

## A STUDY OF VAMANDHAUTI (KUNJAL KRIYA) IN THE MANAGEMENT OF STHAULYA (OBESITY)

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## ABSTRACT

In Present era every person is running after life's goal. Hence does not have time to think and act for the healthy life and also not able to follow the proper *Dincharya*, *Ratricharya*, *Ritucharya* and rules for healthy living as per *Ayurveda* and other life sciences so that obesity has taken place as a major problem in majority of peoples. *Ayurveda* has been a proven science of life and an efficacious way of treatment of human diseases coupled with holistic approach in diagnosing diseases and thereafter providing an all-inclusive treatment of body and soul with a sole aim of achieving complete cure. It has got amazing tools of preventive as well as curative methods. "*Sthaulya*" (obesity) is such a disease, which provides the platform for so many hazards like H.T., C.H.D., D.M., O.A. infertility, impotency as well as psychological disorders like stress, anxiety, depression etc. Thus, the mortality and morbidity are more in obese person compared to others. Obesity is not merely a cosmetic problem but a serve threat to health and longevity. The old saying „The longer the belt, the shorter the life” is entirely accurate. in *Gherand Samhita Vamandhauti Karma (Kunjal Kriya)* described for the management of *Kapha* and *Pitta*.

**KEYWORDS:** *Sthaulya*, Obesity, *Vamandhauti*, *Kunjal Kriya*.

## INTRODUCTION

*Veda* is an ancient scientific document from which every science and technology has originated. *Ayurveda* is the oldest science serving the world. It is *Upaveda* of *Atharvaveda*. *Ayurveda* is the science of life. The fundamentals of *Ayurveda* give healthy human life. Since the *Vedic period*, healthy and long life has been praised. Body must be maintained, otherwise man can't be healthy. Obesity is originated from the modern age of machines and materialism. It is physiological, psychological and social disorder, which is most disfavored by modern society for social as well as medical reasons. "*STHAULYA*" (obesity) is such a disease, which provides the platform for so many hazards like H.T., C.H.D., D.M., impotency as well as psychological disorders like stress, anxiety, depression etc. Thus, the mortality and morbidity are more in obese person compared to others. The present-day society expects peak physical and mental performance from each of its member and obese person is unable to find out himself physical and mental fit for it. It occurs as a result of lack of physical activities with increased intake of daily diet results into the clinical entity, which can be called as obesity.

According to figures of W.H.O in 2008, more than 1.4 billion adults (i.e., age of 20 and older) were overweight. Among these, over 200 million men and nearly 300 million women were obese.<sup>[1]</sup> The figure showed that 35% of adults (aged 20 and over) were overweight in 2008 and 11% were obese. It was more surprising that in 2011, more than 40 million children under the age of five were overweight. By and large more than one in ten was obese in the world's adult population. In addition, it was found that women more likely to be obese than men.<sup>[2]</sup> Obesity has taken place as an epidemic problem yet still majority of people are not aware of the factors that welcome this problem and the results that are obtained after one gets into this problem.<sup>[3]</sup> At least 2.6 million people each year die as a result of being overweight or obese.<sup>[4]</sup> As per W.H.O., overweight and obesity are the fifth leading risk for global deaths.<sup>[5]</sup> According to a study report, the obesity in India has increased by about 20% from 1998 to 2005. Presently almost 1 in 5 men and over 1 in 6 women are overweight. In some urban areas the rates are as high as 40%.<sup>[6]</sup> The increment of prevalence of Overweighting (BMI>25) in India is as per shown in following table.<sup>[7]</sup>

## DISEASE REVIEW

*Sthaulya* in *Ayurveda* is considered as *Santarpanjanya Vyadhi* (over nutritional), due to excessive accumulation of *Meda* (deposit fat) in Body. According to *Kautilya*, the word "*Sthulata*" means largeness or bigness or bulkiness of body. The word is derived from *Dhatu* "*Sthoola Brihani*" with an addition of *Ach Pratyaya* which means thick on solid or strong. A person having heaviness and bulkiness of the body due to extensive growth especially in *Udaradi* region is termed as "*Sthula*" and the state (*Bhava*) of *Sthula* is called "*Sthaulya*".

### Purva Roopa (Prodromal Signs and Symptoms) of Sthaulya

*Purvarupa* (Prodromal signs and symptoms) of *Sthaulya* are not mentioned in any of the *Ayurvedic* texts. Presence of symptoms itself in mild form means marginal overweight since childhood can also be taken as *Purvarupa* of *Sthaulya*. however, *Medovaha Srotodusti Laksanas* which are also described as *Purvarupas* of *Prameha* can be considered as *Purvarupas* of *Sthaulya*.<sup>[8]</sup> *Bahudrava Slesma* and *Abaddha Meda* are the two morbid components of the disease involved in pathogenesis of *Prameha*,<sup>[9]</sup> which are found vitiated in *Sthaulya* too. So *Slesma Sanchaya* and *Medodusti* related *laksanas*, *Purvarupas* of *Prameha*, *Medovaha Srotodusti laksanas* described by *Acharyas* can be considered as *Purvarupas* of *Sthaulya*. The symptoms related with *Medodusti* like *Atinidra*, *Tandra*, *Alasya*, *Angagaurava*, *Sathilya* etc can be considered as *Purvarupas* of *Sthaulya*.

### Roopa (Signs and Symptoms) of Sthaulya

In *Ayurvedic* Literatures Different *Acharyas* have presented the symptoms of *Sthaulya* in their texts. *Charaka* has enlisted the following symptoms as cardinal or *Pratyatma Laksana* of *Sthaulya*. *Medomamsa Atividdhi*, *Chala sphik* (Pendulous Buttock), *Cala Uudara* (Pendulous Abdomen), *Cala stana* (Pendulous Breast), *Ayatha Upachaya* (Abnormal growth of body), *Udara Parswa Vriddhi* (Enlargment of Abdomen), *Anutsaha* (Lack of Enthusiasm), *Anutsaha* (Lack of Enthusiasm), *Alasya / Jadyam* (Dullness).<sup>[10]</sup> Besides these cardinal symptoms, eight disabilities of *Sthaulya* i.e., *Ayushosa* (diminution of life span), *Javoparodha* (lack of agility), *Kricha Vyavaya* (difficulty in sexual act), *Daurbalya* (debility), *Daurgandhya* (Foul smelling of body), *Swedabadha* (Distressful sweating), *Kshudha Atimatra* (Excessive hunger) and *Pipasa Atiyoga* (excessive thirst) are the most prominent clinical features of *Sthaulya*.<sup>[11,12,13]</sup>

### Samprapti (Pathogenesis) of Sthaulya

In pathogenesis of *Sthaulya*, all the three *Dosas* are vitiated especially *Kledaka Kapha*, *Pacaka Pitta*, *Smana* and *Vyana Vayu* which are the responsible factors for proper digestion and metabolism of food at the level of Alimentary Tract. Due to good status of *Agni* excessive *Annarasa* is formed. Due to specificity of diet i.e., *Guru*, *Madhura*, *Snigdha*, *Seeta Guna* dominance, *Pradhana*

*Dhatu Posakansa* is formed in more quantity. Initially the *Rasagta*, *Raktagata* and *Mamsagata Sneha* also increases production of *Medodhatu*. But due to *Medodhatvanimandya* (due to unavailability of getting *Medodhatvagni* nourished through *Jatharagni*) condition worsens and also further *Dhatu*s are not produced properly.

### Yoga Review<sup>[14]</sup>

The *Shatkarma* or the six purification techniques in *Hatha Yoga* are designed to make the body strong and healthy. "*Shat*" means six and "*Karma*" here means a method or technique. *Shatkarmas* are considered preparatory steps towards higher practices of *Pranayama* and meditation. The *Ancient Rishis* recognized the importance of a healthy body for all activities, whether worldly or spiritual. *Hatha Yoga*, as explained in the text "*Hatha Yoga Pradeepika*", is aimed at making the body and mind fit for higher practices of *Raja Yoga*. The *Shatkarmas* consists of six techniques. They can make the body clean and strong, free of diseases, remove toxins and improve concentration. It can also improve the flow of *Prana* into the organs and the *Pranic meridians* or *Nadis*.

### The six techniques are

1. *Dhauti*
2. *Bhasti*
3. *Neti*
4. *Trataka*
5. *Nauli*
6. *Kapalabhati*.

### Kunjala Kriya<sup>[15]</sup>

This is a technique for cleaning the digestive tract from the stomach to the mouth. It involves drinking warm, salty water until the stomach is full and then voluntarily expelling it through the mouth. This may seem a little repulsive to some people, especially if done intentionally, but actually *Kunjala Kriya* is a simple practice and all that is vomited is salty water containing impurities from the stomach.

The word "*Kunjala*" is derived from "*Kunjara*". According to rule of *Nirukti* "*ra*" is converted into "*la*". The word *Kunjala* is one of the synonyms of elephant as per different classics like *Shabdikalpdruma*, *Amarkosh* and *Sanskrit Hindi Kosh* etc.<sup>[16]</sup> The word *Kunjala* is one of the synonyms of elephant as per different classics like *Shabdikalpdrup*, *Amarkosh*, *Sanskrit Hindi Kosh* etc. When the water is expelled by muscular contraction of the abdomen, it is called *Kunjara kriya* or *Gaja Karma*. Both the words *Kunjara* and *Gaja* mean elephant. As in case of elephant uses the *Kunjala Kriya* to eliminate the contents from his trunk, in the same manner humans do the *Kunjala Kriya* to eliminate the contents from their stomach.

**Material:** - The water will be lukewarm with or without salt. Salt water inhibits the secretion of acid in the

stomach, therefore those people who are trying to alleviate hyperacidity should definitely put salt in the water.<sup>[17]</sup>

**Posture:** - The person has to sit in *Kagasana* and then only they should drink the water.<sup>[18]</sup> During expulsion of water it is best to stand and bend forwards keeping the trunk and head horizontal. This facilitates the free flow of water from the stomach.



**Technique**<sup>[20]</sup>- *Kunjala Kriya* is performed by drinking lukewarm, salty water. At least six glasses of water should be drunk, but if you can, drink more up to the point where you cannot take even one more sip. At this point you may vomit automatically, if not then put two fingers down your throat and massage the back of your tongue as far down as possible. By pressing it you will feel the urge to vomit, which is called the 'gas reflex' in medical terminology. Water will come out of your mouth in a quick series of gushes. Continue pressing until your stomach is empty. The quantity of water needed to fill the stomach may vary from person to person. Six glasses are just an average. A smaller person, or someone with an anorexic temperament, may only need four where as a large, hungry person may take eight to ten glasses.

#### **Kunjala and Vomiting**

*Kunjala* has none of the unpleasant sensations usually associated with vomiting, like nausea and bad smell. The water brought up is usually clean and without smell. The added salt removes the acid by naturalizing it, which removes the burning feeling. The water contains nothing solid, thus it comes out quickly and easily. After the first few times, *Kunjala Kriya* becomes a pleasure.

#### **Effects of Kunjala Kriya**<sup>[21]</sup>

Direct Effects: - At the physical level *Kunjala* can aid the maintenance of good health as well as help in the cure of some diseases like obesity, Acidity and gas in the stomach, Bilioussness, Nausea, Food poisoning and auto-

**Time:** - The best time to do the practice is early in the morning, before Sunrise.<sup>[19]</sup> After completion of the practice, it is best to wait half an hour before eating. The stomach lining should have a chance to reform before the process of digestion starts pouring acids onto its sensitive surface.

poisoning, Indigestion, Inflamed esophageal mucosa, Cough, asthma, bronchitis and respiratory ailments, Headaches, (both tension and migraine) and diseases of the nervous system.

At the *Pranic* level, *Kunjala* gives the whole body a flushing, untying knots and unblocking *Nadis* (psychic nerves which conduct *Prana*) so that the whole body feels revived and alive.

On the mental level, *Kunjala* can help with many types of mental diseases and problems, acting as a kind of shock therapy to recharge the brain and mind. It especially helps with depression, lethargy, tensions, anxiety, neuroses and phobias.

#### **Limitations**

Most people can do this practice. However, it should not be attempted by those suffering from hernia of the stomach or abdomen, high blood pressure and heart problems. Though *kunjala kriya* helps to remove excess acidity from the stomach, a factor very much associated with ulcers, we don't advise you to try to do this practice under these circumstances. It will probably do more harm than good.

#### **CONCLUSION**

The *Kunjala Karma* technique gives the best possible wash to the digestive system from the stomach to the mouth. As such it helps remove all diseases of this region

which are the result of a build-up of toxins or general impurities. It also helps to eradicate bad breath, the accumulation of phlegm in the throat and sore throats. *Kunjil* cannot change your food habits and certainly cannot remove mental and emotional tension. However, it can help to keep the stomach in good order by washing it clean of impurities. The salt water also reduces the secretion of acid from the glands in the stomach. These in general are rendered more efficient thus allowing better digestion of food. All these are important factors in preventing indigestion, obtaining the best possible assimilation of nutrients into the body as well as eliminating other digestive ailments, and through this way it can reduce obesity and related disorders.

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