

Pharmacological Insight Into Arvindasava And Its Role In The Management Of Karshya W.S.R. Undernutrition In Children

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Abstract

Background: In ayurveda, karshya is described as one of the ashtanindita purusha, it is characterized by an abnormally lean body structure caused by the depletion of dhatus due to improper nourishment and disturbed metabolism. Undernutrition in children remains a major public health concern worldwide, especially in developing countries. Arvindasava plays a crucial role in tackling both the causes and effects of malnutrition in children. It is primarily indicated as a nutritional tonic for neonates and children.

Objective: To review the drugs of arvindasava on karshya w.s.r. undernutrition in children.

Methodology: This review article is based on an analysis of classical ayurvedic texts such as kashyapa samhita, charaka samhita, sushruta samhita, and ashtanga hridaya, along with modern research articles and review papers related to karshya and arvindasava.

Discussion: Arvindasava contains several herbs including aravinda and other drugs known for their digestive, nutritive, and rejuvenating properties. These herbs help improve agni, enhance appetite, facilitate digestion and absorption of nutrients, and support proper nourishment of body tissues.

Conclusion: Literature review suggests that arvindasava may be beneficial in the management of karshya in children due to its deepana, pachana, and brimhana actions. It helps improve appetite, digestion, and overall nutritional status in children.

Keywords: Karshya, Arvindasava, Underweight, Malnutrition, Agni, Digestion.

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1. INTRODUCTION

Ayurveda, the Vedic science deals with preventive and curative measures which promote a healthy long life. *Kaumarabhritya*, one of the branches of *Astanga Ayurveda* deals with complete nutrition as well as the health of child¹. Growth is a fundamental character and an indicator of optimum health of child². Nutrition is the process by which living organisms assimilate food and use it for growth, metabolism and replacement of tissues. Child's growth and development require both nutritional and psychosocial support³. Adequate food and nutrition are essential for proper growth and development, optimum work capacity, normal reproduction,

adequate immunity and resistance to infection.⁴ A solid healthy youth with a developed body, mind and brain is the basement for a great future⁵.

In Ayurveda, *Karshya* is described as one of the *Ashta Nindita Purusha* in *Charaka Samhita*, indicating an undesirable body constitution characterized by emaciation and reduced body mass. The etiological factors include inadequate food intake, intake of *Ruksha*, *Laghu*, and *Alpa Ahara*, excessive physical activity, and psychological factors such as *Chinta* and *Shoka*. These factors lead to *Agnimandya*, resulting in improper digestion and formation of *Ahara Rasa*. Consequently, there is defective *Dhatu Poshana*, leading to depletion of *Rasa*, *Mamsa* and *Meda*

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Dhatu. Classical features described include *Shushka Sphik, Udar, Griva, Dhamni Jala Darshana, Sthula Parva*, and *Dourbalya*, which closely resemble the clinical features of undernutrition⁶.

Malnutrition, particularly undernutrition in children, remains a major public health concern worldwide, especially in developing countries⁷. According to NFHS-5 (2019–21), the prevalence of stunting (low height for age) has decreased from 38.4% to 35.5%, wasting (low weight for height) has decreased from 21.0% to 19.3%, and underweight (low weight for age) has decreased from 35.8% to 32.1% in children under 5 years old.⁸ The major causes include inadequate dietary intake, poor feeding practices, recurrent infections, and socio-economic factors. Undernutrition leads to impaired physical growth, reduced muscle mass, decreased immunity, delayed cognitive development, and increased susceptibility to infections⁹. Clinical features such as low body weight, stunted growth, weakness, poor appetite, and disturbed sleep are commonly observed, which correlate with the manifestations seen in *Karshya*.

In the present study *Arvindasava*¹⁰, a traditional *Ayurvedic* formulation, has gained recognition for its potential in improving the nutritional status of children. This Formulation plays a crucial role in tackling both the causes and effects of malnutrition in children. It is primarily indicated as a nutritional tonic for neonates and children. It chiefly stimulates appetite, boosts physical and mental health, immunity and promotes the child's optimum growth and development¹¹.

2. AIM AND OBJECTIVES

AIM- To analytically review the pharmacological actions and therapeutic applications of *Arvindasava* based on *Ayurvedic* literature and modern scientific studies.

OBJECTIVES-

1. A literary review of drugs of *Arvindasava* on *Karshya w.s.r.* undernutrition.
2. To analyse the pharmacological properties of *Arvindasava*.
3. A literary review on the medicinal importance of these drugs.

3. MATERIAL AND METHODS

- This review article is based on an analysis of classical *Ayurvedic* texts such as *Kashyapa Samhita, Charaka Samhita, Sushruta*

Samhita, and *Ashtanga Hridaya*, along with modern research articles and review papers related to *Karshya* and *Arvindasava*.

- The collected data were systematically analyzed to understand *Ayurvedic* properties, pharmacological actions, and therapeutic applications, and to establish correlations between classical descriptions and contemporary scientific evidence. Relevant information was compiled and analysed to understand the pharmacological and therapeutic significance of this formulation.

4.RESULT

Naming of *Arvindasava* is based on the name of first ingredient, i.e. *Arvinda*, mentioned in *Bhaishhya Ratnawali, Bal Roga Adhikara*¹². It is a classical *Ayurvedic* formulation widely indicated in pediatric disorders, especially for improving growth, strength, and nutritional status. The present review intends to evaluate the Pharmacological effect of *Arvindasava* underweight children, as the drugs are having the *Deepana, Pachana, Rasayana, Krmighana* and *Vatanulomana* properties.

TABLE NO1: INGREDIENTS OF ARVINDASAVA¹³⁻²⁷

S.N O	DARVYA	BOTANICAL NAME	AYURVEDIC PROPERTIES
1	<i>Aravinda</i>	<i>Nelumbo nucifera</i>	<i>Balrogahara, Balya, Hridiya</i>
2	<i>Ushira</i>	<i>Vetiveria zizanioides</i>	<i>Dahashamaka, Raktaprasadaka</i>
3	<i>Gambhari</i>	<i>Gmelina arborea</i>	<i>Balya, Vatahamka</i>
4	<i>Nila Kamala</i>	<i>Nymphaea stellata</i>	<i>Sheetal, Hridayarogahara</i>
5	<i>Manjistha</i>	<i>Rubia cordifolia</i>	<i>Raktashodhak, Twakdoshahara</i>
6	<i>Ela</i>	<i>Elettaria cardamomum</i>	<i>Deepniya, Hridyaprasadaka</i>
7	<i>Bala Mula</i>	<i>Sida cordifolia</i>	<i>Balya, Vrisaya</i>
8	<i>Jatamansi</i>	<i>Nardostachys jatamansi</i>	<i>Smritivardhka</i>
9	<i>Musta</i>	<i>Cyperus rotundus</i>	<i>Jwaraghana, Atisaraghna</i>
10	<i>Anantamula</i>	<i>Hemidesmus indicus</i>	<i>Raktashodhak, Pittashamaka</i>
11	<i>Vacha</i>	<i>Acorus</i>	<i>Budhivardhaka,</i>

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		<i>calamus</i>	<i>kaphghana</i>					<i>a</i>			
12	<i>Amalaki</i>	<i>Emblica officinalis</i>	<i>Deepniya, virechaka, Rasayana, Rochana, Anuloman</i>	1	<i>Ara vin da</i>	<i>Mad hura, Kash aya</i>	<i>Lag hu Snig dha She eta</i>	<i>S h ee ta</i>	<i>M ad hu ra</i>	<i>Pitt a-Rak ta har a</i>	Antioxida nt, Hepatopr otective Anti-inflamat ory, Antidiabe tic Antipyreti c, Cardiopro tective Antidiarrh eal, <i>Rasayana</i>
13	<i>Haritaki</i>	<i>Terminalia Chebula</i>	<i>Deepniya, virechaka, Rasayana, Krimighana</i>								
14	<i>Vibhitaki</i>	<i>Terminalia Bellarica</i>	<i>Deepniya, Krimighana, Anuloman Dahtuwardhaka</i>								
15	<i>Patola Patra</i>	<i>Trichosanthes dioica</i>	<i>Pittashamaka, Kushthghna</i>								
16	<i>Yashti</i>	<i>Glycyrrhiza glabra</i>	<i>Kasashwsahara, Vrishya</i>	2	<i>Us hira</i>	<i>Tikta, Mad hura</i>	<i>Lag hu Ruk sha</i>	<i>S h ee ta</i>	<i>K at u</i>	<i>Vat a-Pitt a har a</i>	Antioxida ntAntimic robial Anti-inflamat ory Hepatopr otective, Antipyreti c Cardiopro tective,Ne uroprotect ive
17	<i>Dhataki Pushpa</i>	<i>Woodfordia fruticosa</i>	<i>Satambhaka, Rakta Prasadaka</i>								
18	<i>Draksha</i>	<i>Vitis vinifera</i>	<i>Balya, Hridya, Rasayana</i>								
19	<i>Shati</i>	<i>Hedychium Spicatum</i>	<i>Rochana, Deepana</i>								
20	<i>Parpataka</i>	<i>Fumeria Vaillantii</i>	<i>Deepana, Krimighana, Ykritauttejaka</i>								
21	<i>Arjuna</i>	<i>Terminalia Arjuna</i>	<i>Hridya, Balya</i>								
22	<i>Muram</i>	<i>Selenium Tenuifolium</i>	<i>Deepana, Pachana, Anulomana, Krimighana</i>	3	<i>Gambhari</i>	<i>Kash aya Tikta Mad hura</i>	<i>Lag hu Snig dha</i>	<i>S h ee ta</i>	<i>M ad hu ra</i>	<i>Vat a-Pitt a har a</i>	Immunom odulatory Hepatopr otective, Antimicro bial Anti-inflamat ory, Antioxida nt
23	<i>Neelini</i>	<i>Indigofera Tinctoria</i>	<i>Rechana, Krimighana, Ykritauttejaka</i>								
24	<i>Shyama</i>	<i>Callicarpa Macrophylla</i>	<i>Deepana, Anulomana, Stambhana</i>								
25	<i>Sharkara</i>	Sugar	<i>Madhura, Balya</i>								
26	<i>Madhu</i>	Honey	<i>Yogvaahi, Rasayana</i>								
27	<i>Guda</i>	Jaggery	<i>Madhura, Balya</i>	4	<i>Nilaka mala</i>	<i>Tikta Kash aya Mad hura</i>	<i>Lag hu, Snig dha</i>	<i>S h ee ta</i>	<i>M ad hu ra</i>	<i>Vat a-Pitt a har a</i>	Antioxida nt, Neuroprot ective Anti-inflamat ory Immunom odulatory,

TABLE NO2: AYURVEDIC PROPERTIES AND PHARMACOLOGICAL ACTIONS OF ARVINDASAVA²⁸⁻³³

S . N O	<i>Ing red ien ts</i>	<i>Rasa</i>	<i>Gu na</i>	<i>V ee ry</i>	<i>Vi pa ka</i>	<i>Dos hag nat a</i>	Pharmaco logical Action
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							Anticancer									Antimicrobial
5	<i>Manjistha</i>	<i>Tikta Kashaya Madhura</i>	<i>Guru, Ruksha</i>	<i>Usha</i>	<i>Katu</i>	<i>Kapaha-Pittahara</i>	Antimicrobial, Hepatoprotective, Wound healing, Skin protective, Anti-diabetic, Blood purifier	9	<i>Musta</i>	<i>Tikta Katu</i>	<i>Laghu, Ruksha</i>	<i>Shreetata</i>	<i>Katuhara</i>	<i>Kapaha-Pittahara</i>	Antidiarrheal, Antipyretic, Anti-inflammatory, Antioxidant, Hepatoprotective, Antimicrobial, Antispasmodic	
6	<i>Ela</i>	<i>Madhura Tikta, Katu</i>	<i>Laghu Ruksha</i>	<i>Usha</i>	<i>Madhura</i>	<i>Vataha-Pittahara</i>	Carminative, Expecto- rant, Antimicrobial, Blood purifier, Anti-inflammatory, Immunomodulatory	10	<i>Anantamula</i>	<i>Madhura Tikta</i>	<i>Laghu, Snigdha</i>	<i>Shreetata</i>	<i>Madhura</i>	<i>Vataha-Pittahara</i>	Anti-inflammatory, Antioxidant, Hepatoprotective, Antimicrobial, Anticancer, Immunomodulatory, Blood purifier	
7	<i>Bala Mula</i>	<i>Madhura</i>	<i>Laghu Snigdha</i>	<i>Shreetata</i>	<i>Madhura</i>	<i>Vataha-Pittahara</i>	Analgesic, Anti-inflammatory, Antioxidant, Antimicrobial, Immunomodulatory, Anti-asthmatic, Tonic and Rejuvenator	11	<i>Vacha</i>	<i>Tikta Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vataha-Pittahara</i>	Anticonvulsant, Antioxidant, Immunomodulatory, Antidepressant, Anxiolytic, Antimicrobial, Expectorant	
8	<i>Jatamansi</i>	<i>Tikta, Katu</i>	<i>Laghu Snigdha</i>	<i>Shreetata</i>	<i>Katu</i>	<i>Kapaha-Pittahara</i>	Anticonvulsant, Antioxidant, Immunomodulatory, Antidepressant, Anxiolytic	12	<i>Harithaki,</i>	<i>Panchrasa (Except Lavana)</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara</i>	Anticonvulsant, Antioxidant, Immunomodulatory	

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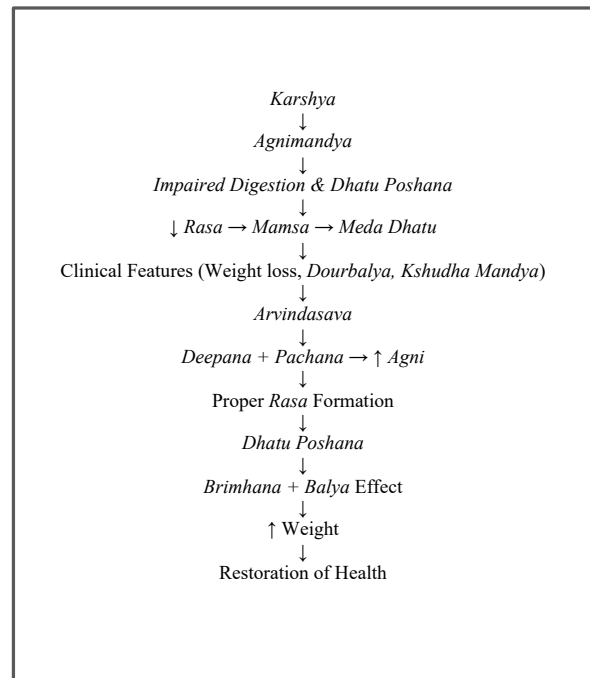
							Antidepressant, Anxiolytic, Antimicrobial, Expectorant				<i>Snigdha</i>	<i>ee</i>	<i>hu</i>	<i>aghna</i>	Antimicrobial, Anti-inflammatory, Hepatoprotective, Antipyretic, Cardioprotective, Neuroprotective
13	<i>Vibhitaki,</i>	<i>Kasaya</i>	<i>Laghu, Ruksha</i>	<i>Usha</i>	<i>Madhura</i>	<i>Tridosa</i>	Antioxidant, Antimicrobial, Anti-inflammatory, Hepatoprotective, Antipyretic, Cardioprotective, Neuroprotective								
17	<i>Dhatiki Pুষpa</i>	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Shree</i>	<i>Madhura</i>	<i>Tridosa</i>	Antioxidant, Antimicrobial, Anti-inflammatory, Hepatoprotective, Antipyretic, Cardioprotective, Neuroprotective				<i>Laghu, Ruksha</i>	<i>Shree</i>	<i>Katu</i>	<i>Pitta-Kapha Shamaka</i>	Antioxidant, Antimicrobial, Anti-inflammatory, Hepatoprotective, Antipyretic, Cardioprotective, Neuroprotective
14	<i>Amlaki</i>	<i>Panchrasa (Except Lavana)</i>	<i>Laghu, Ruksha</i>	<i>Shree</i>	<i>Madhura</i>	<i>Tridosa</i>	Antioxidant, Antimicrobial, Anti-inflammatory, Hepatoprotective, Antipyretic, Cardioprotective, Neuroprotective								
18	<i>Draakha</i>	<i>Madhura Amla</i>	<i>Laghu, Snigdha</i>	<i>Shree</i>	<i>Madhura</i>	<i>Kapha-Pitta</i>	Antioxidant, Antimicrobial, Antispasmodic, Antimicrobial, Anticancer				<i>Laghu, Snigdha</i>	<i>Shree</i>	<i>Madhura</i>	<i>Vata-Pitta</i>	Antioxidant, Antimicrobial, Anti-inflammatory, Hepatoprotective, Antipyretic, Cardioprotective, Neuroprotective
15	<i>Patola Patara</i>	<i>Tikta Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Usha</i>	<i>Katu</i>	<i>Kapha-Pitta</i>	Antioxidant, Antimicrobial, Antispasmodic, Antimicrobial, Anticancer								
19	<i>Shati</i>	<i>Tikta Katu</i>	<i>Laghu, Tikshna</i>	<i>Usha</i>	<i>Katu</i>	<i>Kapha-Vata</i>	Antimicrobial, Hepatoprotective, Ameliorative,				<i>Laghu, Tikshna</i>	<i>Usha</i>	<i>Katu</i>	<i>Kapha-Vata Shamana</i>	Antimicrobial, Hepatoprotective, Ameliorative,
16	<i>Yashti</i>	<i>Madhura</i>	<i>Guru,</i>	<i>Shree</i>	<i>Madhura</i>	<i>Tridosha</i>	Antioxidant,								
20	<i>Parpat</i>	<i>Tikta</i>	<i>Laghu</i>	<i>Shree</i>	<i>Katu</i>	<i>Kapha-</i>	Antioxidant,				<i>Laghu</i>	<i>Shree</i>	<i>Katu</i>	<i>Kapha-</i>	Antioxidant,

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	<i>aka</i>			<i>ee ta</i>	<i>u</i>	<i>Pitt a</i>	Hepatopr otective Antifunga l, Cognitive
2 1	<i>Arj una</i>	<i>Kash aya</i>	<i>Lag hu, Ruk sha</i>	<i>S h ee ta</i>	<i>K at u</i>	<i>Kap ha- Pitt a Sha man a</i>	Antioxida nt, Anti- microbial
2 2	<i>Mu ra m</i>	<i>Tikta Kasa ya</i>	<i>Lag hu Tikt a</i>	<i>U sh n a</i>	<i>K at u</i>	<i>Vat a Pitt a Sha mak a</i>	Antioxida nt
2 3	<i>Ne elin i</i>	<i>Tikta Kasa ya</i>	<i>Lag hu, Ruk sha</i>	<i>U sh n a</i>	<i>K at u</i>	<i>Kap ha- Vat a Sha man a</i>	Antibacte rial, Antioxida nt
2 4	<i>Shy am a</i>	<i>Tikta Katu</i>	<i>Lag hu, Ruk sha</i>	<i>U sh n a</i>	<i>K at u</i>	<i>Kap ha- Vat a Sha man a</i>	Antibacte rial, Hepatopr otective
2 5	<i>Sha rka ra</i>	<i>Mad hura</i>	<i>Gur u, Snig dha</i>	<i>S h ee ta</i>	<i>M ad hu ra</i>	<i>Vat a- Pitt a har a</i>	<i>Balya</i> (strength- promoting) <i>Trishna- hara</i> <i>Raktapitta -hara</i> <i>Vrishya,</i> Cooling agent
2 6	<i>Ma dhu</i>	<i>Mad hura Kash aya, Anur asa Kash aya,</i>	<i>Lag hu, Ruk sha</i>	<i>S h ee ta</i>	<i>M ad hu ra</i>	<i>Kap ha- Vat a Sha man a</i>	<i>Rasayana</i> , <i>Yogavahi</i> Anti- inflammat ory, Antimicro bial,

							Wound healing Cough suppressa nt
2 7	<i>Gu da</i>	<i>Mad hura</i>	<i>Gur u, Snig dha</i>	<i>S h ee ta</i>	<i>M ad hu ra</i>	<i>Vat a- Pitt a har a</i>	<i>Balya</i> (strength- promoting) <i>Trishna- hara</i> <i>Raktapitta -hara,</i> <i>Vrishya,</i>

PROBABLE MODE OF ACTION (ARVINDASAVA)



5.DISCUSSION

The formulation possesses properties such as *Deepana* (enhancing digestion), *Pachana* (improving metabolism), *Balya* (strength promoting), *Brimhana* (nourishing), and *Rasayana* (rejuvenating), making it particularly suitable for conditions like *Karshya* where tissue depletion is predominant. Pharmacologically, *Arvindasava* acts by stimulating digestive enzymes, improving appetite, and enhancing nutrient absorption due to its *Deepana-Pachana* action. The *Brimhana* and *Balya* properties help in promoting anabolic processes, leading to increased body weight, improved muscle mass, and enhanced strength. Ingredients like *Bala*, *Yashti*, and *Draksha*

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contribute to tissue nourishment and energy enhancement, while *Triphala* and *Musta* support digestion and metabolism. Its *Rasayana* effect helps in overall growth and development, especially in children. *Arvindasava* plays a dual role by correcting impaired digestion and promoting proper *Dhatu Poshana*, thereby effectively addressing the root cause of *Karshya*. *Arvindasava* offers a multidimensional approach to addressing malnutrition through its unique combination of drugs. For the enhancement of *Agni*, various *Agni deepana* drugs are incorporated in this formulation such as *Ushira*, *Ela*, *Haritaki*, *Vibhitaki*, *Musta* and *Vacha*. These drugs also cover the *Pachana* property. They can help in strengthening the digestive system by promoting the secretions of digestive enzymes, which could aid in the proper breakdown and absorption of essential nutrients from food. They can stimulate the appetite and promote efficient digestion and assimilation of nutrients, thereby supporting better nourishment in undernourished children. *Arvindasava* might indirectly enhance the absorption of vital nutrients such as proteins, fats, carbohydrates, vitamins, and minerals, which are crucial for addressing malnutrition and promoting overall health.

6. CONCLUSION:

In Ayurveda, *Karshya* is considered a condition of tissue depletion caused mainly by inadequate nutrition, excessive physical activity, mental stress, and impaired digestive fire. Undernutrition in children, remains a major public health concern worldwide, especially in developing countries. *Arvindasava* is a classical *Ayurvedic* fermented formulation widely indicated in pediatric disorders, especially for improving growth, strength, and nutritional status. These drugs help in building body mass, enhancing muscle strength, and improving overall vitality, which is the main area of action in treating undernourished and stunted children.

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