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## Rookshana as a Bahya (external) and Abhyantar (internal) Chikitsa in management of Medoroga - A Case Study

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### ABSTRACT

When all the *Dhatus* in the body are at their *Samyak Pramana* (optimum levels), each of them contribute towards the *Arogya* (health of body). But when there is *Vikriti* abnormality in any of the *Dhatus*, whether it is *Pramanataha* (quantity) or *Gunataha* (quality), then it surely affects both the *Sharira* (body) and *Mana* the (mind). *Medoroga* is one of the best example of *Vyadhi* (disease) caused due to *Pramanataha Vriddhi* and *Gunataha Vriddhi* of the *Dhatu*. *Medas* is mentioned as one among the *Sapta Dushya* and is considered as prime *Dushya* in context of various *Vyadhis* (diseases) like *Prameha*, *Medoroga*, *Sthaulya* etc. Excessive accumulation of *Meda Dhatu* (Fat) in body is known as *Medo Dusti*. *Medo Dusti* includes several *Medo Vikara*, which are grouped as *Medoroga*. *Sthaulya* included under *Santarpanjanya Vyadhi* as "*Medoroga*". In Ayurveda, *Chikitsa* is divided as *Bahyaprimarjana* and *Antaparimarjana*. *Udvardana* is considered under *Bahirparimarjana Chikitsa*. Here a case of 6 yrs old female patient presented with symptoms of *Udarvriddhi*, *Katipradesi Medovriddhi* and *Stana Vriddhi* from 2 yrs was treated by Ayurvedic treatment included *Bahya* and *Abhyantar Chikitsa*.

**Key words:** *Medodusti*, *Udvardana*, *Basti*, *Shamana Aushadhi*.

### INTRODUCTION

In the present era, due to urbanization peoples are particularly prone for life style disorders which are mentioned under *Medoroga* or *Santarpanjanya Vikaras*. *Medoroga* is one of the best examples of disease caused due to *Pramanataha Vriddhi* (quantity) and *Gunataha Vriddhi* (quality) of *Meda Dhatu*. *Meda* is considered as prime *Dushya* in different diseases like - *Prameha*, *Medoroga*, *Sthaulya* etc. In Ayurvedic Classics, *Chikitsa* is divided as *Bahirparimarjana*

(external) and *Antaparimarjana* (internal).<sup>[1]</sup> Also various types of *Chikitsa* are described for management of disease, those *Chikitsa* has to be considered under permutation and combination of *Shadvidhopkrama* mentioned by *Acharya Charaka*. These *Shadvidhopkramas* are divided in two Sub classification as *Santarpana* and *Apatarpana*.<sup>[2]</sup> *Rukshana* is a line of *Chikitsa* selected in present study. *Rukshana* may be defined as a procedure which causes *Roukshyam*, *Kharatwa* and *Vaishadyam*. *Rukshana* is again divided into *Bahya* and *Abhyantara*. *Udvardana* as *Bahyarukshana* is used in reducing *Santarpana Vyadhis*.

### CASE DESCRIPTION

A 6 yrs old female patient came to our hospital (24/02/2020) with the complaints of *Bharavriddhi* (excessive weight gain), *Medovriddhi* (excesssive fat) at *Udar* (abdomen), *Kati* (waist) and *Stana* (Chest) region from 1 yr. Patient has diagnosed as 'Precaucious puberty in female' and advised Hormonal Therapy. Patient has taken hormonal therapy for 3 months. All signs and symptoms were

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gradually progressive. The patient has been taking Inj. Luprodex 3.75mg IM for 2 times. She has been getting mild relief but her parents were not satisfied with that relief and was not willing for hormonal therapy. Patient's Father and Grandfather were k/c/o Diabetes Mellitus. Patient doesn't have family history any Thyroid or any Hormonal problems. Patient has not been taking any other medication for any other complaints. Patient has opted for Ayurvedic treatment and came to our Hospital in search of better and sustained relief. At the time of examination, *Medovridhi* (excessive fat) at *Stanapradesh* (chest region), *Udarpradesh* (abdomen) and *Katipradesh* (waist) was noticed. And also *Bharavridhi* was found. In investigations, there was increased in FSH, LH and Estradiol, Prolactin level.

#### Diagnosis, Assessment and Treatment

Patient was diagnosed as 'Precocious puberty in female' because of higher level of FSH, LH, Estradiol and Prolactin. Diagnosis was done by hormonal tests. According to Ayurveda this case was diagnosed as *Medovridhi* or *Medoroga* because of symptoms like *Medovridhi* at *Stana*, *Udar* and *Kati Pradesh*. Assessment was done by measurements and weight. In this we have taken patients weight before and after treatment and also measurements by measuring tape. Measurement have taken at nipple, below and above the nipple area, mid arm circumference, at umbilicus, below and above the umbilicus and midhigh region.

In present case diagnosis of '*Medoroga*' was made based on the features like, *Bharavridhi*, *Medovridhi* at *Stana*, *Udara* and *Sphika Pradesh*. The main objective of the treatment was to control *Bharavridhi* (excessive weight gain) and to reduce *Medovridhi* (excessive fat).

Weight before t/t: 34.3 kg

#### Measurements before treatment

**Table 1: Showing measurements before treatment**

Parameters	24/02/2019
Nipple length	73cm
Above 2cm of Nipple	71cm

Below 2cm of nipple	65cm
Mid arm	24.5cm
At umbilicus	69cm
Above 2cm of umbilicus	68cm
Below 2cm of umbilicus	80cm
Midhigh	46cm

#### DISCUSSION

*Santarpanjanya Vyadhi* or *Medoroga* is the common problem nowadays due to today's life style. In this patients these symptoms of *Medoroga* was found. After making diagnosis of '*Medoroga*', the patient has received *Rukshana Upakrama* which is of two types i.e. *Abhyantara Rukshana* (internal medicine) and *Bahya Rukshana* (external application). Before starting Ayurvedic medicines, all modern medicines like hormonal drugs were stopped. '*Tab Asanadi Vati*' and '*Syrup Ayaskriti*' were used to *Abhyantar Rukshana* and '*Tab Eranda Bhristha Haritaki*' for *Anulomana*. For *Bahya Rukshana* '*Vacha, Daruharidra, Latakaranja, Bibhitaki Lepa*' was given for *Stana Vriddhi*. After taking these medicines for 1 week patient got some relief in *Bharavridhi*. After that for *Abhyantar Rukshana* '*Vacha Haridradi Vati*', *Varunadi Kashaya Vati*', *Ovadi Guggulu* and *Jeerakaristam* with *Ayaskriti* were used and for *Bahya Rukshana* '*Kolakulthadi Udvartana*' were used. All Acharyas described *Guna* of *Udhvartana*.

*Charaka* mentioned *Udvartana* for *Medoroga* in *Sutrasthana*.<sup>[3]</sup> *Sushruta*<sup>[4]</sup> and *Vagbhata*<sup>[5]</sup> also described about *Udvartana* that it dissolves *Kapha* and *Meda*. *Kolakulathadi Churna* contains *Kola, Kulattha, Suradaru, Rasna, Masha, Atasi, Kustha, Vacha, Shatavha, Yavachurna* which all are *Medohara*.<sup>[6]</sup> After that for *Lekhana Karma* '*Triphaladi Taila Matra Basti*' were given A/D for 10 days and twice per week for next 1 months. When patient has been taking all these medicine, she got progressive relief in *Bharavridhi* and all other symptoms.

**Table 2: Showing reduction in weight during treatment.**

Date	24 <sup>th</sup> Feb	5 <sup>th</sup> March	4 <sup>th</sup> April	4 <sup>th</sup> May	25 <sup>th</sup> May
Weight	34.3kg	33.9 kg	33.7kg	33.5kg	32.5kg

**Table 3: Showing reduction in measurements during treatment.**

Parameters	24 <sup>th</sup> Feb	5 <sup>th</sup> March	4 <sup>th</sup> April	4 <sup>th</sup> May	25 <sup>th</sup> May
Nipple Length	73 cm	71 cm	70 cm	68 cm	67 cm
Above 2cm of nipple	71 cm	70 cm	69 cm	65 cm	65 cm
Below 2cm of nipple	65 cm	65 cm	64 cm	62 cm	61 cm
Mid arm	24.5 cm	23.5 cm	22 cm	21 cm	21 cm
At umbilicus	69 cm	68 cm	68 cm	64 cm	64 cm
Above 2cm of umbilicus	68 cm	67 cm	66 cm	59 cm	59 cm
Below 2cm of umbilicus	80 cm	80 cm	70 cm	71 cm	71 cm
Mid thigh	46 cm	46 cm	45 cm	43 cm	43 cm

**CONCLUSION**

As we have seen in this case Ayurvedic treatment is useful in *Medoroga*. Mainly *Udvardana* with *Kolakulatthadi Churna* gives better result in *Medovridhi*. And *Triphaladi Taila Basti* is useful to reduce *Bharavridhi* (weight) and *Medovridhi* (fat). *Rukshana as Abhyantara* and *Bahya Chikitsa* gives relief in *Medovridhi*.

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