



INTERNATIONAL RESEARCH JOURNAL OF AYURVEDA & YOGA

Impact Factor : 4.68
 ISSN : 2581-785X
 Website : <http://irjay.com>
 Email : editor.irjay@gmail.com

Volume- 3, Issue- 1

Review Article

Role of Agni in Nutritional Disorder w.s.r. to Karshya in Children

Pankaj Kumar Singh¹, Gitika Malik², Mithilesh Verma³

1. M.D. SCHOLAR, P.G. Dept. Of Kaumarabhritya
2. M.D. SCHOLAR, P.G. Dept. Of Kaumarabhritya
3. Prof. and H.O.D., P.G. Dept. Of Kaumarabhritya

State Ayurvedic College & Hospital, Lucknow, U.P.)

Abstract-

Article received on- 2 Jan.
 Article send to reviewer- 3 Jan.
 Article send back to author- 5 Jan.
 Article again received after correction- 13 Jan.

Corresponding author-
Vd. Pankaj Kumar Singh,
 M.D. SCHOLAR, P.G. Dept.
 Of Kaumarabhritya, Email:
[Dr.Kuwarpankaj16@Gmail.
 Com](mailto:Dr.Kuwarpankaj16@Gmail.Com)

Ayurveda, the science of life, suggested many principles, one of the most important principles is the three factors that is Aahara (आहार, diet), Nidra (निद्रा, sleep) and Brahmacharya (ब्रह्मचर्य, celibacy). These are mentioned as three Upastambha (उपस्तम्भ, sub supporting pillars) maintaining the health.¹ Aahara (आहार) is the first pillar which directly affects the health & mind. Changes in diet may cause disorder related to digestive tract and other system of body. Food is importance as nutritional source, also with therapeutic value (balance diet). Ayurveda believes, Prevention is better than Cure, by enhancing immunity & health of individuals can be maintained.²

Nutritional disorders are described in scattered manner in Ayurveda texts. Acharya Charka has described the

Atikrisha person (lean person) under eight despicable people (Asthaunindaniya person), Acharya Kashyapa described Phakka roga⁴ and Acharya Vagbhatta describes Bal-shosa.³ Agni plays a vital role of physiological, psychological & pathological levels. Majority of the disease are outcome of malfunctioning of Agni. Role of Agni is metabolic disorder mainly in Karshya (nutritional disorders).

Keywords- Aahara, Atikrisha, Agni, Nutrition, Karshya

INTRODUCTION-

Nutrition is the fundamental need of every human being as well as all living organism. As the human physiology is concerns diet plays very vital role proper functioning of bodily system. When diet factor is affected with not fulfilling the basic requirement level, it hampers the homeostasis of body. This may cause impaired nutritional status with mild to moderate mal-nourishment and if ignored it can lead to serve malnutrition like condition.

In Ayurveda Agni is said to be responsible for the digestion of food products. Agni converts food in the form of biological energy which is responsible for all the vital function of our body. Acharya Charka has mentioned that after stoppage of the function of Agni, the individual dies and when the agni of an individual is saamagni, then that person would be absolutely healthy and would lead a long happy healthy life. The term of malnutrition refers to both under nutrition or over nutrition. However sometime malnutrition and PEM are used interchangeably with under nutrition. Under nutrition (Karshya) is the condition in which there is inadequate consumption, poor absorption or loss of nutrients. Growing children are more vulnerable to its consequence. There nutritional status is a

sensitive indicator of health and nutrition status.⁵

Food is one of the three sub pillars of life. The transforming unit from food into nutritional product useful for body know as Agni which forms edifice upon which the Ayurvedic system is built. According to Acharya Charka over lean person are described in ashtaunidityapurusha along with over obese persons and Acharya Vagbhatta Bal-Sohsa described in under nutrition child disease.

AETIOLOGY-

Ruksha anna pana sevena, langhana, pramitaashna, kriyaatiyoga, shoka, chinta, bhaya, Sharma, vega, Nidra, trishna, kshudha nigraha, excessive sharama, krimi etc. make cause a lean person (Karshya). Under nutrient children does not tolerate physical exercise, over starvation, hunger, thirst, disease, drugs and also too much cold.⁶

Karshya (काश्य) is an Aptarpana janya vadhyi (अपर्तपण जन्य व्याधि, disease caused due to under nourishment) in which Vata Dosha (वात दोष) plays a very important role in the pathogenesis along with vitiated Pitta (पित्त), especially Pachak Pitta (पाचक पित्त) which leads to Agni dushti (अग्निदुष्टि) and undernourished Dhatu (धातु) leading to

Anuloma kshya (अनुलोम क्षय) i.e. Karshya (काश्य).⁷

SING & SYMPTOMS-

Karshya is characterized by emaciation of Sphika (स्फिग, buttocks), Udar (उदर, belly / abdominal fats) and Greeva (ग्रीवा, Neck). Karshya is a feature of Vata Vriddhi. Karshya can be described as a symptom as well as a disease too. Krishna person is prone to develop pleeha (प्लीहा), kasa (कास), kshaya (क्षय), shwas (श्वास), gulma (गुल्म), arsha (अर्श), udar (उदर) and grahani (ग्रहणी) diseases which may become life threatening at any time.⁸

SAMPRAPTI-

Nutritional deficiency due to low intake of food leads to the Rasa Kshaya. Rasa Kshaya causes chronologically insufficient production of next dhatus leading to Karshya. Vegdharan causes vitiation of Vata and Pitta which leads to insufficient production of Mansa, Medadi Dhatus and produce Karshya. as well as causing factor mandagni.⁹

All dhatus not gets nourishment due to alpa, sushma, rasadhatu, along with decrease of Agni (mandaagni) & this leads to Karshya.¹⁰

EFFECT OF AGNI ON DHATU-

While looking at the above Samprapti it is seen that Agni places a vital role at dhatus nirmana (physiological &

pathological levels). Malfunctioning of Agni causing's majority of the disease present in persons. Malnutrition results in a wide Variety of metabolic response depending on Agni.

Agni plays not only vital role in absorption of macro as well as micro nutrients, but is destructive to pathogens also. The food that is not properly digested food is referred as amma in Ayurveda and its nothing but a toxin responsible for disease. Proper functioning of digestive Agni (Jathraagni) is evident from normal tone of the digestive system and all systems works in body for proper growth.

CONCLUSIONS-

As the above described the Samprapti of Karshya narrates that sevna of etiological factor cause vitiation of vata, which leads to Agni dushti. Due to this Agni dushti formed aama rasa. The ama rasa causes inadequate formation of rasa Dhatu and in proper absorption due to formation of sama Aahara. Due to lack of formation of rasa Dhatu the subsequent dhatus like- ratka, mansa etc. are also not formed leads to Dhatu kshya and untimely Karshya.

As we already know that malnutrition causes loss of appetite, tiredness, worm infestation fat loss, lethargies, etc. if we look cautiously to these symptoms find that these are not much different from our symptoms of Karshya which are

शुष्कस्फिगुदरग्रीवोधमनीजालसन्ततः ।

त्वगस्थिशेषोअतिकृशः स्थूलपर्वानरोमतः ॥ (C. Su. 21/15)

Which may not leads to mal-absorption if there is no nidana sevna, there would be not Agni dushti and also not formation of ama rasa, and instead the

consumed food will be properly absorbed. The absorbed nutrition will form rasa Dhatu and there by all the subsequent Dhatu (rakta, mansa, meda etc.)

Reference-

1. Charaka Samhita Sutrasthana 11/35, Page No. 227, Edition Year- 2009, Hindi Commentary, 1st Part, Shri Satya Narayan Shstri, Chaukmabha Bharti Academy, Varanasi.
2. Charaka Samhita Sutrasthana 30/26, Page No. 587, Edition Year- 2009, Hindi Commentary, 1st Part, Vd. Shri Satya Narayan Shstri, Chaukmabha Bharti Academy, Varanasi.
3. Ashtanga Sangraha Of Virddha Vagabhatta Uttartantra 2/643.34, Page No. 20, Edition 2006, Shashilekha Commentary By Indu, Chaukhamba Sanskrit Series, Varanasi.
4. Kashyapa Samhita Chikitsasthana, Phakkachikitsa Chapter - 7/12, Page No. 209, Reprint Edition Year 2016, Vikram Samvat – 2073, Vidyotini Hindi Commentary, Ayurvedalankar Shri Satyapal Bhisagacharya, Chukhambha Sanskrit Sansthana Varanasi.
5. Charaka Samhita Chikitsasthana 30/239, Page No. 872, Edition Year- 2009, Hindi Commentary, 2nd Part, Vd. Shri Satya Narayan Shstri, Chaukmabha Bharti Academy, Varanasi.
6. Sushruta Samhita, Sutrasthana 15/37, Page No. 81, Reprint Edition Year 2005, Maharshi Sushruta Edited With Ayurveda Tatva Sandipika, Kaviraja Ambikadatta Shastri, 1st part, Chaukhambha Sanskrita Samsthana, Varanasi
7. Madhav Nidanam Of Shri Madhukosh Part 2nd , Page No. 68/1, Edition- 2002, Vidyitini Hindi Commentary By Sudarsan Shastri, Chaukhamba Sanskrita Samsthana Varanasi.
8. Charaka Samhita Sutrasthana 21/3, Page No. 407, Edition Year- 2009, Hindi Commentary, 1st Part, Vd. Shri Satya Narayan Shstri, Chaukmabha Bharti Academy, Varanasi.
9. Kashyapa Samhita kalpasthana, bhojankalp chapter - 7/10, Page No. 305, Reprint Edition Year 2016, Vikram Samvat– 2073, Vidyotini Hindi Commentary, Ayurvedalankar Shri Satyapal Bhisagacharya, Chukhambha Sanskrit Sansthana Varanasi.
10. Kashyapa Samhita Chikitsasthana, Phakkachikitsa Chapter - 7/4, Page No. 208, Reprint Edition Year 2016, Vikram Samvat – 2073, Vidyotini Hindi Commentary, Ayurvedalankar Shri Satyapal Bhisagacharya, Chukhambha Sanskrit Sansthana Varanasi.