

MANAGEMENT OF STHOULYA (OBESITY) THROUGH PANCHAKARMA THERAPY
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Article Received on 19/02/2024

Article Revised on 10/03/2024

Article Accepted on 31/03/2024

ABSTRACT

Obesity is a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health. Obesity increases the likelihood of various diseases, particularly cardiovascular diseases, type 2 diabetes, obstructive sleep apnoea, certain types of cancer, osteoarthritis and depression. Obesity is leading preventable cause of death worldwide, with increasing rates in adults and children. Ayurveda has a holistic approach for Sthoulya. Kapha and Pitta vitiation are the major contributing pathological factors in Sthoulya manifestation. As Sthoulya is mentioned under Santarpanjanya Vikara in Bahudoshavastha condition. Different Shodhana modalities have been mentioned like Vamana Karma and Virechana karma. This is a single case study on effective management of Sthoulya. Treatment was planned as Deepana Pachana, Shodhanang Snehapana with Tila Taila, Vaman Karma with Madanphala Yoga and Virechana Karma with Trivrit Yoga. After completion of Panchakarma treatment patient found significant relief in sign and symptoms of Sthoulya and reduce a 8 kg of body weight. On the basis of result obtained it can be concluded that Ayurveda can used as effective treatment to reduce body weight and improve the quality of life in the patient of Sthoulya.

KEYWORDS: Sthoulya, Obesity, Shodhanang Snehapana, Vamana Karma, Virechana karma.

INTRODUCTION

The most common metric used for assessing groups of the prevalence of Obesity is the body mass index (BMI) scale. Its prevalence is on continuous rise in all age many of the developed countries in the world. Statistically data reveals that the problem of obesity has increased from 12- 20% in men and from 16- 25% in women over the last ten years.^[1] In general, obesity is associated with a greater risk of disability or premature death due to type 2 diabetes mellitus (T2DM) and cardiovascular diseases (CVD) such as hypertension, stroke and coronary heart diseases as well as gall bladder disease, certain cancers (endometrial, breast, prostate, colon) and non-fatal conditions including gout, respiratory conditions, gastro oesophageal reflex disease, osteoarthritis and infertility. Obesity also carries serious complications for physiological health, mainly due to societal prejudice against fatness. A central distribution of body fat is associated with higher risk of morbidity and mortality than a more peripheral distribution.^[2] Sthoulya can be correlated with obesity in Ayurveda and It is one of the Santarpanjanya Vyadhi described by Acharya Charaka.^[3] Sthoulya and Medovruddhi is Kapha Pradhan Vyadhi. Vamana among Panchakarma is specially indicated for

Santarpanjanya and Kapha Pradhan Vyadhi like Sthoulya.^[4]

CASE STUDY

Here presenting a case of 41 years old male patient. He came to Ananya Ayurved hospital OPD on 6th february 2024 and diagnosed as patient of obesity. He was not suffering from any other underlying systemic pathology. Family history of the patient was negative for obesity. The patient presented with symptoms like weight gain with gradually onset since 10 years, exertional dyspnoea and excessive perspiration. Symptoms like Bhara Vriddhi (weight gain), Chalasphik Udara, Stana (Excessive movement of abdomen, breast and gluteal region) Atikshudha (excessive appetite), Swedabadha (excessive perspiration), Dourbalya (weakness), Dourgandhya (foul smell) were found.^[5] On examination as objective criteria his weight was 92 kgs and BMI was 33.4. So, on the basis of weight, BMI and classical symptomatology he was diagnosed as a patient of grade - 1 obesity (Sthoulya). He did not take any medicine previously for obesity. Ayurvedic treatment was given as follows:

Table no. 1: Treatment Modality.

Sr.no.	Treatment modalities	Drug and dose	Duration
1	Dipan Pachan	Trikatu and musta 3gm BDS	7 days
2	Snehpan	Triphala ghrit - Arohan matra (30,60,90,120,150,180,210ml)	7 days
3	Abhyang	Til tail	2 days
4	Swedana	Bashpa swedana	2 days
5	Vamana	Madanaphalpippali Churna-5 gm Yastimadhu Churna- 3gm, Vacha - 2gm Saindhava- 1 gm Honey- 6-7Tsf -Yastimadhu Phant- 3000ml	1 day
6	Samsarjan krama	Prawar shuddhi	7 days
7	Snehpana	Triphala Ghrit (50,90,130 ml)	3 days
8	Abhyang	Til tail	3 days
9	Swedan	Bashpa swedana	3 days
10	Virechana	Trivrit avleha - 80gm Triphala kwath - 250 ml	1 day
11	Samsarjan krama	Madhyam suddhi	5 days

OBSERVATIONS AND RESULTS**Table no. 2: Signs and Symptoms.**

Sr no.	Signs and symptoms	B.T.	A.T. (After Vamana Karma)	A.T. (after virechana karma)
1	Excessive dyspnoea (Ayasen Swasakastata)	+++	++	+
2	Excessive perspiration (Swedabadha)	+++	++	+
3	Weakness (Dourbalya)	++	+	+
4	Foul Smell (Dourgandhya)	++	+	+
5	Polydipsia (AtiPipasa)	+++	++	+
6	Polyphasia (AtiKshudha)	++++	++	+

Note: (++++) – sever presentation of symptoms(+++)– moderate presentation of symptoms (++) – mild presentation of symptoms (+) – least presentation of symptoms

Table no 3: Tests and Clinical examination.

Sr no.	Tests and Clinical examination	B.T.	A.T. (after vamana karma)	A.T. (after virechana karma)
1	BMI	33.4	32.3	30.5
2	BODY WEIGHT (kgs)	92	89	84
3	Waist girth (cm.)	107.5	105	104
4	Hip girth (cm.)	110	108	106.5

DISCUSSION

The treatment showed encouraging results after Vamana Karma. He lost about 8 kgs weight in 35 days. According to fat analyser it is not water content which helps in reduced weight but because of the treatment patient observed actually losing weight by reducing a fat mass. At last after Samsarjan Krama of Virechana karma BMI of patient ranges from 33.4 to 30.5 which shows significant decrement. Before treatment waist circumference of a patient was 107.5cm and hip circumference was 110cm. This indicates patient was having central obesity. It was significant improvement in waist circumference which reduced 107.5 cm to 104 cm which shows reduction in abdominal obesity. In all subjective criteria patient showed significant improvement and not only patient feeling lightness in the

body but also is feeling energetic.

Vamana Karma and Virechana karma are contraindicated in Ati sthoulya, but being Sthoulya, Bahudosha Lakshana, Samshodhan therapy is highly recommended for Sthoulya patients possessing moderate strength. This patient was grade-1 obesity, hence treated with Vamana Karma and virechana karma.

The normal status of Agni is important before the administration of Snehapana. If Agni is diminished, Sneha will develop a Snehavypada hence here according to Bhavaprakasha, Musta Churna used due to Deepana and Pachana property.^[6-7]

Shodhanang Snehapana – According to Acharya Charaka

administration of Snehapana helps in bringing the Doshas from Shakha to Kosta by Vriddhi (Excessive increase of Dosha), Vishyandana (Liquification of Dosha), Paka (Digestion of Dosha), Srotomukh Vishodhanat (Cleaning of opening of channels), Vayoshch Nigrahat (Controlling of Vata),^[8] hence we do 5 days of Snehapana until Samyak Snigdha Lakshana observed as Vatanulomana (Regulation of flatus), Deeptagni (Improvement in digestion), Snigdhavarcha (loose stool), Snigdhatata (Unctuousness) etc.^[9]

Tila Taila– According to Acharya Charaka, Tila Taila is the best Sneha Dravya among the SthavarSneha, Taila is widely used for external and internal condition. Taila alleviates Vata but at the same time does not aggravates Kapha,^[10] also Acharya Vagbhata explain important of Tila taila as “Krishnam Brimhanayam Sthoolanam Karshanaya Cha, that means it does Brumhana Karya for Krishna persons and does Karshana for Sthoola persons. Here in Sthoulya, by its Sukshma, Teekshna, Ushna Gunas it enters Sukshma Srotas does Kshapana Karya for Meda. Due to Kshapan of Meda, the person becomes Krishna.^[11]

Abhyanga & Swedana – Abhyanga (whole body massage) softens morbid humours & channalises them. Swedana (Sudation), according to Charaka Swedana Karma is best treatment for vitiated Vata and Kapha dominant diseases. Swedana liquefy the vitiated Dosha which are spread through the body. Because of liquification of Swedana, vitiated Dosha are made easily expelled out with the help of Pradhan Karma as a Vamana Karma and virechana karma.

Vamana Karma – After administration of drug total 8 Vegas were noted and was observed Pittant, with Samyak Vamana Lakshana like cleaning in chest, throat, channel of mouth etc. Lightness and freshness (indriya suddhi).

Virechana Karma – After administration of drug total 17 Vegas were noted and was observed Kaphant, with Samyak Vamana Lakshana like cleaning in abdomen and channel of GIT etc.

Lightness and freshness.

Samsarjana Krama – It plays very important role in protecting and enhancing of Agni. Because of Shodhana therapy temporarily Agni become weak, so to restore Prana the strength of Agni and body these procedure aids in bringing back body to and normal position.

CONCLUSION

Grade -1 patient lost 8 kg weight in 35 days after classical Vamana Karma and virechana karma which shows significant decrement not only in weight but also sense of wellbeing and improve quality of life. Treatment of Panchakarma like Shodhanang Snehapana followed with Vamana Karma and Virechana karma are the best

way to manage obesity. Vamana Karma and virechana karma are safe, effective and long lasting Ayurveda treatment for grade -1 obesity.

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