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An Ayurvedic Management Of *Sthaulya* w.s.r. Obesity: A Case Study

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ABSTRACT: -

Now a day's peoples are not conscious about their health. In today's era, obesity is growing very fast due to lifestyle changes. According to W.H.O obesity is the fifth leading risk for global deaths. The double burden of the disease was more observed in lower and middle-income countries. Many diseases arise due to obesity like Diabetes, Hypertension, Heart disease, etc. in modern medicine there is no treatment for obesity. In Ayurveda obesity can be correlated with *Sthaulya* or *Meda Vriddhi*. A 42-year-old patient rush to Ayurvedic hospital for better treatment with *Sthaulya* (obesity), *Daurbalya* (Debility), *Swas krichta* (Shortness of breath), *Ati-Kshudha*, (excessive eating) and *Ati-Pipasa* (excessive thirst) etc. The patient got a surprising change in his subjective and objective criteria by administering some Ayurvedic medicines and changes in his daily routine.

Keywords: - *Sthaulya*, Obesity, *Meda Vriddhi*, *Daurbalya*, *Swas krichta*



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INTRODUCTION

According to the W.H.O., overweight and obesity are the fifth leading risk for global deaths¹. According to World Health Organization, the worldwide prevalence of obesity nearly tripled from 1975 to 2016. Overweight and obesity kill most of the people of the world² then underweight. About 13% of the world's adult population was obese in 2016. The double burden of the disease was more observed in lower and middle-income countries. Overweight and obesity are linked to more death worldwide than overweight.³ In ancient literature of Ayurveda; Acharya Charaka has listed eight types of censurable persons of which *Atikrisha* (very emaciated) and *Atisthula* (very corpulent) are more significant. *Atisthula* or an obese person needs more attention because it is considered as *Krichchhrasadhya* – as a difficult to treat disease or person and has more complications than a very emaciated person.⁴ Obesity is a disease, developed due to complex interaction between biological psychosocial and environmental factors that affect the quality of life of an individual⁵. According to Ayurveda, vitiated *Vata* and *Meda* (Fat) and *Mamsa*⁶ *Dhatu* (Muscles) are the main cause of *Sthoulya* – obesity. Today's sedentary stressful lifestyle, irregular dietary habits, increased use of fast food and fatty diets are the main cause for obesity. . Structural and functional homeostasis of *Dosha*, *Dhatu* (body tissues), *Mala* (waste products), *Agni* (digestive fire), *Aatma* (soul), *Indriya* (senses) and *Mana* (heart) governs the normal physiological functions of the human body⁷.

MATERIAL AND METHOD

The treatment was planned as:

1. *Aarogyavardhini Vati*^{8,9}- 500mg
*Punarnava Mandoor*¹⁰- 500mg
Trikatu Churna- 1gm, a combination twice a day with lukewarm water before meal.
2. *Gomutra Haritki*¹¹ 2-2-2 tablets trice a day before meal.
3. *Triphala Churna*^{12,13}– 5gm once a time in the night with lukewarm water.

4. 5 km walking in the Morning time.
5. *Pathya* (wholesome)- *Yava* (Barley) + *Bajara* (Millet) + *Makka* (Maize) + *Gehu* (Wheat) Flour.

Apathya (unwholesome)- *Dadhi* (Curd), Tea, Fast Food, Ghee, Salt, Heavy Food, etc.

The study was conducted at the National Institute Ayurveda, Jaipur. The treatment approach was well explained to the patient about Ayurveda concepts, side effects, etc. The recommendations for Good Clinical Practices were followed.

CASE REPORT

Aatur vyatha (Complains of the patient): A male patient of age 42 years with O.P.D no. **48260** dated **11.08.2020** in noon time, visited in NIA, Jaipur with the complaint of *Sthoulya* (obesity), *Daurbalya* (Debility), *Swas krichtha* (Shortness of breath), *Ati-Kshudha*, (excessive eating) and *Ati-Pipasa* (excessive thirst) etc.

History of present illness: A 42 year's old male patient who had obesity for 12 years. He had used many ideas to reduce weight loss but does not get any relief. For further and betterment treatment patient approached to *ayurvedic* hospital for further treatment.

History of past illness: No History of Past illness.

Family history: No any Known Family history of *Sthoulya* or obesity and systemic disease.

Personal history: the patient was vegetarian in diet; the patient takes tea 4-5 cups. Normal and appropriate micturition, *samyaka nidra* (sleep) has been explained by the patient.

Prakriti (constitution) is *Vata-Kaphaja*, *Vikriti-Vata-Kapha vikriti* (Imbalanced *vata kapha*), *Meda Saar*(Fatty elemental tissue), *Pravar Samhanana* (Good compactness of body) , *Pravar Satva*(Good mental constitution), *Pravar Ahara Shakti* (good power of intake and digestion strength) , *Avar Vyayam Shakti* (less power of performing exercise) and *Madhyayam Vaya*

(middle age) having 40 years old, and *Ashtavidha Pariksha* (eight fold examination) finding is *Kapha Pradhan Vata*, *Sthool Akriti* (obese built), *Sama and Malavrita Jihva* (coated tongue), *Samanya* (normal) and adequate intensity of *Shabda* (speech), *Sthool Drikka* (Vision), *Baddha mala* (solid waste) non-dirty urine with adequate frequency and amount. The patient was assessed by *Dashvidh & Asthvidh Pairksha* (eight fold or tenfold examination) along with *Samprapti*

Ghatak (Factor involved in the disease process) for a better understanding of *dosh* and *Dushya* strength which is shown in Table 1.

Causative factors mainly excessive food intake, heavy food intake, sleep in the day time, do not exercise and never take tension¹⁴.

Samprapti Ghatak (Factor involved in the disease process),

Table 1: *Samprapti Ghataka* (Factor involved in the disease process) of *Sthaulya* (Obesity)

Particular	Location and description
<i>Dosha</i>	<i>Vata-Saman Vayu, Vyana Vayu</i> <i>Pitta- Pachak Pitta</i> <i>Kapha- Kledak Kapha</i>
<i>Dushya</i> (tissues / cells involved)	<i>Rasa</i> (Plasma), <i>Meda</i> (Fat), <i>Mamsa</i> (Muscles) <i>Dhatu</i>
<i>Adhistan</i> (place where the disease expressed)	Whole Body Particularly <i>Vapavahana</i> (peritoneum) & <i>Medodhara Kala</i> (membrane folding fat tissue)
<i>Srotas</i> (systems involved)	<i>Rasavah Srotas</i> (Channels carrying the nutritional essence) <i>Medovaha Srotas</i> (Channels carrying fat tissue)
<i>Srotodushti Prakar</i> (mode of system involvement)	<i>Sanga</i> (obstruction), <i>Margavarodha</i> (Obstruction in the nutrient flow in cells & tissues)
<i>Vyakta sthan</i> (places where symptoms appear)	<i>Sarvanga</i> (Whole body)
<i>Roga marga</i> (specific route)	<i>Bahya</i> (Outer)
<i>Vyadhi Avastha</i> (Type of disease)	<i>Jeerna</i> (Chronic)
<i>Agni</i> (Digestive fire)	<i>Jatharagni Triva</i> (Strong digestive power), <i>Meda Dhatvagnimandya</i> (derangement of metabolism at the level of tissues)
<i>Sadhaya-Asadhayata</i> (Prognosis)	<i>Kashtha Sadhaya</i> (curable with difficulty) ¹⁵

Vitals examination: Pulse Rate 80 beats per minute, irregular, *madhyam bala yukta* (medium strength), Blood Pressure 148 mmHg systolic and 90 mmHg diastolic, body Temperature 98.6-degree Fahrenheit with Respiratory Rate 28 times per minutes in the day time in OPD timing in early noon. Body weight 99kg, height 5 feet and 10 inches. So, BMI 31.3.

Blood investigation – No any blood investigation was done due to COVID-19.

Systemic Examination

- Consciousness – conscious

- Nervous System- Normal
- Cardiovascular system - Normal
- Respiratory system – Normal
- Per Abdomen Examination - Slightly enlargement of Liver

Assessment criteria:-The assessment criteria of *Sthaulya* (obesity) which has described in the different *ayurvedic* text and applied after some adaptations. A grading scale was used to record the therapeutic effects. Swas kricha, *Daurbalya*, Excessive perspiration, *Polyphagia*, *Polydipsia* was graded 0, 1, 2, and 3 based on severity which is

showing in Table 2. These Parameters assessed by asking questions from the patient and *Darshan*

Pariksha (inspection)

Table 2: Subjective parameters assessment in *Sthaulya*

Symptoms	0	1	2	3
<i>Swas Krichta</i> (External dysphonia)	No <i>Swas krichta</i>	Mild	Moderate	Severe
<i>Swedabadha</i> (Excessive perspiration)	No <i>Swedabadha</i>	Mild	Moderate	Severe
<i>Daurbalya</i> (weakness)	No <i>Daurbalya</i>	Mild	Moderate	Severe
<i>Ati-Kshudha</i> (Polyphagia)	No <i>Ati-Kshudha</i>	Mild	Moderate	Severe
<i>Ati-Pipasa</i> (Polydipsia)	No <i>Ati-Pipasa</i>	Mild	Moderate	Severe

Treatment plan-

The patient was visited on 11/08/2020 in the department of *Sharir Kriya* (Physiology). The duration of treatment was 45 days. Internal (oral) Medicine and exercise were given which have been shown in Table 3.

Table 3: Drugs included in the treatment protocol

Drug	Formulation Composition
<i>Aarogyavardhini Vati</i>	<i>Shuddha Rasa</i> (purified mercury), <i>Shuddha Gandhaka</i> (purified sulfur), <i>Lauha Bhasma</i> (iron compound in ash form), <i>Abhraka Bhasma</i> (mica in ash form), and <i>Tamra Bhasma</i> (copper compounds in ash form), <i>Terminalia chebula</i> (<i>Haritaki</i>), <i>Terminalia bellerica</i> (<i>Bibhitaka</i>), <i>Emblica officinalis</i> (<i>Amalaki</i>), <i>Asphaltum</i> (<i>Silajatu-Suddha</i>), <i>Commiphora mukul</i> (<i>Guggulu Shuddha</i>), <i>Ricinus communis</i> (<i>Eranda</i>), <i>Picrorrhiza kurroa</i> (<i>Katuka</i>), leaf juice of <i>Azadirachta indica</i> (<i>Nimba</i>)
<i>Punarnava Mandoor</i>	<i>Punarnava</i> – <i>Boerhavia Diffusa</i> , <i>Nishoth</i> – <i>Operculina Turpethum</i> <i>Sonth</i> – <i>Zingiber Officinale</i> , <i>Kali Mirch</i> – <i>Piper Nigrum</i> , <i>Pippali</i> – <i>Piper Longum</i> , <i>Vaividang</i> – <i>Embelia Ribes</i> , <i>Devdaru</i> – <i>Cedrus Deodara</i> <i>Chitrak root</i> – <i>Plumbago Zeylanica</i> , <i>Kushta</i> – <i>Saussurea Lappa</i> , <i>Haldi</i> – <i>Curcuma Longa</i> , <i>Haritaki</i> – <i>Terminalia Chebula</i> , <i>Bibhitaki</i> – <i>Terminalia Bellirica</i> , <i>Amla</i> – <i>Emblica Officinalis</i> , <i>Danti roots</i> – <i>Baliospermum Montanum</i> <i>Chavya</i> – <i>Piper Chaba</i> , <i>Indrayava</i> – <i>Holarrhena Antidysenterica</i> <i>Seeds Kutki</i> – <i>Picrorrhiza Kurroa</i> , <i>Piplamool</i> – <i>Piper Longum</i> , <i>Mustak</i> – <i>Cyperus Rotundus</i> , <i>Kakra Singhi</i> – <i>Pistacia Integerrima</i> , <i>Kala Jeera</i> – <i>Carum Carvi</i> <i>Ajwain</i> – <i>Trachyspermum Ammi</i> , <i>Kayaphal</i> (<i>Myrica nagi</i>), <i>Mandur Bhasma</i> , <i>Cow's Urine</i>
<i>Trikatu Churna</i>	<i>Sonth</i> – <i>Zingiber Officinale</i> , <i>Kali Mirch</i> – <i>Piper Nigrum</i> , <i>Pippali</i> – <i>Piper Longum</i> ,
<i>Gomutra Haritaki</i>	<i>Haritaki</i> – <i>Terminalia Chebula</i> and <i>Gomutra</i> (Cow's Urine)
<i>Triphala Churna</i>	<i>Haritaki</i> – <i>Terminalia Chebula</i> , <i>Bibhitaki</i> – <i>Terminalia Bellirica</i> , <i>Amla</i> – <i>Emblica Officinalis</i>

OBSERVATION AND RESULTS

The effect of *ayurvedic* medicine on the subjective parameter of *Sthaulya* changes from zero to fifteen days, thirty days, and finally, forty-five days was 15 to 10 to 6 to 3. Total points were 15 and before treatment, it was 100% and after treatment, it

became lower side 66.67% after 15 days, 40% after 30 days and 20% after 45 days. Treatments which is showing in Table 4.

After completing the treatment, the patient did not come to college due to COVID-19, so we discussed the call with him only. So we can't say about his Liver which was slightly enlarged before treatment.

Table 4: The effect of *ayurvedic* drugs on the subjective parameter of OA

Symptoms	Before treatment	During treatment		After treatment 45 days
		15 days	30days	
<i>Swas Krichita</i> (External dysphonia)	3	1	0	0
<i>Swedabadha</i> (Excessive perspiration)	3	2	2	1
<i>Daurbalya</i> (weakness)	3	2	1	0
<i>Ati-Kshudha</i> (Polyphagia)	3	3	2	1
<i>Ati-Pipasa</i> (Polydipsia)	3	2	1	1

The effect of *ayurvedic* medicine on the objective parameter of *Sthaulya* (obesity) changes from ninety-nine kg weight to ninety-six kg to ninety kg to eighty-six kg in fifteen days, thirty days, and finally, forty-five days and BMI change from 31.3 to 30.4 to 28.5 to 27.2 in fifteen days, thirty days, and finally, forty-five days, which is showing in Table 5.

Table 5: The effect of *Ayurvedic* drugs on Objective parameter of *Sthaulya* (obesity)

Symptoms	Before treatment	During treatment		After treatment 45 days
		15 days	30days	
Weight	99kg	96	90	86
BMI	31.3	30.4	28.5	27.2

DISCUSSION

The *Dravya* (drug) possessing *Katu* (Pungent), *Tikta*(bitter) and *Kashaya Rasa* (astringent essence) and also with *Lekhana Karma* (scrapping) facilitates for *Soshana* (drying up) and removal of liquefied or detoxified *Kapha* and *Meda* (fat). *Kaphahara*, *Vatahara* and *Medohara Dravyas* are helpful in the management of *Sthaulya* (obesity). These drugs are *Agni-Deepak* (appetizer) and *Aam Pachaka* (digestives). All of these prescribed *Ayurvedic*

medicines reduce *Meda*(fat), *Kapha*, *kleda* (moisture), *Ama & Vata*. Exercise and walking normalize the fat metabolism and increase the *Dhatavagni* (metabolism at the level of tissues), mobilize the *Medodhatu* (fat) and gives fitness to the body. The line of treatment is *Guru* (Heavy) and *aptarpana* (non-nourishing (diet) therapy). The list of medicine involves to cure the described in Table no.6.

Table 6: List of ayurvedic medicine utility and indication

Sr. No.	Name of Drug	Use & Indication
1	<i>Aarogyani Vardhani Vati</i>	<i>Grahanishodhak</i> , <i>deepan</i> (appetizer), <i>Pachan</i> (digestive) , <i>Pakwashayadushti Nashak</i>
2	<i>Punarnava Mandoor</i>	<i>Grahani</i> (sprue), <i>Shoth</i> (inflammation), <i>Pliha Roga</i> (Spleen enlargement disorder), <i>Vishama Jwar</i> (typhoid fever), <i>Arsha</i> (piles), <i>Kustha</i> (skin diseases), <i>aruchi</i> (anorexia), <i>pandu</i> (anemia), <i>Krami</i> (worms).
3	<i>Trikatu Churna</i>	<i>Sthaulya Nashaka</i> (reducing obesity)
4	<i>Gomutra Haritiki</i>	<i>Badhkoshthata</i> (constipation), <i>Mandagni</i> (weak digestive strength), <i>Odema</i> , <i>Kaphaja Arsha</i> (piles)
5	Triphala Churna	<i>Deepan</i> (appetizer), <i>Jwaraghna</i> (Antipyretic), <i>Kleda nashak</i> (reducing moisture content) , <i>Kappahara</i> (<i>Kapha suppressor</i>), <i>Medonashaka</i> , (anti-hyperlipidaemic effect)

CONCLUSION

Sthaulya can be correlated with obesity. As various methods are described above are very helpful to reduce fat and to overcome the problem of obesity. In fact, the body nature of everyone, is different from each other so the effects of treatment may vary. Ayurvedic medicines along with exercise, walking, and lifestyle change, follow the *Pathya-apathya* (wholesome-unwholesome) can cure *Sthaulya* or obesity.

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