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Kuposhanjanya Vyadhies (Balashosha) in Children w.s.r. to P.E.M. : A Literary Review

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ABSTRACT

Nutrition is a basic human need that remains unmet for vast numbers of children, who are thus unable to achieve their full genetic development potential. Abnormal nutrition may cause both over and under nutrition hazards. It causes more than half of the nearly 11 million deaths each year among children under age five. Nutritional deficiency disorders are viewed under *Kuposhanjanyavyadhies*. Ancient *Acharyas* explained diseases related to nutritional deficiency disorders such as *Phakka*, *Parigarbhika*, *Balashosha* etc. in different *Samhita*. Ayurveda - the ancient science of life emphasizes on diversified aspects of dietetics and nutrition viz. Quality, quantity, processing methods, rationale of combination of food articles, emotional aspects, nature of the consumer, geographical and environmental conditions etc. Which are pivotal in preservation and promotion of health and prevention of disease. Health promoting regime (*Pathya Vyavastha*) is the hallmark of Ayurvedic therapeutics. Specific diet and lifestyle guidelines are always prescribed along with the drugs and therapies to facilitate restoration of homeostatic bio-mechanisms (*Dhatu-Samyata*) and wellbeing.

Key words: *Kuposhanjanya Vyadhies, Nutritional deficiency disorders, Balashosha.*

INTRODUCTION

Protein-energy malnutrition (PEM) is a form of malnutrition that is defined as the range of pathological conditions arising from coincident lack of dietary protein and/or energy(calorie) in varying proportions.^[1] PEM is an important nutritional problem among preschool age children. It is a range of condition occurring when intake of one or more nutrients doesn't meet the requirements. It is not only the deficiency of proteins but inappropriate food

(low in energy density, protein and micronutrients, Vitamin A, Iron, Zinc) both quantitatively and qualitatively. Nutrition is a basic human need that remains unmet for vast numbers of children, who are thus unable to achieve their full genetic development potential.

Although it is more common in low-income countries, children from higher income countries are also affected, including children from large urban area in low socio-economic neighbourhoods. More than 1/3 of the world's population is affected. For all indicators of PEM, a total of 80% of the children affected live in Asia (mainly in southern Asia). 43% of children in developing countries are stunted. 50% of child deaths in developing countries are related to malnutrition.^[2] Undernutrition makes the child susceptible to infection and complements its effects in contributing to child mortality. This effects for 22% of the burden of disease in India and adversely effects the economic growth of the country with an estimated health productivity loss of 1.4% of GDP.

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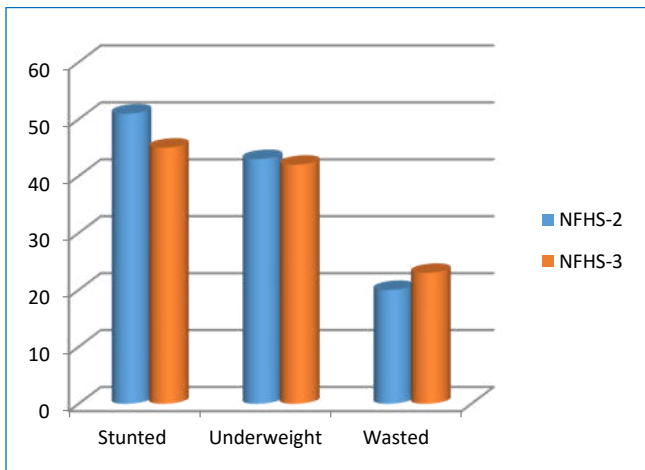
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Classification of PEM

PEM is a spectrum of conditions ranging from growth failure to overweight, marasmus or kwashiorkor.

Various classifications are given^[3]

1. IAP classification
2. Welcome Trust or International Classification
3. Gomez’s Classification
4. Syndromal Classification
 - Kwashiorkor
 - Nutritional marasmus
 - Marasmic Kwashiorkor
 - Pre-kwashiorkor
 - Nutritional dwarfism

Nidana (Etiology)

The etiological factors of nutritional deficiency disorders can be broadly classified under as:

1. Aharaja

Ruksha Annapana, Langhana, Alpashana, Pramitasana, Anashana, excessive intake of Kashaya, Katu and Tikta Rasa.

2. Viharaja

Kriya Atiyoga, Vega Nighraha, Ati Adhyayana, Langhana, Atibharagamana.

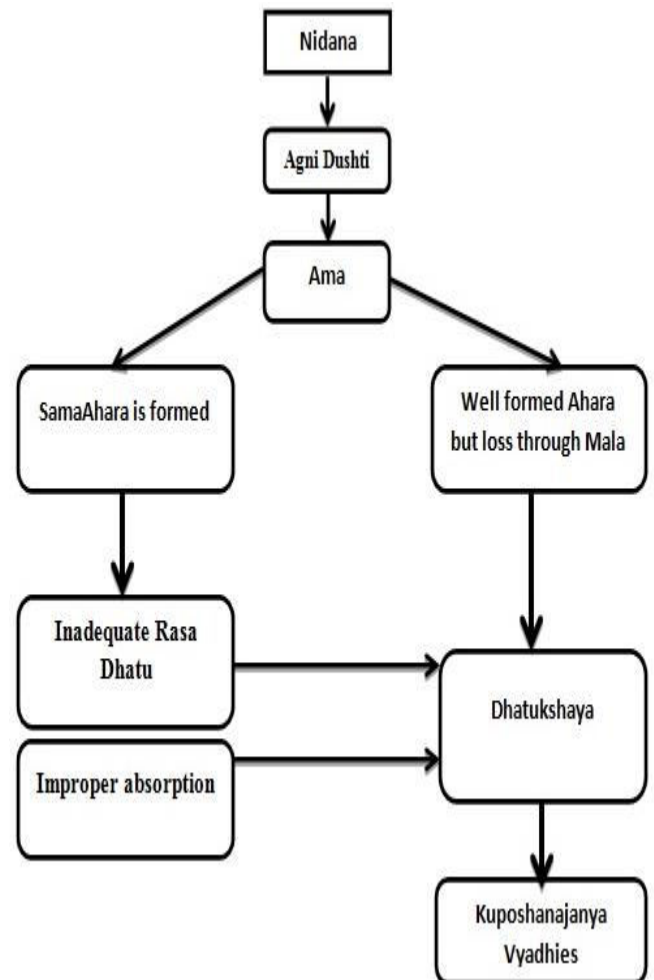
3. Manasika

Pramilaka, Atikrodha, Bhaya etc.

4. Others

Krimi Roga, Visuchika, Grahani, Ksheeralasaka and Chirakalina Vyadhi.

Samprapti^[4]



Rupa (Clinical features)

In Balashosha there is Vridhi of Kaphadosha as well as Kshaya of Rasadhatu and further Dhatus. Thus Balashosha exhibit the clinical features of Rasa Kshaya.

The following Rupas are enumerated in Astanga Hridaya.^[5]

- Aruchi (anorexia)
- Pratishyaya (coryza)
- Jwara (pyrexia)
- Kasa (cough)
- Shosha (emaciation)

- *Snigdhamukha* (paleness of face)
- *Singdhanetra*
- *Shukla Netra*

Chikitsa Sutra (Treatment Principle)

The Ancient Indian System of Medicine literally means “The Science of Life (or Living)”, which actually represents a way of life that incorporates the art of healing through harmony with nature and the environment (comprising all the living forms existing on planet Earth).

The principle of treatment lies in eradicating the cause and normalization of the *Doshas* and *Dushyas*. The principle of treatment of *Balashosha* is as follows.^[6]

1. **To stimulate Agni** - After removing the obstruction of the *Srotas*, attempts are made to stimulate *Agni* for correction of diminished metabolism of the *Dhatus*. This is achieved through *Deepana* and *Pachana* drugs^[7] which increase *jatharagni* and thereby *Dhatwagni* as well.
2. **To relieve obstruction of Srotas** - *Shodhana Karma* should be done to relieve the obstruction of *Rasavahi Srotas*. The children are delicate. So the full-fledged *Panchakarma* therapy may not be undertaken here. However, for *Shodhana* purpose, a purge by medicated milk is given.
3. **Use of Brimhana Drugs** - As the *Agni* is corrected by *Deepana* and *Pachana* drugs, now the child is able to digest and metabolize his diet. So nutrient therapy is administered for promotion and strengthening of the *Dhatus* through restorative drugs or nutrient tonic (*Sthiradighrita* and *Brahmyadighrita*).^[8]

CONCLUSION

Kuposhanjanya Vyadhies are described in scattered manner in Ayurvedic text. A systemic study of these

conditions provide insight into hazards of nutritional deficiencies and represent different aspects of *Vyadhies* and proper understanding of pathogenesis of the condition provides valuable key for the effective management .

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