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A SINGLE CASE STUDY TO EVALUATE THE EFFECT OF *BALPANCHAMRUTA CHURNA* IN THE MANAGEMENT OF *KARSHYA VYADHI* (UNDERWEIGHT) IN CHILDREN

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ABSTRACT

Karshya is one type of *rasa pradoshaj vyadhi. vata doshs* and *viated pitta*, which is most common in children *karshya*. Today's era, Bad economy, Malabsorption, Ignorance & Faulty Food Habits, Psychological reasons, Metabolic diseases etc leads to this disease. *Dourbalya* (generalise weakness), *badhamalakoshtata* (constipation), *kshudamandhya* (loss of appetite), *Shushkaspikudargriva* (Wasting of muscles) etc are the symptompms of the *karshya* There are 793 million under nourished people in the world in 2015 (13% of total population) This is a reduction of 216 million people since 1990 when 23% were under nourished.

Here in the case study a female patient of age 9 years presenting with clinical features of *Karshya* and was treated with *Balpanchamruta Churna*.got relief within 2 months.

Keywords: *Karshya*, *Ayurvedic* Management, Effective Therapy.

INTRODUCTION

Ayurveda described under nutrition in the term of *Karshya*, in *Charak samhita*(1) & *Sushrut samhita* (2) along with its management. According to *Acharya charaka. KARSHYA* is one type of *rasa pradoshaj vyadhi. vata doshs* and *viated pitta*, which is most common in children *karshya* .

In the *Rasaratnsamuchchay samhita* has mentioned *balpanchamruta* (which contains *hingu, shunthi, haritaki, pimpli, Mishreya*.) as a food supplement as *anamruta* which acts as appetizer, laxative and food supplement, having the properties of *dipan, pachan, rasayan, vatanuloman* which mainly acts on *jatharagni* and *dhatvagni* and improves the absorption of *ahar-rasa* (food) which ultimately helpful during the *dhatuparinaman*. So that for the good outcome of *dhatu* it can be given in the age group of 1 to 12 years, as the first step towards under nutrition- under weight child.

CASE REPORT

History of personal illness

A female patient aged 9 years presented with the complaint of failure to weight loss, *Dourbalya* (generalise weekness) and *badhamalakoshtata* (constipation), *kshudamandhya* (loss of appetite) etc.. these symptom's from 6 month But from 2 months patient increase the severity of symptoms.

The present case study is successful *Ayurvedic* management of a case of *karshya* (underweight). A 9 year old female patient came to us with chief compliant of –

Table 1 : Showing symptoms & duration of patient

No.	CHIEF COMPLAINTS	Duration
	<i>dourbalya</i> (generalise weakness)	} 6 months
	<i>badhamalakoshtata</i> (constipation)	
	<i>kshudamandhya</i> (loss of appetite)	
	<i>Shushkaspikudargriva</i> (Wasting of muscles)	

ASTAVIDHA PARIKSHA

- *Nadi* (pulse) = 80/min.
- *Mala* (stool) = *awastambha*
- *Mutra* (urine) = 4-5 times in a day
- *Jeeva* (tounge) = *saam*.
- *Agni* = *Mandya*



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- *Shabda* (speech) = . *prakrut*
- *Akruti* = *krusha*
- *Bala* = *kshin*
- height -108cm
- weight -17 kg

MATERIALS &METHODS

MATERIALS:

- *Dravya -Balpanchamruta Churna* (3)
- Dose -5gm
- Duration - Twice In Day
- *Anupan* – Milk (4)

Study instrument / Data collection tool

- Case record form
- Weighing machine
- Stethoscope
- Measuring tape

METHODS

- Center of study: department of *kaumarbhruitya* OPD & IPD of institute
- Method of sampling& study design: Simple randomized single case study.
- Duration of study -60 Days
- Follow up – follow ups on 20th, 40th and60th day will be taken.
- Mode Of Drug Administration- Oral Route

Table 2 : Subjective grade parameters

Grade Parameters	0 th	1 st	2 nd	3 rd
1. Constipation	No constipation	Daily but hard stool	On alternate day	Irregular for ≥ 2 days
2.State of hunger	Child himself asks food and takes adequately	Child himself asks food but does not take adequately	Child does not ask but takes food considerably by request	Child does not take food considerably even by force
3 General Appearance	Normal built	Thin built	Thin built with bony prominence	Sick with bony prominence
4Level of Immunity	Never become sick	Sick 2 to 4 times per year	Once in a month	Different complaint once or twice / 15 th days
5General weakness	Can do routine physical activities without any difficulty	Can do routine physical activities with little difficulty	Can do mild physical activities only	Can do mild physical activities with difficulty
5. Wasting of muscles	No Wasting of muscles	Wasting starts in axilla and groin	Wasting extended to thigh and buttocks	Wasting of chest and abdomen



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Table 2: Objective grade parameters

Grade Parameters	Grade 0 th	Grade 1 st	Grade 2 nd	Grade 3 rd
Weight for age (IAP classification)	----	71-80%	61-70%	51-60%
MUAC (mid upper arm circumference)	-----	>13.5cm normal	12.5-13.5cm Mild to moderate	<12.5cm Severe
Body mass index (BMI)	15-22 normal	13-15 Malnutrition	<13 severe malnutrition	-----
Height for age	>95% normal standard height for age	90-95% normal standard height for age	85 -90% normal standard height for age	< 85% normal standard height for age

DISCUSSION (5)

Hetu sevan

Ahar- ruksha,shit (cold), bread, bekari product, biscuits, chocklate, oily product like vada pav,baji , *katu tikta kashaya rasatamak* diet.
Vihar- heavy weight lifting playing outdoor games and *Krodha* (Anger)continue standing house work.

Samprati (6)

Nidana Sevan – Vatavardhaka Aahara-Vihara



vata dosh Prokop



Rasadhatu Shoshita



Shushka Rasadhatu anukramati in whole sharira



All dhatu not get nourishment due to alpa shushka Rasadhatu



Karshya Uttpati

Samprati-Ghatak

- Dosha – Vata*
- Dushya – Rasa*
- Srotas – Rasavaha*
- Srotodushti – Sang*
- Adhithana – Pakvashaya*
- Vyaktisthana – Whole body*

samprapti bhanga: (7,8,9,10,11)



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Action of all individual drug mentioned in following table-

Dravya	Hingu	Shunthi	Pimpli	Haritaki	Mishreya
Latin Name	Ferula narthex Boiss	Zingiber officinale Rose	Piper longum Linn.	Terminalia chebula	Foeniculum vulgare mill
Family	Umbelliferea	Zingiberaceae	Piperaceae	combretacea	Umbelliferae
Rasa Virya Vipak	Katu-ushna katu	Katu-ushna madhur	Katu anushnasheet madhur	kasay pradhan –lavan varjit panchrasatmak, usna –madhur	Madhur,katu, tikta sheet- madhur
Guna	Snighdha, laghu,tikshna	Snighdha,laghu	Snighdha, laghu,tikshna	Laghu, ruksha	Snighdha,laghu
Karma	Dipan pachan	Truptighna,dipan, pachan	Kashara, rasayana	Vatanulomak,rasayan	Vatanulomak, dipan, pachan
Upyukt Ang	Niryas	Kanda	Phala	Phala	Beej

OBSERVATION & RESULT

The results observed after the treatment: Improvement in signs and symptoms of the patient. Relief was found in follow up as given below

table 3 : Result in subjective parameters in grade

Parameters	1st day of Observation	20th day of Observation	40th day of observation	60th day of observation
Constipation	2	1	1	0
Hunger state	2	1	0	0
Muscle wasting	3	2	2	1
General appearance	3	2	1	1
General weakness	3	2	1	0
Level of immunity	2	2	1	1

Table 2 - Result in subjective parameters in grade

Parameters	1st day of Observation	20th day of Observation	40th day of observation	60th day of observation
Weight for age	3	3	2	2
MUAC	3	2	2	1
BMI	2	2	1	1
Height for age	3	3	2	2

criteria	before treatment	after treatment
Hight	115 cm	121 cm
weight	17.1 kg	21.07 kg
BMI	12.9	14.34



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CONCLUSION

In this case *Balpanchamruta Churna* along with milk shows highly significant results in all signs and symptoms, especially in case of constipation, muscle weakness, also increases immunity level of the patient. The entire treatment was tolerated comfortably by the patients. There were no side effects noticed in any of the patients. The procedure was simple economical and can be done in OPD level gives instant relief to most of the patients.

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