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Effect of *Shunthi-Haritaki Choorna* and *Kapalbhati* in *Sthaulya* (Obesity): A Case Study

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ABSTRACT

Obesity is a medical condition where body fat has accumulated to an extent that it may have a negative effect on health. A body mass index (BMI) over 25kg/m² is considered overweight, and over 30kg/m² is obese. Modernization, stress, bad dietary habits and sedentary lifestyle results into the clinical entity called obesity. In *Ayurveda*, it has been mentioned under *Santarpanjanya Vikara in Bahudoshavastha* condition. *Ayurveda* has a holistic approach towards management of *Sthaulya*. This is a single case study on effective management of *Sthaulya*. The treatment was planned as *Shunthi-Haritaki Choorna* in a dose of 5 gm [2:1] with lukewarm water B.D. after meal and *Kapalbhati* - 3 rounds (with 1 minute interval of normal breathing) in morning time. Each round will have 4 cycles of 20 strokes (with an interval of 3-4 deep breathing) for 45 days. After completing 45 days, patient felt significant changes in the anthropometrical measurements of the body, along with weight reduction of about 4.2kgs. And improvement in other associated symptoms as well as lipid profile. The current study thereby proves that treatment with *Shunthi-Haritaki Choorna* and *Kapalbhati* is a good way to manage overweight and obesity.

Key words: *Shunthi - Haritaki Choorna, Kapalbhati, Sthaulya, Obesity, BMI.*

INTRODUCTION

Obesity is a complex disorder of the modern world. Due to faulty dietary habits, sedentary lifestyle and growing urbanization, obesity has emerged as the most prevalent sedentary lifestyle disorder in urban society. Presently it has reached at an epidemic proportion globally. In Obesity excessive body weight is associated

with various diseases particularly Cardiovascular Disease, Type 2 Diabetes mellitus, Obstructive sleep-apnoea, certain type of Cancer and Osteoarthritis.^[1] All of which have negative effects on the quality of life, work productivity, and healthcare costs.

Ayurveda, also rightly explain about Obesity as *Atisthaulya* and it is considered as one of the *Atinindita Purusha*. A person in whom there is excessive accumulation of *Meda* (Fat/adipose tissue) and *Mansa* (Flesh/muscle tissue) leading to flabbiness of hips, abdomen and breast has been categorised as *Atisthaulya*.^[2]

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CASE STUDY

A case of 32 years old male patient came to OPD of Pt. Khushilal Sharma Govt.(auto.) Ayurveda hospital on 21stDecember 2022 and complaining of gradual weight gain in the last 3 years. Along with weight gain, patient had dyspnoea during exertion, excessive sweating, hunger and thirst, heaviness in body, pendulous

movement of abdomen and breast. On examination, his weight and height was 102.8 kg. and 175 cm respectively. On calculation, BMI was 33.6 kg/m². On the basis of weight, BMI and classical symptomatology, he was diagnosed as a patient of grade-I obesity. He had family history of obesity. He was not suffering from any other underlying systemic illness. He had no history of taking medicine for obesity. Patient was thoroughly examined and advised for Fasting Blood Sugar, Thyroid profile and Lipid profile. All these reports were within the normal limits. *Ayurvedic* treatment *Shunthi - Haritaki Choorna* and *Kapalbhathi* was given as follow:

- *Haritaki-Shunthi Choorna*- In a dose of 5 gm [2:1] with lukewarm water B.D. after meal.
- *Kapalbhathi*- 3 Rounds (with 1 minute interval of normal breathing) in morning time.
- Each round will have 4 cycle of 20 strokes (with an interval of 3-4 deep breathing).
- He was advised to restrict high calorie diet like cheese, cold-drink, fatty food, junk food as well as late night food intake.

OBSERVATIONS AND RESULTS

Table 1: Signs and Symptoms present in patient

SN	Complaints	Grade (BT)	Grade (AT)
1.	<i>Swedaabadha</i> (<i>Atiswedapravritti</i>)	2	1
2.	<i>Kshudhadhikya</i> (Excessive appetite)	2	1
3.	<i>Pipasaadhikya</i> (Excessive thirst)	1	0
4.	<i>Chalstana</i> (Pendulous movement of breast)	1	0
5.	<i>Chaludara</i> (Pendulous movement of Abdomen)	2	1
6.	<i>Angagourav</i> (Heaviness in body)	1	0
7.	<i>Kshudraswasa</i> (Dyspnea during slight exertion)	1	0

Note:

- No complaint – 0, Presence of mild complaint – 1, Presence of moderate complaint – 2, Presence of severe complaint - 3
- BT = Before Treatment, AT = After Treatment

Table 2: Clinical Examination of patient

SN		B.T.	A.T.
1.	Height (in meter)	175 cm.	175 cm.
2.	Weight (in kg)	102.8 kg.	98.6 kg.
3.	BMI	33.6 kg/m ²	32.2%
4.	Body fat %	31.89%	29.69%
5.	Measurements		
a.	Abdomen (skin fold thickness)	42mm	35mm
b.	Thigh (skinfold thickness)	36mm	34mm
c.	Chest	109 cm.	107 cm.
d.	Abdomen	111 cm.	106 cm.
e.	Hip	118 cm.	116 cm.
f.	Waist	100 cm.	95 cm.
7.	Hip/waist ratio	0.847	0.818

Note:

- BT= Before Treatment, AT= After Treatment

Table 3: Lipid profile of patient

Investigations	B.T.	A.T.
HDL (mg/dl)	45.0 mg/dl	42.3 mg/dl
LDL (mg/dl)	126.62 mg/dl	103.42 mg/dl
VLDL (mg/dl)	26.98 mg/dl	22.08 mg/dl
S. Cholesterol	198.6 mg/dl	167.8 mg/dl
S. Triglycerides	134.9 mg/dl	110.4 mg/dl

After 45 days of treatment, relief was found in weight, BMI, anthropometric measurements associated symptoms and lipid profile.

DISCUSSION

- According to Ayurvedic classics *Sthaulya* is *Vata Kapha* predominant metabolic disorder.
- Increased *Medodhatu* obstruct the *Srotas* and block the *Vyan Vayu* to transport nutrient to other *Dhatu* and thus *Meda Dhatu* increases and *Uttarottar Dhatu* decreases. Derangement in *Agni* is the main reason for obesity. *Shunthi* and *Haritaki* both have *Deepana, Pachana, Lekhana* and *Anulomana* properties ultimately correct the metabolism.
- The drug *Shunthi* and *Haritaki* possesses *Katu, Tikta Rasa* and cause *Upashoshana* of *Kleda* and *Meda*.
- Due to *Teekshna, Laghu, Gunas*, and *Ushna Veerya*, they help in clearing the *Srotas*, also acts on *Kapha* and *Vayu* to break the *Sthaulya Samprapti*.
- *Katu, Tikta Rasa* present in *Shunthi* and *Haritaki* improve *Jatharagni* and correct digestion and metabolism.
- Because of *Deepana Pachana* properties *Shunthi* is useful in *Ampachana*.
- High amount of saponins, phytosterols, chebulinic acid and corilagin present in *Haritaki* is responsible for the hypolipidemic effect.^[3]
- Gingerenone A, 6-shogaol, and 6-gingerol are bioactive component of ginger show antiobesity effect, through adipogenesis inhibition and the enhancement of fatty acid catabolism.^[4]
- Various study proved Antioxidant, Antibacterial activity, Antiviral activity, Antifungal activity, Anti-inflammatory, Hepatoprotective activity, Cardioprotective activity, Hypolipidemic and hypocholesterolemic activity, Gastrointestinal motility improving and anti-ulcerogenic activity of *Terminalia chebula* and *Zingiber officinale*.^[5]

- *Shunthi* and *Haritaki Choorna* are well known and authentic herb bearing *Deepana, Pachana, Anulomana, Lekhana* etc. Since, both the medicines are hot (*Ushna Veerya*) in nature, the combination effectively metabolises excessive fat and oppose any increment of *Kapha* and *Meda* by the viliyan property. Thus, *Shunthi* and *Haritaki Choorna* gives relief in *Kapha* and *Meda* thickness.^[6]
- *Kapalbhathi* is a fast, rhythmic breathing using abdominal muscles. *Kapalbhathi* involves abdominal muscle contractions with forceful exhalation and natural inhalation. It is a form of abdomino-respiratory-autonomic exercise. Due to this, respiratory, abdominal and gastrointestinal receptors get stimulated. Also, afferents, centers in brain-stem and cortex and, efferents and effectors get stimulated. This leads to synchronous stimulation of autonomic nervous system, hypothalamus, pineal gland and other associated brain structures. Because of this there is synchronous increase in autonomic nervous system, pineal gland, hypothalamus and other central nervous system discharge to all parts of the body including endocrine and metabolic processes. This is responsible for the effect of *Kapalbhathi* on fat metabolism.^[7]

CONCLUSION

In 45 days, patient had lost 4.2kgs of weight and improvement was found in all associated symptoms, anthropometric measurements as well as in lipid profile. This study showed that *Shunthi-Haritaki Choorna* and *Kapalbhathi* have showed encouraging result in patient of obesity. Thus, we can say that *Shunthi-Haritaki Choorna* and *Kapalbhathi* is very good, safe and cost-effective treatment for grade-I obesity.

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