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Sthoulya w.s.r. to Obesity Management - A Case Study

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ABSTRACT

Background: New world syndrome like obesity is one of the world's oldest metabolic disorders is heading for the rocks with various reasons like urbanization and modernization. Though obesity and over weight is not affecting much to a person for daily living, the complication of which has become burning issue in the society. **Aim and Objective:** To assess the efficacy of *Shamanoushadi* along with *Pathya Ahara Vihara*. **Methods:** *Guduchi Bhadraadi Kashaya*, *Hareetaki Churna* and *Pathya Ahara Vihara*. **Results:** Management of *Sthoulya* with *Pathya Ahara Vihara* along with *Shamanoushadi* was effective in all qualitative and quantitative data. **Discussion:** The drug possessing *Rooksha Guna*, *Kaphahara* property counteracts *Sthoulya*. **Conclusion:** Our classics with variety of treatment to individual disease suggest the stages or condition that disease can cross over.

Key words: *Guduchi Bhadraadi Kashaya*, *Obesity*, *Sthoulya*.

INTRODUCTION

The global problem, obesity in Ayurveda has been described as *Sthoulya*^[1] or *Medhoroga* in classical texts by most of *Acharyas* under the caption of *Santarpanottha Vikara*,^[2] which are due to excess intake of *Guru*, *Madhuraadi Ahara* and lack of exercise etc. giving rise to *Medo Vriddhi* obstructing *Vata* in *Koshta* causing *Pitta (Agni) Vriddhi*, since all *Tridosha* will be hampered this condition burn the patient like forest fire burn the forest.^[3] *Guduchi Bhadraadi Kashaya* possessing of *Guduchi*, *Badramusta*, *Triphala*, *Nagara* and *Vidanga*,^[4] is not

the formulation by classics but the combination made out of drugs mentioned for the *Sthoulya*, which are *Kaphagna / Tridoshaghna*, most are *Ruksha Guna Pradhana* were taken for study with specific *Anupana* followed by *Hareetaki* which is having *Rasayana* property and *Rechaka* corrects the digestive health along with life style modification.

CASE STUDY

A 63 years old male patient farmer by occupation complained of increase in weight since 3 years associated with fatigue, increased sweating, thirst, sleep, day sleep, movement of abdominal portion on movement and difficulty to carry out daily activities like sitting in squatting position to remove the weed at his farm since 2 years, other complaints like sour belching, incomplete evacuation of stools since 2 years. Past history of hemorrhoidectomy 7 years back, snake bite 3 years back (Folklores medication - details unknown) after which he didn't go to work at his farm, rise in RBS 3 months back was upto 180mg/dl for which in near by clinic, physician advised to reduce the weight to regulate the sugar levels. Family history of increased weight from his maternal side. Based on his complaints and considering BMI of 30.45 patient was diagnosed as class I obesity.^[6]

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MATERIALS AND METHODS**1. Guduchi Bhadraadi Kashaya:**

Its not a formulation but the list of drugs mentioned by *Acharya Charaka* in *Ashta Nidithiya Adhyaya* of *Sutrastana* under *Chikitsa* of *Sthoulya* are considered.

Guduchi Bhadraadi Kashaya Churna Ingredients:

- *Guduchi* (*Tinospora cordifolia*) - 1 part
- *Bhadraa Musta* (*Cyperus rotundus*) - 1 part
- *Triphala* - 1 part
- *Adraka* (*Zingiber officinale*) - 1 part
- *Vidanga* (*Embelia ribes*) - 1 part

Preparation of Churna

All the above mentioned drugs with specified quantity were taken separately and made into course powder. Then mixed and stored in airtight container.

Preparation of Kashaya

Guduchi Bhadraadi Kashaya Churna of 25gms pack, to prepare *Kashaya* by adding 200ml of water and boiling it until the water part reduce to 25ml. Advised to take at 6AM and 6PM with fresh *Kashaya* preparation each time. Along with *Yavakshara*^[5] (*Hordeum vulgare*) of 500mg and two tea spoon of honey, Followed by glass (approximately 250ml) of hot water. Glass of butter milk at 7 AM and 7PM and food after 2 hours. *Guduchi Bhadraadi Kashaya* 25ml twice daily for 1st 30 days.

2. Hareetaki (*Terminalia chebula*) Churna: (market available was advised) half tea spoon with glass of butter milk at 7 AM and 7 PM for 30 days and no food for next one hour.

3. Educated patient about *Pathya Apathya Ahara Vihara* to follow through out 60 days is as follows:

Ahara: To avoid sweets, deep fried food, maida made items, bakery food, packed foods, non veg only twice a week. To take little food into mouth and chew until food materials break down into smallest particles, only a sip of water after food, use of hot water when thirsty.

Vihara: To walk one hour at morning and one hour at evening for 60 days (Initially the walk duration was as much as patient able to started with about 30 mins twice daily. Later on asked to increase the duration by 5mins each day as adopted, by 20th day he started to walk for one hour twice daily). To avoid day sleep completely, to sleep only for 6-8 hours was suggested.

Examination**Table 1: Showing general examination**

B.P	110/80 mm hg
Pulse	72 bpm
Height	5.5
Weight	83kgs
BMI	30.45
Tongue	Coated
Pallor	Absent
Icterus	Absent
Cyanosis	Absent
Clubbing	Absent
Koilnychia	Absent
Edema	Absent
Lymphadenopathy	Absent
Ahara	<i>Atibojana, Guru, Madhura, Sheeta, Snigdha, Navanna, Mamsa, Shali, Dadhi, Sarpi</i>
Vihara	<i>Atinidra, Diwaswapna</i>
Appetite	Good
Bowel	Incomplete evacuation
Micturition	Normal, 3-4 times per day 1-2 times per day
Sleep	Increased, feels drowsy in day times
Habits	Tea 4-5 times a day

Table 2: Showing systemic examination

RS	Bilateral Normal vesicular breath sounds heard
CVS	S1, S2 heard
P/A	Soft, NAD
CNS	Well oriented, conscious to time, place, person and situation

Table 3: Showing the Ashtavidha Pareeksha

Nadi	Kapha vata
Mala	Incomplete evacuation
Mutra	Normal, 3-4 times per day 1-2 times per night
Jihwa	Liptha
Sabda	Prakrutha
Sparsha	Prakrutha
Drik	Prakrutha
Aakriti	Sthula

Table 4: Showing the Dashavidha Pareeksha.

Prakruthi	Kapha Vata
Vikrithi	
Hetu	Ahara, Vihara, Manasika, Anya
Dosha	Kapha
Dushya	Rasa, Mamsa, Meda
Desha	Sadharana
Kala	Hemantha
Bala	Pravara
Sara	Madhyama (Medo Sara Pradhana)
Samhanana	Avara
Pramana	Pravara
Satmya	Madhyama (Madhura Rasa Pradhana Sarva Raasa)
Satwa	Madhyama
Aharashakthi	Pavara
Vyayama Shakthi	Avara
Vaya	Madhyama

Table 5: Showing the Nidana.

Hetu	Atibojana, Guru, Madhura, Sheeta, Snigdha, Navanna, Dadhi Sarpi Payasa Ikshu Guda Vikara Sevana, Mamsa, Shali, Atinidra, Diwaswapna, Harshanitya, Achinta, Bija Dosha.
Poorva roopa	Nothing significant
Roopa	Udara Lambana, Alasya, Swedadikya, Atitrishna, Nidradikya
Upashaya	Nothing significant
Anupashaya	Nothing significant

Samprapti

Nidana Sevana like Beejadasha which have already laid the stone for Khavaigunya in Mamsa and Medo Dhatwagni gave route for Ahara to hamper the Dhathu which is in association of Vihara lead to Lakshanas of Sthoulya.

Table 6: Showing the Samprapthi Ghataka.

Udbhava Sthana	Amashaya
Vyakta Sthana	Sarva Shareera
Adhastana	Medo Dhatu
Roga Marga	Bahya
Agni	Teekshnagni
Dhatwagni	Mandha
Dosha	Kapha and Vata
Dushya	Rasa, Mamsa and Medo Dhatu
Srotas	Medovaha, Rasavaha
Sroto Dusti	Sanga
Sadhya Asadhya	Krichra Sadhya

TREATMENT

Table 7: Showing the treatment adopted

Days	Treatment	Observation
1-10	1. Guduchi Bhadraadi Kashaya 3. Pathya	<ul style="list-style-type: none"> Weight reduced to 81.2 kgs Day sleep avoided completely Fatigue reduced
11-20	1. Guduchi Bhadraadi	<ul style="list-style-type: none"> Weight reduced

	<i>Kashaya</i> 3. <i>Pathya</i>	to 79.3 kgs <ul style="list-style-type: none"> Increased sleepiness reduced
21-30	1. <i>Guduchi Bhadraadi</i> <i>Kashaya</i> 3. <i>Pathya</i>	<ul style="list-style-type: none"> Weight reduced to 77 kgs Increased sweating and thirst reduced
31-40	2. <i>Hareetaki Churna</i> 3. <i>Pathya</i>	<ul style="list-style-type: none"> Weight reduced to 75.8 kgs Incomplete evacuation of stools reduced
41-50	2. <i>Hareetaki Churna</i> 3. <i>Pathya</i>	<ul style="list-style-type: none"> Weight reduced to 74.3 kgs Sour belching reduced
51-60	2. <i>Hareetaki Churna</i> 3. <i>Pathya</i>	<ul style="list-style-type: none"> Weight reduced to 73 kgs Movement of abdominal portion on movement markedly reduced Difficulty to carry out daily activities like sitting in squatting position to remove the weed at his farm was as easy as 3 years back

OBSERVATIONS AND RESULTS

Table 8: Showing the changes before and after treatment in qualitative data.

Qualitative data	Before treatment	After treatment
Fatigue	Present	Absent
Increased sweating	Present	Reduced

Thirst	Present	Reduced
Sleep	Approximately 10 hours	8 hours of good sleep
Day sleep	Habituated	Not felt
Movement of abdominal portion on movement	Present	Reduced
Difficulty to carry out daily activities	Present	Reduced
Sour belching	Present	Absent
Incomplete evacuation of stools	Present	Absent

Table 9: Showing the changes before and after treatment in Quantitative data-Anthropometric

Quantitative data-Anthropometric	Before treatment	After treatment
Weight	83kgs	73kgs
BMI	30.45	26.78
Neck circumference	37 cms	34 cms
Right mid arm circumference	32 cms	31 cms
Left mid arm circumference	32 cms	31 cms
Waist circumference	104 cms	95 cms
Hip circumference	100 cms	96 cms
Chest circumference	103 cms	101 cms
Right mid thigh circumference	50 cms	48 cms
Left mid thigh circumference	50 cms	48 cms

Table 10: Showing the changes before and after treatment in Quantitative data-Investigation

Quantitative data-Investigation	Before treatment	After treatment
Blood test		
RBS	172mg/ dl	135mg/dl
Hb%	13.5 gm %	14.2 gm %

ESR	29mm/h	18mm/h
Total count	8,300 cells/ cu mm	8,450 cells/ cu mm
Differential count		
Neutrophils	59%	63%
Lymphocytes	31%	27%
Monocytes	6%	5%
Eosinophils	3%	4%
Basinophils	1%	1%
Urine routine		
Colour	Pale yellow	Pale yellow
Clarity	Hazy	Clear
P _H	4.8	4.7
Specific gravity	1.005	1.015

DISCUSSION

Samprapthi Vighatana: Firstly *Nidana Parivarjana* by advising *Pathya Ahara* and *Vihara*. Secondly, all drugs of *Guduchi Bhadraadi Kashaya's Doshakarma* is either *Tridosahara*, *Dwisoshahara* along with *Kapha* or *Kaphahara* in particular, since *Sthoulya* is the *Kapha Pradhana Tridosha Vyadhi*, this property of drugs helps in reducing *Kapha*. *Sthoulya* is the *Santarpana Janya Vyadhi* with *Kapha* and *Medo Dhatu Pradhana* in nature to counter act the same, the most of drugs in the *Kashaya* are *Ruksha Pradhanyata* by its *Guna* wise. Finally, *Hareethaki Churna* which is rejuvenating in nature, and have *Rechaka* property and also corrects the digestive health with butter milk which is *Rooksha* combination worked as *Rookshana* to reduce the *Kapha Dosh* by reducing *Snigdha Guna*.

Reducing *Badha Medas* accumulated for long time is not easy task just by administration of *Shamana Aushadhi*. Other *Chikitsa* mentioned for *Sthoulya* must be adopted according to the condition of patient so wise *Nidana Parivarjana* adopted in this condition along with *Shamana* played major role as it is the cases of life style disorder. Since *Prameha* is also an *Medovaha Sroto Dushti*, the blood levels also came down as reduce in weight.

CONCLUSION

Non communicable diseases are becoming burden for developed and developing countries can be managed with simple and cost effective drugs. As drugs under *Guduchi Bhadraadi Kashaya* are already mentioned by our *Acharyas* in particular for *Sthoulya Chikitsa*, these drugs for the treatment was opt. The *Pathya of Ahara* and *Vihara* played major role.

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