



AYURVEDIC MANAGEMENT OF OBESITY (*STHOULYA*) –A CASE REPORT

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ABSTRACT

Obesity is major downside these days. It is one in every of the foremost common lifestyle disorder. In Northern India obesity is most prevalent in urban population (male 5.5%, female 12.6%). Obesity is not only a cosmetic concern. It will increase your risk of diseases and health issues, like cardiopathy, diabetes, hypertension and depression. As per Ayurveda obesity can be correlated to *Sthoulya*. A male patient came with complaints of weight gain, excessive perspiration, accrued appetite and exertional dyspnea. His BMI was 34.1 kg/m² and waist circumference was 120 cm. On the basis of clinical presentation he was diagnosed as a case of obesity (*Sthoulya*). *Udwartana*, *Lekhana Basti* & *Virechana* were done as per classical method. Vital result was found in sign and symptoms of *Sthoulya* as well as weight, BMI, waist circumference, waist to hip ratio and alternative complaints after the treatment. Hence it can be said that *Panchakarma* treatment along with some oral medications, can be used as an alternative to costly contemporary treatment methods in cases of obesity (*Sthoulya*).

Keywords: Obesity, *Sthoulya*, *Lekhana Basti*

INTRODUCTION: Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A crude population measure of obesity is the body mass index (BMI), a person's weight (in kilograms) divided by the square of his or her height (in meters). A person with a BMI of 30 or more is generally considered obese ^[1]. Intra-abdominal and abdominal subcutaneous fat have more significance than subcutaneous fat present in the buttocks and lower extremities. This distinction is most easily made clinically by determining the waist-to-hip ratio, with a ratio >0.9 in women and >1.0 in men being abnormal ^[2]. Obesity in India has reached epidemic proportions in the 21st century, with morbid obesity affecting 5% of the country's population ^[3]. Risks of coronary heart disease, ischemic stroke and type 2 diabetes mellitus increase steadily with increasing body mass index (BMI). In Ayurveda obesity may be correlated with *Sthoulya*. In Ayurveda *Sthoulya* has been

mentioned as one of the *Santarpanottha vyadhi*, one among the *Ashta Nindita Purusha*, *Kaphaja Nanatmaja Vyadhi* and also as *Dushta Medo Roga*. *Guru* & *Aptarpana Chikitsa* & *Shodhana* is mentioned as line of treatment for *Sthoulya* in Ayurveda alongside varied formulations like *Udwartana*, *Lekhana Basti* ^[4].

PATIENT'S INFORMATION

General Information: UHID no.270348, IP number 1008, Age- 24 years, Sex – Male, *Aahara*-Mix Vegetarian, *Vihara*-Sedentary lifestyle, Appetite- good, *Koshtha*-irregular, *Vibandha* (constipated), Sleep- Good, Micturition- Normal

Chief Complaints: weight gain since 7-8 months alongside associated complaints like inability to work, dyspnea on exertion, increased appetite, sleepiness, laziness, excessive sweating, and disfigurement of body alongside anxiety.

Past History: There was no history of Diabetes Mellitus, Hypertension and Hyperthyroidism.

According to the patient he had taken some antidepressant medicines for 5-6 months under the supervision of an

allopathic consultant but he had not taken those medicines since last 10 days.

Table.1 Physical Examination

Weight	114 kg	
Height	182.8 cm	
BMI	34.1 kg/m ²	
Waist Circumference	120 cm	
Hip Circumference	130 cm	
Waist Hip ratio	0.92	
Circumferences (in cm)	Right	Left
Mid-Arm	39 cm	39 cm
Mid-Thigh	64 cm	63 cm

MATERIAL AND METHODS: Panchakarma Interventions and herbal drug oral administration

Table-2: Intervention Details

Procedure	Drugs & Specification	Days
<i>Udwartana</i> (Herbal powder massage in the direction of opposite to that of the hair)	<i>Kolkulathhadi Choorna</i>	1 st day to 8 th day
<i>Bashpa Sveda</i> (sudation therapy)	<i>Dashmoola Kwatha</i>	1 st day to 8 th day
<i>Lekhana Basti</i> (administration of mixture of herbal decoction, honey, rock salt, herbal paste etc. through rectal route)	<ul style="list-style-type: none"> • 120ml <i>Madhu</i>, • 10gm <i>Saindhava</i>, • 120ml <i>Til Taila</i>, • <i>Kalka</i> of 20gm <i>Shatapushpa</i>, 10gm <i>Yavakshara</i>, 10gm <i>Shilajatu</i>, • <i>Triphla Kwatha</i> 180ml, & 60ml <i>Gomutra Arka</i>. 	4 th day to 8 th day
Oral medications	1. <i>Varunadi Kashaya</i> 10ml mixed with 30ml lukewarm water thrice/day before food, 2. <i>Vyoshadi Guggulu</i> 2 tab with lukewarm water thrice/day after food, 3. <i>Triphla Choorna</i> 5gm bed time with lukewarm water	1 st day to 8 th day
<i>Snehapana</i> (drinking medicated ghee)	<i>Til Taila</i> 50ml on 1 st day, then raised to 90ml,130ml,160ml, on second, third and fourth day respectively.	9 th day to 12 th day
<i>Sarvanga Abhyanga</i> (whole body massage) & <i>Bashpa Sveda</i> (sudation therapy)	<i>Til Taila</i> & <i>Dashmoola Kwatha</i>	13 th day to 15 th day
<i>Virechana</i> (induced purgation by medicines)	70gm <i>Trivrit Avleha</i> & 100ml <i>Triphla Kwatha</i> 14 <i>Vegas</i> attained	16 th day
<i>Samsarjana Krama</i>	5 days	16 th day to 20 th day

Table-3: Medicines advised on discharge

S. No.	Medicine	Dosage
1	<i>Varunadi Kashaya</i>	10 ml mixed with 30 ml lukewarm water thrice/day before food
2	<i>Navaka Guggulu</i>	2 tab with lukewarm water thrice/day after food
3	<i>Kalyanaka Kashya</i>	10 ml mixed with 30 ml lukewarm water thrice/day after food

Above medications were given for 10 days.

OBSERVATION AND RESULTS: After the whole course of therapy (total 30 days), there was significant decrease in

sign and symptoms of *Sthoulya* including weight, BMI, waist circumference, waist to hip ratio. Patient felt quite light & enthusiastic after treatment. Laziness was gone.

Table-4: Anthropometric measurements

Observation	Before Treatment		After Treatment	
Weight	114 kg		108 kg	
BMI	34.1 kg/m ²		32.6 kg/m ²	
Waist Circumference	120 cm		101 cm	
Hip Circumference	130 cm		128 cm	
Waist Hip ratio	0.92		0.78	
Circumferences (in cm)	Right	Left	Right	Left
Mid-Arm	39 cm	39 cm	37 cm	35 cm
Mid-Thigh	64 cm	63 cm	63 cm	60 cm

DISCUSSION: *Varunadi Kashaya*, *Vyoshadi Guggulu*, *Triphala Choorna* were used as internal medications. These drugs are *deepniya* as well as *Kaphamedohara* in nature.

Rukshana is the *Vishishta Purvakarma* before the administration of *Shodhananga Snehapana* in specific conditions like: *Mamsala* (Muscular body), *Medura* (excessive body fat), *Bhurishleshma* (excess of *Kapha Dosh*), and *Vishmagini* (altered state of digestive strength) [5]. *Udwartana* has benefits like *Vatahara*, *Kaphahara*, *Medas pravilayanam*, *Sthirikaranamanganam*, *Twakaprasadakaram* [6]. *Udwartana* may have helped in the depletion of increased *Meda* by liquefying and mobilizing the *Meda Dhatu* due to increased friction to all parts of the body which will subsequently come to the gut through circulation and get eliminated by *Basti*.

The *ushma* / heat generated during *Udwartana* had also digested the *Aama* and removed the *srotorodha*. The drugs of *Lekhana Basti* have dominance of *Katu-*

Tikta-Kashaya Rasa, *Laghu-Tikshna-Shukshma Guna*, *Ushna Veerya* and *Katu Vipaka*. *Katu*, *Tikta*, *Kashaya Rasa* reduced *Kleda* hence they cause depletion of the *Meda Dhatu*. It also reduced *Kapha-Meda-Sweda Dushti* and thus helped in *Lekhana Karma*.

Til Taila [7] was used for *Abhyantara Snehana*. By virtue of its *Sukshma Guna* it entered in all the body channels, reduced *Meda* by its *Ushna*, *Tikshna Guna* & thus helped in reducing obesity.

Virechana karma means expelling *Doshas* through *Adhobhaga*. Persons with aggravation and dominance of *Meda* are considered as *Durvirechya*, however, *Tikshna Sodhana* (*Virechana*) is indicated in these persons [8].

CONCLUSION

Faulty dietary habits and sedentary lifestyle in day to day life are the main factors in pathogenesis of obesity (*Sthoulya*). *Panchakarma* eliminates vitiated *Doshas*, improves power of digestion and enhance metabolism. *Panchakarma* treatment like *Udwartana*,

Lekhana Basti along with *Virechana* is best way to manage such condition. In above case this therapy resulted in the marked relief in all the criteria's of *Sthoulya*. So we can say that *Panchakarma* treatment along with some oral medications, diet control and regular exercise can give best results in obesity (*Sthoulya*).

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