

Review on *Balshosha***Dr. Pravin Masram**

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Pravinmasram15@gmail.com**Abstract:**

Aahara (Food) is considered as the first pillar among three *Nidra* and *Abrahmacharya* being other two. Many common health problems can be prevented through nutritious diet. Nutritional disorders are described in scattered manner in Ayurveda texts. *Balshosha* is disease similar to undernutrition. In Ayurveda disease such as *Parigarbhika*, *Phakka*, *Balashosha*, and *Shuska Revati* are similar to *Balshosha*. Childhood undernutrition is an underlying cause in an estimated 35% of all deaths among children under five and 21% of total global disability adjusted life years lost among less than 5 children. Food is important as a nutritional source, also with therapeutic value and most importantly it plays a vital role during the post treatment period in re-gaining the diminished strength due to the harmful effect of the disease. Nutritional disorders are described in scattered manner in Ayurveda texts. Childhood undernutrition is an underlying cause in an estimated 35% of all deaths among children under five and 21% of total global disability adjusted life years lost among less than 5 children.

KEYWORDS: *Balshosha*, *Karshya*, Protein energy malnutrition**Introduction:**

Undernutrition is a condition in which there is inadequate consumption, poor absorption or excessive loss of nutrients. The term malnutrition refers to both Undernutrition as well as Overnutrition. However, sometimes malnutrition and protein energy malnutrition (PEM) are used interchangeably with undernutrition.¹ Food (*Aahara*) is one of the three sub-pillars of life as per Ayurvedic classics.² According to *Acharya* Charaka over lean (*Atikrushya*) persons are described under eight despicable persons (*Ashtau-ninditiya Purusha*) along with over obese (*Medasvi*) person.³

In the field of pediatrics there are so many disease which have no or limited answers in the contemporary medical science. Growth and development is a physiological process provided

all factors influencing them are healthy. Failure to thrive or small for age are resulting when these factors are deficient, and in Ayurveda it is addressed as *Karshya*.

Epidemiology: Childhood undernutrition is an underlying cause in an estimated 35% of all deaths among children under five and 21% of total global disability adjusted life years lost among less than 5 children. According to National Family Health Survey (NFHS) 3, carried out in 2005-06, 40% of India's children under the age of three are underweight, 45% are stunted and 23% are wasted.⁴ Almost 11 million children will die before they reach the age of five; four million of them in the first month of life. In India, almost one out of every 2 children goes to bed on an empty stomach.⁵ Both girls and boys have similar prevalence of undernutrition. Prevalence of undernutrition is higher in rural areas (46%) than in urban population (33%). During the first six months of life, 20-30% of children are already malnourished, often because they were born low birthweight. The proportion of undernutrition starts rising after 4-6 months of age because of the introduction of unhygienic food intake, which leads to increase in predisposition to undernutrition.⁶

Food (Aahara) is one of the three sub-pillars of life as per Ayurvedic classics⁷. Indian traditional medicine has incorporated various explanations regarding this vital pillar of life. The transforming unit from 'food' into nutrition is termed as 'Agni' or digestive fire, which forms the edifice upon which the Ayurvedic system is built⁸.

Nidana of Balshosha (Etiological factor): Rukshanna pana sevana (Indulgence in rough food and drinks), Langhana (Fasting), Pramitashana (Little diet), Kriyatiyoga (Excessive subjection to evacuative therapy), Shoka (Grief), Chinta (Worries), Bhaya (fear), Shrama (excessive physical and mental activity), Vega- Nidra-Trusha –Kshudha - nigrha (Suppression of natural urges, such as - sleep thirst and hunger), Atishrama, Ati maithuna, Atisnana abhyasa (Excessive exercise, sexual intercourse, excess bath), Ruksha udvartan (Excess non - unctuous anointing to the persons), Snana abhyasa (Indulgence in bath), Prakruti (Constitution), Beeja Dosha (heredity), Jara (Old age), Vikar-anushaya (Continued disorder) and Krodha (Anger) make a person lean⁹. The lean person does not tolerate physical exercise, over –saturation, hunger, thirst, disease, and drugs and also too much cold, heat and sexual intercourse¹⁰.

Signs and symptoms of Balshosha: The lean person has Shushka-sphic, udar, greeva (Dried up buttocks, abdomen, neck), Dhamanijala santataha (Prominent vascular network) Twagasthi

shesho, Ati krusha (Remnant of skin and bone), Sthoola parva (Thick joints), Vyayam Atisauhityam (The over lean does not tolerate physical exercise, over saturation), Kshutpipasamay-aushadham (dose not tolerate high in toxicity of hunger, thirst, disease, drugs), Ati-shitoshna-maithunam (Too much of cold, heat and sexual intercourse)¹¹

Samprapti (Pathogenesis of disease): Those who indulge in Vata promoting diet, physical exercise, excessive sexual intercourse, strenuous study, anxiety, wakefulness in night, thirst, hunger, taking of astringents, partial starvation etc., circulating Rasa being reduced in quantity fail to nourish the tissue due to insufficiency; hence extreme Karshya (leanness/emaciation) occurs.¹²

Factor involve in pathogenesis of Balshosha (Samprapti Ghatak):

Dosha – Vata,

Dushya – Rasa,

Srotas – Rasavaha,

Srotodushti – Sanga,

Adhishthana – Pakvashaya,

Vyaktisthana – Whole body.

Complication o Balshosha disease: The lean person becomes a victim of spleen (enlargement), cough, wasting, dyspnea, gaseous tumour, piles, abdominal disease, and the disease of Ghrahani (Gastro-intestinal track).

Balashosha and Kshiraja Phakka: Balashosha and Kshiraja Phakka are nutritional deficiency disorder mentioned by two different authors. The cause of Balashosha is Shlaishmika anna sevana (Excessive energy dense food), Shitambupana (drinking cold water) and Diva swapna (excessive day sleep), drinking breast milk vitiated by Slesma-by these he channel of Rasa (first fluid liquid) gets block by Kapha. Clinical features are Arochaka (Reduced digestive capacity) Pratishaya (running nose) Jwara (fever) and Kasa (cough), these condition if not detected early may lead to Shosha (emaciation) with its eyes being unctuous (grassy) and white[18, 19]. In the Kshiraja Phakka, wet nurse having breast milk vitiated by Kapha is knows as having Phakka causing milk. The child consuming milk suffers from so many disease thus, due to emaciation attains state of Phakka (marasmic state).¹³

Parigarbhika / Garbhaja Phakka: Child on feeding breast milk of pregnant mother which has Alpa Poshaknsa (poor nutrients) leads to Parigarbhika¹⁴. Garbhaja Phakka condition presents with the child whose mother has becomes pregnant, due to early cessation breast milk child becomes emaciated or even dies, this marasmus is due to effect of embryo/fetus.¹⁵

Vyadhi Sambhavaja Phakka: Vyadhija Phakka is malnutrition condition resultant of chronic disease. On the whole Vyadhija Phakka refers to severe forms of malnutrition, child suffers from fever, endogenous and exogenous disease, his flesh, strength and luster decrease, Shuska Sphik and Shuska Bahu (wasting of buttocks and wasting of upper limb), Shuska uru (Wasting of thigh), Mahadara (abdomen becomes protuberant), Mahoshiara (comparatively skull, the face becomes more dominant), due to relatively wasting in body parts, yellow eye, horripilation in body part, appears just like a skeleton, Nischeshta Adho Kaya (lower body part is emaciated, weak), passes daily to much passes and urine, lower body becomes inactive or crawls with hand and knee, due to weakness has less activity and due to less activity is overpowered by flies, insects and worm, thus due to disease reaches nearer to death. This marasmic has dry, erect and stiff body-hair, big nails, foul smell, dirty, irritable, dyspneic, feels if entering dark, passing excessive feces, urine, abnormal thick nasal discharge.

Shuska Revati: Shuska Revati one Graha (demon) affecting the child represents infections spectrum of disease resulting Sarvangakshya (emaciation). Child becomes emaciated even though consuming food of many kinds suffers from severe thirst and shriveled eyes. When child presents with falling of the hair, Annadweshya (aversion to food), feeble voice Vivarnata (discoloration/loss of lusters), Nanavidhashakrita (variegated colour stool), Udara granthi (abdominal nodular swelling), depression in the middle of the tongue and the palate becomes black. Child shows progressive emaciation at the outset the clinical condition which can be with abdominal tuberculosis.

DISCUSSION: Balshosha is nutritional disorder described in Ayurveda samhita and it is possible related to undernutrition. 35% of all deaths among children under five and 21% of total global disability adjusted life years lost among less than 5 children. According to Acharya Charaka Ati Karshya persons are described under Ashtauninditiya (eight despicable persons) along with over obese (Ati Sthula) person. An over lean person has Shushka-sphic, Udar, Greeva (dried up buttocks, abdomen, neck), Dhamanijala santataha (prominent vascular network),

Twagasthi Shesho, Ati Krusha (remnant of skin and bone) and Sthool Parva (thick joints). In Ayurveda no much description is found regarding Karshya especially in Children. According to Acharya Kashyapa described Vyadhi Sambhavaja Phakka and it is similar to malnutrition. Balashosha and Kshiraja Phakka are nutritional deficiency disorder mentioned by Acharya Vagbhata and Acharya Kashyapa respectively. Similarly, Parigarbhika and Garbhaja Phakka are caused by child on feeding breast milk of pregnant mother which has Alpa Poshakansha (poor nutrients). Shuska Revati one Graha (demon) affecting the child represents infections spectrum of disease resulting Sarvanga Kshaya (emaciation) and child becomes emaciated even though consuming food of many kinds. All the disease described in Ayurveda texts is related to each other and possible to correlate to malnutrition like protein energy malnutrition (PEM). Dosha like Alpashana and Vishamashana; Vihara Dosha like Atishrama and Manasika Bhava like Shoka, Bhaya, Krodha are the main etiological factors for Karshya. Karshya is including whole of diseases which are undertaken malnutrition. Now-a-days malnutrition is classified according to weight, BMI, etc. Karshya can be a Swatantra Vyadhi and it also can be as a symptom or complication of other diseases. The Samprapti of Karshya is like this: Nidana Sevana → Vata prakopa → Shoshita Rasadhatu → All Dhatu Uttpati Alpa → Karshya Uttpati. The Disease is assessed by Dietary History, Subjective Parameters – clinical signs, anthropometry and Hematological and Biochemical Investigations. Karshya is an Apatarpana Janya Vyadhi So; its management is done by Santarpana –Brumhana. World Health Organization (WHO) has described malnutrition as a “global problem”, having adverse effects on the survival health performance and progress of population groups. The effects are of the highest order in the developing countries. Care of nutritional needs is required at three stages; Nutrition during pregnancy, nutrition in infancy and nutrition in childhood. Fetal nutrition is totally dependent on maternal nutrition. The most significant in the preventive measures for this disease is “nutrition education” which including good antenatal care, encouragement to the mothers to breastfeed the infants, complementary feeding, supplements should be combination of cereals, protein rich foods and fruits, National Nutrition Programs etc. CONCLUSION Malnutrition is describe in modern medical sciences but is similar to nutritional disorder in Ayurveda like Karshya, Phakka and Balshosha. A systemic study of these conditions provide insight in to hazards of nutritional deficiency and represents different aspects of nutritional deficiency and proper understanding of pathogenesis of condition provide valuable key for the effective management.

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