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# A therapeutic review on *Guduchyadi Yoga* in the management of *Sthaulya* (Obesity)

Dr. Kamlakar K. Gowardhan

Associate Professor, Dept. of Rasashashtra and Bhaishajya Kalpana, Dr. Rajendra Gode Ayurveda College, Amravati, Maharashtra, INDIA.

## ABSTRACT

Sushruta has also narrated the etiopathogenesis of *Sthaulya Roga* based on an endogenous entity being caused due to "Dhatvagni Mandya". According to Acharya Charak, a person having pendulous appearance of *Sphika*, *Udara* and *Stana* due to excess deposition of *Meda* along with *Mamsa Dhatu* and having inadequate abnormal distribution of *Meda* with reduced zeal towards life is called "Atisthula". The disease *Sthaulya* originates due to consumption of Kapha Vriddhikara Ahara, Vihara and Manasa Nidana. *Guduchyadi Yoga* contains Guduchi, Musta encounters Vata and Kapha Dosha by virtue of its Katu, Kashay-Rasa dominance and Ushna-Virya. Katu-Rasa performs Medo-Kledopa-Shoshana action. *Sthairy* Guna of Madhura Rasa combats Sharira Shaithilya. Ushna-Virya also helps in *Kleda* and *Meda Vilayana* action. Katu-Rasa, Ushna-Virya encounters Dhatwagnimandya and potentiates the weakened Dhatvagni and help in Amapachana thereby alleviates Aparipakwa and *Ama Dhatu*. Ultimately act as *Medohar* and breaks the Samprapti of *Sthaulya*.

**Key words:** *Guduchyadi Yoga*, *Sthaulya*, *Obesity*.

## INTRODUCTION

Acharya Charaka has described a scientific material of *Sthaulya*. *Sthaulya* has been classified under "Ashta Nindit Purusha" (eight despicable personalities). It is also mentioned as disorder of Sleshma Nanatmaj Santarpana Nimitaja, Ati Brimhana Nimitaj and Samsodhana Yogya.<sup>[1]</sup>

Sushruta has also narrated the etiopathogenesis of *Sthaulya Roga* based on an endogenous entity being caused due to "Dhatvagni Mandya". Further

elaboration of line of treatment has been described by Acharya Sushruta with many remedies described for the management of *Sthaulya* at different places which indicates railing condition of the disease in that time of society.<sup>[2]</sup> Types of *Sthaulya* and their management have been first time mentioned by Vriddha Vagbhata in Ashtanga Sangraha Sutrashtana. Vriddha Vagbhata and Vagbhata have elaborated aetiopathogenesis of *Sthaulya* on the basis of formation of *Ama* and disturbance of the process of *Dhatu Parinama*.<sup>[3]</sup>

## CONCEPT OF STHAULYA

A person having heaviness, bulkiness of the body due to extensive growth of muscles, fat, especially in abdominal region is termed as *Sthula* and the state of *Sthula* is called "*Sthaulya*".<sup>[4]</sup>

According to Acharya Charak, a person having pendulous appearance of *Sphika*, *Udara* and *Stana* due to excess deposition of *Meda* along with *Mamsa Dhatu* and also having inadequate abnormal distribution of *Meda* with reduced zeal towards life is called "Atisthula".<sup>[5]</sup> In Ayurveda treatise, no any

### Address for correspondence:

Dr. Kamlakar K. Gowardhan

Associate Professor, Dept. of Rasashashtra and Bhaishajya Kalpana, Dr. Rajendra Gode Ayurveda College, Amravati, Maharashtra, INDIA.

E-mail: gkamlakar11963@gmail.com

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Ayurvedic text has classified *Sthoulya* it directly but Acharya Vagbhata has mentioned it in context of Langhana therapy in three types - *Alpa Sthaulya*, *Madhyama Sthaulya* and *Ati Sthaulya*.<sup>[6]</sup>

A number of herbals and herbo- mineral medicines are described in various ancient text of Ayurveda for treating *Sthaulya*. As per Yogratnakar (Ancient Physician) has described '*Guduchyadi Yoga*' in his treatise for *Sthaulya* which is having ingredients like Guduchi, Nagarmotha and Triphala (Amalaki, Haritaki and Bhibitak). These drugs having medohar and Kaphaghna properties mentioned in literature.<sup>[7]</sup>

## OBJECTIVE

1. To study the therapeutical effect of *Guduchyadi Yoga* in *Sthaulya*.
2. To Review contents of drug of *Guduchyadi Yoga*.

## METHODOLOGY

A systematic review was done from various Ayurved Samhita and textbook for *Sthaulya* and *Dravya Guna Vidnyan* and Ayurved Pharmacopeia of India, review various contents of *Guduchyadi Yoga*.

## GUDUCHYADI YOGA<sup>[7]</sup>

Contents of *Guduchyadi Yoga* are - Guduchi, Musta and Triphala.

## GUDUCHI<sup>[8]</sup>

Guduchi consists of dried, matured pieces of stem of *Tinospora cordifolia* (Willd.) Miers. (Fam, Menispermaceae), a perennial climber found throughout Tropical India.

### Gana

**Charak:** Vayasthapan, Dahaprashamana, Triptighna, Trishnanigrahan, Sanyashodhan.

**Sushrut:** *Guduchyadi*, Patoladi, Aragwadhadi, Kakolyadi, Vallipanchamula.

**Part used:** Kanda (Stem)

### Rasapanchak

**Ras :** Tikta-Kashay

**Virya :** Ushna

**Vipak :** Madhur

**Guna :** Guru, Sniggha

**Karma :** Sangrahi, Balya, Deepan, Rasayan

**Doshaghna :** Tridoshaghna

### Action and Uses

It is stomachic bitter tonic, alternative aphrodisiac, one of the best Rasayana (anti-oxidant), used in various diseases viz. Kushtha, Jirnjvara, Prameha, Amavata, Kamala etc. It is Sangrahi, Deepan, and Tridoshaghna.

## MUSTA<sup>[9]</sup>

Musta consists of dried rhizome of *Cyperus rotundus* Linn. (Fam. Cyperaceae); Occurring throughout the country, common in waste grounds, gardens and roadsides, upto an elevation of 1800m.

**Constituents:** Volatile Oil

### Properties and Action

**Rasa :** Katu, Tikta, Kashaya

**Guna :** Laghu, Ruksha

**Virya :** Shita

**Vipaka :** Katu

**Karma :** *Shothahara, Dipana, Grahi, Krumighna, Pachana, Vishaghna, Pittakaphahara, Sthoulyahara, Trshnanigrahana, Tvakadoshahara, Jvaraghna*

**Important Formulations :** *Musakarishtha, Mustakadi Kvatha, Ashokarishtha, Mustakadi Churna, Mustakadi, Mustakadi Lehya, Dharmya Panchaka Kvatha Churna, Piyushavalli Rasa, Gulmakatanala Rasa, Mahalakshadi Taila, Shadanganpaneeya.*

**Therapeutic Uses :** *Agnimandya, Ajeerna, Trushna Jvara, Sangrahani, Shwasa, Kasa, Mutrakrucchra, Vamana, Sanyavikara, Sutikaroga, Atisjra, Amavata, Krimiroga.*

**Dose :** 3-6 g. (Powder) and 20-30 ml. (Kwatha).

**TRIPHALA****AMALAKI**

Amalaki is known as *Emblica officinalis* Gaertn. (Fam. Euphorbiaceae); a small or medium sized tree, found in mixed deciduous forests, ascending to 1300 m on hills and cultivated in gardens and home yards.

**Ayurvedic properties**

**Rasa :** Pancharasa, except Lavan, amla pradhana.

**Guna :** Laghu, Ruksha, sheeta .

**Veerya :** Madhur

**Doshagnata :** Tridosahara mainly pittashamak

**Rogagnata :** *Amlapitta, Raktapitta, Prameha, Kushthaghna, Wound, Varnya, Twachya, Hridroga, Visarpa, Rajayakshma, Shwas, Kasa, Raktapradara, Jwara.*

**Karma :** *Tridoshaghna, Kushthaghna, Vranaropana, Pittashamak, Hridya.*

**External uses :** Refrigerant, hair tonic.

**Internal uses :** Strengthen nervous system, bone marrow and sense organ.

**BIBHITAKA<sup>[10]</sup>**

Bibhitaka consists of pericarp of dried ripe fruits of *Terminalia bellerica* Roxb. (Fam. Combretaceae), a large deciduous tree, 10-12 m or more high, commonly found in plain and forests upto 900 m elevation.

**Properties and Action**

**Rasa :** Kashaya

**Guna :** Laghu, Ruksha

**Virya :** Ushna

**Vipaka :** Madhura

**Karma:** Chakshushya, Keshya, Kaphapittajit, Bhedaka, Kruminashana, Kasahara.

**Important Formulations :** Triphala Churna, Triphaladi Taila, Lavanagadi Vati

**Therapeutic Uses :** Chhardi, Kasa, Krumiroga, Vibandha, Svarabheda, Netraroga.

**Dose :** 3-6 g of the drug in powder form.

It is useful in Ashmari, Krimi and Kasa. The ripe fruit is laxative. Fruit are also effective in Asthma, Bronchitis, Sore throat, inflammation and Liver diseases.

**HARITAKI<sup>[11]</sup>**

Haritaki consists of the pericarp of mature fruits of *Terminalia chebula* Retz. (Fam. Combretaceae), a moderate sized or large tree found throughout India, chiefly in deciduous forests and areas of light rainfall, but occasionally also in slightly moist forests, upto about 1500m elevation, throughout India.

**Properties and Action**

**Rasa :** Madhura, Amla, Katu, Tikta, Kashaya

**Guna :** Laghu, Ruksha

**Virya :** Ushna

**Vipaka :** Madhura

**Karma :** *Chakshushya, Dipana, Hridya, Medhya, Rasayana, Anulomana, Sarva Dosha Prashaamana.*

**Rogagnata:**

According to Bhava Prakasha it is effective in Krimi, Santarpanjanya Vikara, Mutraroga, Yakritroga, Vedana, Kandu, klikka, Trishna, Vibahda. It is also useful in Shwasa, Prameha, Grahani, Hridroga, Udararoga, Kustha, Shopha, Kasa.

**Important Formulations**

Triphalha Churna, Triphalhadi Taila, Abhayharshtha Agastya Haritaki Rashayana, Chitraka Haritaki, Danti Haritaki, Dashamula Haritaki, Brhahma Rashayana, Abhayha Lavana, Pathyhadi Lepa.

**Therapeutic Uses**

Shotha, Arsha, Aruchi, Hrudroga, Kasa, Pandu, Prameha, Udavarta, Vibandha, Jirnajvara, Vishaamajvara, Shiroroga, Tamaka Shvasa, Gulma, Udararoga

**Dose :** 3-6 gm of the drug in powder form.

**Mode of action:**

The mode of action of *Guduchyadi Yoga* on *Sthaulya* can be explained as follows;

The disease *Sthaulya* originates due to consumption of *Kapha Vriddhikara Ahara, Vihara* and *Manasa Nidana*. These factors derange *Jatharagni* causing *Ama Annarasa*, which results in *Medodhatvagni-mandya*. This condition leads to the excessive growth and accumulation of *Medodhatu*, causing the disease *Sthaulya*.

**Guduchyadi Yoga**

*Guduchyadi Yoga* contains *Guduchi, Musta* encounters *Vata* and *Kapha Dosh* by virtue of its *Katu, Kashay-Rasa* dominance and *Ushna-Virya*. *Meda* and *Kleda* are the chief culprits in *Sthaulya*. *Katu-Rasa* performs *Medo-Kledopa-Shoshana* action. *Sthairy* Guna of *Madhura Rasa* combats *Sharira Shaithilya*. *Ushna-Virya* also helps in *Kleda* and *Meda* *Vilayana* action. *Katu-Rasa, Ushna-Virya* encounters *Dhatwagnimandya* and potentiates the weakened *Dhatwagni* and help in *Amapachana* thereby alleviates *Aparipakwa* and *Ama Dhatu*. Ultimately act as *medohar* and breaks the *Samprapti* of *Sthaulya*.

**DISCUSSION**

*Sthaulya* (obesity) is a non-communicable disease, which provides the platform for so many threats like Hypertension, Cardiovascular disease, diabetes and Osteoarthritis, infertility, Impotency as well as psychological disorders like stress, anxiety, depression, etc. Thus, the mortality and morbidity are more in obese person compared to others.

In condition of *Sthaulya*, *Jatharagni* is found in excessive condition whereas *Medodhatvagni* is found in *Manda* condition. It is due to *Avarana* of *Vayu* in *Kostha*. So, the person indulges more food, which produce excessive *Meda* and vitiated *Vayu*, this cycle go on. This cycle can be broken (*Samprapti Vighatana*) by *Katu-Rasa* and *Ushna-Virya* *Pradhana* drugs - The drugs in *Guduchyadi Yoga* i.e. *Guduchi, Musta, Amalaki, Bibhitak* and *Haritaki* which decreases *Meda* by its *Lekhana, Shoshana* and *Kaphanashaka* properties, *Kaphanashaka* properties due to *Agni* and

*Vayu Mahabhuta* dominance in them. (Su.Su15). *Triphala* also having *Medakaphahar* properties alongwith it enhances *agni* and ultimately it helps in increasing *lekhan* and *dhatwagni* so the *samprapti* is broken for further *Meda* preparation.

**CONCLUSION**

*Guduchyadi Yoga* is effective in *Lekhan* and *Dhatwagni* so the *Samprapti* is broken for further *Meda* preparation. *Sthaulya* (obesity) is a non-communicable disease, which provides the platform for so many threats like Hypertension, Cardiovascular disease, diabetes and Osteoarthritis, infertility, Impotency as well as psychological disorders like stress, anxiety, depression.

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