affordable by everyone. India is in number first ranking in underweight this is the major problem for India and fight to this understand to *atikrishata* in ayurvedic literature. Ayurveda believes in the

management of diseases by correcting the *ahar* and *vihar* component there by increasing the quality of *agnidhatawagni* and ultimately the *dhatu*.

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