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

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ABSTRACT

Introduction: In today’s era atikrishata 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 ashatoninditipurush and specially atikrishata. References has been collected and relevant matter is compiled from Ayurvedic literature Results and Discussion: Indian philosophy ashatonindit person is described and atishhulata and atikrishata is treatable. Atikrishata in India is in ranking first and as comparative to atishhulata. Major work done in atikrishata, in present study atikrishata is ayurvedic and modern literature. Keywords: ayurveda, ashatonindit, atikrishata, malnutrition, underweight

INTRODUCTION: Due to change in life style, faulty diet pattern and decrease interest in the exercise the incidence of atikrishata 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 Atikrishata. 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 Atikrishata. 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 atikrishta 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, sthulparpa.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 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 dhatus 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 nuture Dhatus 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

**Definition.**

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 Mamsaksaha

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 Krshya. 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 Krishtha 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 krishtha though its treatment has been mentioned. Bhavaprakash has been devoted a separate chapter “Karshyadhikar for describing the symptomatology, etiology, 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 mention 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 Krishna. To understand this precisely, the word like sthula, Atishthula, Krishna, 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 Krishna. 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 madhyaama. In this way sthula and krisha may be considered as apparently abnormal. However they are prone to turn in to the stages of Atishtha 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)

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 Karshya

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 manifests all over the body but it gets originates from Koshtha. So the Karshya becomes a disease of AabhyantarRogamarga.

Srotas: 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 Asadhya 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. 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.

**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:

\[
\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)} \quad \text{(Metric Units)}
\]

\[
\text{BMI} = \frac{703 \times \text{weight(lb)}}{\text{height}^2 (\text{in}^2)} \quad \text{(U.S. Units)}
\]

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:**

<table>
<thead>
<tr>
<th>Indicators</th>
<th>NFHS-4(2015-16)</th>
<th>NFHS-3(2005-06)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutritional Status of Adults (age 15-49 years)</strong></td>
<td>urban</td>
<td>rural</td>
</tr>
<tr>
<td>75. Women whose Body Mass Index (BMI) is below normal (BMI &lt; 18.5 kg/m(^2)) (%)</td>
<td>15.5</td>
<td>26.7</td>
</tr>
<tr>
<td>76. Men whose Body Mass Index (BMI) is below normal (BMI &lt; 18.5 kg/m(^2)) (%)</td>
<td>15.3</td>
<td>23.0</td>
</tr>
<tr>
<td>77. Women who are overweight or obese (BMI ≥ 25.0 kg/m(^2)) (%)</td>
<td>31.3</td>
<td>15.0</td>
</tr>
<tr>
<td>78. Men who are overweight or obese (BMI ≥ 25.0 kg/m(^2)) (%)</td>
<td>26.3</td>
<td>14.3</td>
</tr>
</tbody>
</table>
### Ranking by prevalence of underweight Children

<table>
<thead>
<tr>
<th>Country</th>
<th>Prevalence of underweight of Children (%)</th>
<th>Share of total underweight Children in World (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bangladesh</td>
<td>48</td>
<td>5.7</td>
</tr>
<tr>
<td>Nepal</td>
<td>48</td>
<td>1.2</td>
</tr>
<tr>
<td>Ethiopia</td>
<td>47</td>
<td>4.2</td>
</tr>
<tr>
<td>India</td>
<td>47</td>
<td>39.0</td>
</tr>
<tr>
<td>Timor-leste</td>
<td>46</td>
<td>0.1</td>
</tr>
<tr>
<td>Yemen</td>
<td>46</td>
<td>1.1</td>
</tr>
<tr>
<td>Burundi</td>
<td>45</td>
<td>0.4</td>
</tr>
<tr>
<td>Cambodia</td>
<td>45</td>
<td>0.6</td>
</tr>
<tr>
<td>Madagascar</td>
<td>42</td>
<td>0.9</td>
</tr>
<tr>
<td>Eritrea</td>
<td>40</td>
<td>0.2</td>
</tr>
<tr>
<td>Lao’s People Democratic Republic</td>
<td>40</td>
<td>0.2</td>
</tr>
<tr>
<td>Niger</td>
<td>40</td>
<td>0.8</td>
</tr>
<tr>
<td>Afghanistan</td>
<td>39</td>
<td>1.4</td>
</tr>
</tbody>
</table>

Source: National Family Health Survey, 2015-16

**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’* has a big role to play in prevention of many disease as well as *Vatavyadhis*. Ayurvedic principles of *Aahara-vihara, Dincharya*, *Ritucharya* and *Achara Rasayana* are effective in prevention of *atikrishata*. In the text of *Ayurveda Pathya Aahar-Vihara*, various types of *Yoga, Rasayana, Dincharya, Ritucharya, Rarticharya* 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 Pathya Aahar-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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