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A therapeutic review on *Trikatu Churna* in the management of *Sthaulya* (Obesity)

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ABSTRACT

Acharya Sushruta has also narrated the etiopathogenesis of *Sthaulya Roga* based on an endogenous entity being caused due to "Dhatvagni Mandya." *Acharya Charak* described that a person in whom excessive and abnormal increase of *Medo Dhatu* along with *Mamsa Dhatu* is found which results into pendulous *Sphika*, *Udara* and *Sthana* and having lack of enthusiasm. A person suffering from this condition is called 'Atisthula.' The disease *Sthaulya* is occurring due to the *Kaphavardhaka Ahara* and *Vihara* mentioned as *Santarpaka Nidana* like *Atiguru*, *Atisnigdha*, *Atipichchhil*, *Atishita*, *Navanna-pana*, *Atinidra*, *Atiaasana*, *Avyayama* etc, which vitiate *Rasa Dhatvagni*, *Medadhatvagni*, *Kaphadosha* and *Vatadosha*. *Trikatu Churna* having *Ushna*, *Laghu*, *Ruksha Guna* and *Deepana*, *Kapha-Vatahara* and *Sthaulyahara Karma* expected to increase the power of *Rasa* and *Medadhatvagni*, decrease in *Kapha* and *Vata* and thus decrease in further formation of *Ama Medadhatu* and its deposition in body results in improvement in *Sthaulya*.

Key words: *Trikatu Churna*, *Sthaulya*, *Obesity*.

INTRODUCTION

Sthaulya is not an acute onset disease, long term *Nidana Sevana* leads to it. *Aacharya Charaka* has mentioned *Sthaulya* under *Shleshma Nanatmaja Vyadhi*. Due to the obstruction of *Srotasa* by *Meda Dhatu*, *Vata* mainly 'Samana Vata' goes into stomach, which causes *Atisandhukshan* of *Jatharagni* and it leads to rapid digestion of consumed food and person craves for food. Thus, over eating produces over growth of *Meda Dhatu* and depletion of next *Dhatu* to *Medo Dhatu*, this leads to *Sthaulya*.^[1]

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Acharya Sushruta has also narrated the etiopathogenesis of *Sthaulya Roga* based on an endogenous entity being caused due to "Dhatvagni Mandya". *Kapha Vardhaka Ahara*, *Adhyasan*, *Avyayama* and *Divaswapana* produces *Ama Rasa*.^[2] *Madhur Bhava Ama Rasa* moves in side the body. The *Snigdhatata* of that *Ama Rasa* causes *Medo Vriddhi*, which produces *Atisthaulya*.

Vridhdha Vagbhatta and *Vagbhatta* have elaborated aetiopathogenesis of *Sthaulya* on the basis of formation of *Ama* and disturbance of the process of *Dhatu Parinamana*.^[3]

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." A *Sthaulya* is defined as excessive production of *Meda Dhatu* along with the *Mamsa Dhatu* in the body. This excessive production of *Meda Dhatu* and *Mamsa Dhatu* results a person to malformed body with pendulous *Sphika*, *Udara* and *Stana* and having lack of enthusiasm. In *Ayurveda*

treatise, no any Ayurvedic text has classified *Sthaulya* directly but *Acharya Vagbhatt* has mentioned it in context of *Langhana* therapy in three types - *Alpa Sthaulya*, *Madhyama Sthaulya* and *Ati Sthaulya*.^[4]

A number of herbals and herbo-mineral medicines are described in various ancient text of Ayurveda for treating *Sthaulya*. As per *Ashtanga Hridayam* has described '*Trikatu Churna*' in his treatise for *Sthaulya* which having ingredients like *Shunthi*, *Maricha* and *Pippali*.^[5] These drugs having *Ushna*, *Laghu*, *Ruksha Guna* and *Deepana*, *Kapha-Vatahara* and *Sthaulyahara* properties mentioned in literature.

OBJECTIVES

1. To study the therapeutical effect of *Trikatu Churna* in *Sthaulya*.
2. To review contents of drug of *Trikatu Churna*.

METHODOLOGY

A systematic review was done from various *Ayurveda Samhita* and textbook for *Sthaulya* and *Dravya Guna Vigyan* and *Ayurveda Pharmacopeia* of India for review of contents of *Trikatu Churna*.

Trikatu Churna

As *Trikatu Churna* has three ingredients i.e. *Shunthi*, *Maricha* and *Pippali*, the details of each drug have been mentioned separately;

Table 1: *Shunthi*^[6]

Latin name	<i>Zingiber officinale</i> Rosc.
Family	Zingiberaceae
Gana	<i>Truptighna</i> , <i>Dipaniya</i> , <i>Trishnanigraha</i> (Charaka), <i>Pipalyadi</i> , <i>Trikatu</i> (Sushruta).
Part used	Rhizome
Synonyms	<i>Shunthi</i> , <i>Vishva</i> , <i>Vishvabheshaja</i> , <i>Shringavera</i> , <i>Mahaushadha</i> , <i>Nagara</i>
Rasa	<i>Katu</i>
Guna	<i>Laghu</i> , <i>Snigdha</i>

Virya	<i>Ushna</i>
Vipaka	<i>Madhura</i>
Doshghnata	<i>Kapha - Vata Shamaka</i>
Rogaghata	<i>Amavata</i> , <i>Vata Vyadhi</i> , <i>Kapha-Vata-janya Vikara</i> , <i>Shotha</i> , <i>Agnimandhya</i> .
Karma	<i>Kapha - Vata Shamaka</i> , <i>Shothahara</i> , <i>Deepana</i> , <i>Pachana</i> , <i>Anulomana</i> , <i>Shoolahara</i> , <i>Srotorodhanivarana</i> .

Table 2: *Maricha*^[7]

Latin name	<i>Piper nigrum</i> Linn
Family	Piperaceae
Gana	<i>Deepanaiya</i> , <i>Krimighna</i> , <i>Shiro-Virecha</i> (Charaka) <i>Pipalyadi</i> , <i>Trikatu</i> (Sushruta)
Part used	Fruit
Synonyms	<i>Vellaja</i> , <i>Krishna</i> , <i>Suvritta</i> , <i>Maricha</i>
Rasa	<i>Katu</i>
Guna	<i>Laghu</i> , <i>Tikshna</i>
Virya	<i>Ushna</i>
Vipaka	<i>Katu</i>
Doshghnata	<i>Vata-Kapha Shamaka</i>
Rogaghata	<i>Kapha-Vatajanya Vikara</i> , <i>Ajirna</i> , <i>Yakrita Vikara</i>
Karma	<i>Vata-Kapha Shamaka</i> , <i>Lekhana</i> , <i>Deepana</i> , <i>Pachana</i> , <i>Srotoshodhana</i>

Table 3: *Pippali*^[8]

Latin name	<i>Piper longum</i> Linn.
Family	Piperaceae
Gana	<i>Kasahara</i> , <i>Triptighna</i> , <i>Deepaniya</i> ,

	<i>Shulaprashamana, Shiro-Virechana, Hikkani-grahana</i> (Charaka) <i>Pippalyadi Gana, Shirovirechana</i> (Sushruta).
Part used	Fruit
Synonyms	<i>Pippali, Maagadhi, Vaidehi, Kanaa, Krishna, Chapala, Ushna, Upkulya, Tikshnatandula.</i>
Rasa	<i>Katu</i>
Guna	<i>Laghu, Snigdha and Tikshna.</i>
Virya	<i>Anushna, Sheeta</i>
Vipaka	<i>Madhura</i>
Doshghnata	<i>Vata-Kapha Shamaka</i>
Rogagnata	<i>Aruchi, Agnimandhya, Gulma, Yakrutroga, Krimi, Raktavikara, Kasa, Shwasa, Hikka, Kushtha.</i>
Karma	<i>Deepana, Shirovirechana, Medhya, Raktashodhaka, Mootrala, Vrishya, Rasayana.</i>

Probable mode of action of Trikatu Churna

Sthaulya is caused by excessive use or practice of *Kapha Vardhaka Ahara* and *Vihara* mentioned as *Santarpaka Nidana* like, *Ati-Guru, Ati-Snigdha, Ati-Pichchhil, Atishita, Navanna-pana, Ati-nidra, Ati-aasana, Avyayama* etc. These *Nidanas* vitiate *Rasa Dhatvagni, Meda Dhatvagni, Kapha Dosha* and *Vata Dosha*. *Trikatu Churna* has *Ushna, Laghu, Ruksha Guna* and *Deepana, Kapha-vata Hara* and *Shaulyahara Karma* expected to increase the power of *Rasa* and *Meda Dhatvagni*, decrease in *Kapha* and *Vata* and thus decrease in further formation of *Aama Meda Dhatu* and its deposition in body results in an improvement in *Sthaulya*.

DISCUSSION

Sthaulya (Obesity) is a non-communicable disease, which possess a serious risk for the development of

diabetes mellitus, hypertension, cardiovascular diseases, musculoskeletal disorders specially osteoarthritis and certain forms of cancer.^{[9],[10]} Thus, the morbidity and mortality are more in obese person compared to others. In *Sthaulya*, due to *Avarana* of *Vata* in *Kostha Jatharagni* is found in excessive condition whereas *Medodhatvagni* is found in *Manda* condition and it leads to indulges in person more foods, which produces excessive *Meda* and vitiated *Vata* and this cycle go on. This cycle of *Samprapti* of *Sthaulya* can be broken by *Ushna, Laghu, Ruksha Guna, Katu Rasa, Ushana Veerya* and *Deepana Karma Pradhana Dravyas*. The contents of *Trikatu Churna* i.e. *Shunthi, Maricha* and *Pippali* which decreases *Meda Dhatu* by *Ushna, Laghu, Ruksha Guna* and *Deepana, Kapha-Vatahara* and *Sthaulyahara Karma* expected to increase the power of *Rasa* and *Madadhatvagni*, decrease in *Kapha* and *Vata* and thus decrease in further formation of *Aama Medadhatu* and its deposition in body results in improvement in *Sthaulya*.

CONCLUSION

Excessive accumulation of *Kapha* and *Meda* with other factors help leads to *Sthaulya Roga*, so specific management and lifestyle modification is beneficial in obesity. *Trikatu Churna* used to treat obesity from its root cause eg. *Agnimandhya, Kapha, Medavruddhi* and *Vataprakopa*. It can be concluded that *Trikatu Churna* is effective to reduce *Sthaulya*.

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