

THE EFFECT OF DIET AND LIFESTYLE ON TREATMENT WITH *GUDUCHYADI YOGA* IN THE MANAGEMENT OF *STHAULYA*

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ABSTRACT

In Ayurvedic science *Sthaulya* (obesity) is said to be abnormal condition of *Meda Dhatus* (adipose tissue). In our society improper *Ahar* (diet) and *Vihar* (lifestyle) increase the *Sthaulya* in our everyday life. In this study wholesome diets are advised to take along with *Guduchyadi Yoga* as medicine for the treatment of *Sthaulya*. The wholesome diet is based on consideration of *pathya* (diet restriction) which is equivalent of *Bheshaj* (medicine). As such the patients under treatment were advised to follow daily lifestyle and to take special diets based on Ayurvedic recommendations along with intake of medicine like *Guduchyadi yoga* for continuous 2 months with follow up of every 7 days. *Guduchyadi Yoga* is described in *Yogaratanakar* for the treatment of *Sthaulya*. It contains *Guduchi*, *Nagarmotha* and honey. During the treatment the weights and heights with symptoms of *Sthaulya* were recorded before and after the treatment. After completion of the treatment the obtained results were highly significant as the most of the treated patients showed reductions in body weight & gradual reduction in symptoms of *Sthaulya*.

Keywords: *Guduchyadi Yoga*, Diets on *Sthaulya*, Lifestyle

INTRODUCTION

Ayurveda is a way of life based on Ayurvedic literature and science. It has given better stress on the prevention of diseases rather than their cure on occurrence.¹ *Sthaulya* has been described as the worst despicable personality among the eight *Atinindita* described in Ayurvedic literature.² The meaning of *Sthaulya* is

excessive deposition of *Meda* in the body.³ In India the disease of obesity has reached the limit of epidemic proportion because about 5% of the total population has been affected by morbid obesity.⁴ Also in India the trend of obesity is more prevalent in women as compared to men.

The reason of increasing rate of *Sthaulya* is the effect of improper intake of *Ahar* and negligence in following proper daily *Vihar* which means proper lifestyle with the proper dietary pattern are not followed.⁵ These are the urgent needs of today.

The most prevalent obesity related diseases are diabetes, high blood pressure, heart diseases, stroke etc.⁶

During the study of disease of *Sthaulya* the patients whose weight is 15kg in excess to desired weight with existing symptoms of *Sthaulya* were taken for study according to descriptions in Ayurvedic text books such as *Jvoparodh*, *Daurbalya*, *Daurgandhya*, *Atiswed*, *Atikshudha*, *Atitrishna* etc.⁷

The patients were advised to follow daily lifestyle and to take special diet based on Ayurveda along with intake of medicine called *Guduchyadi Yoga*. Dose: 2 grams once a day for 2 months as a treatment on *Sthaulya*. *Guduchyadi Yoga* contains fine powders of *Guduchi* and *Nagarmotha* in equal quantities which are mixed with honey.⁸

During the treatment the weight & height with symptoms of *Sthaulya* were recorded against every patient before starting the treatment and continued for every week of the study.

Aims –

To study the effect of diet & lifestyle on treatment with *Guduchyadi Yoga* in the management of *Sthaulya*.

Objectives: -

1. To study the role of diet and lifestyle in the management of *Sthaulya*.
2. To study the effect of *Guduchyadi Yoga* in the management of *Sthaulya*.
3. To prevent diseases related to *Sthaulya*.

The pathogenesis of *Sthaulya* deals with *Kapha*, *Vata*, *Meda* and *medodhatvagni Mandata* which are the main contributory factors against *Sthaulya*. The principle of treatment of *Sthaulya* is the administration of modified *Ahar*, *Vihar* and drugs which can pacify *Vata*, *Kapha Dosha* and *Meda Dhatu*.

Materials and Methods-

10 patients for the study of *Sthaulya* were taken from the outdoor patients department of *Kayachikitsa* at K.C. Ajmera Ayurvedic Hospital, Dhule and their signs & symptoms pertaining with *Sthaulya* were recorded according to directives given in Ayurvedic books & in modern science books.

Inclusive criteria –

1. Patients of either sex in the age group 30 – 65 yrs for study.
2. The patient having 15 kg of excess weight above desired weight.

Criteria for diagnosis of Sthaulya by BMI

$BMI = \frac{wt \text{ in } kg}{(ht \text{ in } m)^2}$ more than 24 are selected for study.

Exclusive Criteria – 1. Obese person suffering from *Sthaulya* due to hormonal imbalance hypothyroidism, hypertension, diabetes, cardiovascular diseases.

Objective Parameters -

2. Less than 15 kg excess weight than desired weight
 - 1) Weight in Kg
 - 2) BMI

Subjective parameters. –

- 1) *Jvoparodh* 2) *Daurbalya* 3) *Daurgandhya* 4) *Atiswed* 5) *Atikshudha* 6) *Atitrishna*
- 10 patients of *Sthaulya* were advised to take special diet and follow lifestyle along with *Guduchyadi Yoga* with dose of 2 grams once a

day for 2 months. The ingredients of *Guduchyadi Yoga* are fine powders of *Guduchi* and *Nagarmotha* in equal quantities with honey.

Weight & height with symptoms of *Sthaulya* were recorded before starting the treatment and later on every week of the study.

Table – 1

Diet plan with lifestyle.

Time		Daily Regimen
5.30 – 6Am		Bramha Muhurt (Wakeup before sunrise) Ushpan shauchvidhi, Dantadhavan Jivyanirlekan, Mukhprakshalan.
6.00 – 6.30 Am -		Brisk walking (for 30 minutes)
6.30 – 7.00 Am -		Rest
7.00 – 7.30	-	Snan (Bath) with warm water.
9.00 Am	-	Rice Mand 30 ml (1 part of Rice + 4 parts of water, liquid without grain)
10.00 Am	-	Breakfast Spouted <i>channa</i> (bengalgram) 30 gram (Cicer arietinum)
Afternoon 12 Pm	-	2 Chappaties of <i>Jowar</i> (sorghum) - or <i>Bajra</i> (pearl millet) Pennisetum glaucum. – 100gm
Lunch		<i>Mudga</i> (green gram) Phaseolus Areus (30 gm) Or <i>Shaka Methika</i> (fenugreek) (Trigonella foenum, <i>Karvellaka</i> (Bitter gouard) momordica charantia
6.00 Pm	–	Snacks <i>Falvarga</i> (fruits) 1 big <i>Dadim</i> pomegranate (<i>Punica granatum</i>) or <i>Amalaki</i> (<i>Emblica officinalis</i>) or <i>Jambhu</i> (Jamun) <i>Syzygium cumini</i>
8.00 Pm	–	Diet taken during lunch hours are to be repeated for supper.
9.00 Pm	-	<i>Ushnodak</i>
9.30 Pm	-	<i>Yog Dhyan</i> Sleep

Ingredients of Guduchyadi Yoga.

Name	Family	Latin Name
1. <i>Guduchi</i>	Tinospora cordifolia	Menisper maceae.
2. <i>Nagarmotha</i>	cyperaceae	cyperus rotundus linn
3. Madhu		

Criteria for a relief.

Criteria	Grading
1. Cured	100% relief
2. Marked	75% relief
3. Moderate	50% relief
4. Mild	25% relief
5. No	25% relief

Statistical Analysis

Table - 2

Sr. No.	Ht in meters	Sex	Wt.	Excess Weight	Body wt		BMI		Difference X ₁ -X ₂	X̄ = 4	(X - X̄) ²
					BT X ₁	AT X ₂	BT	AT			
1	1.42	F	45	15	60	55	29.76	27.28	5	5-4	1
2	1.57	F	50	15	65	60	26.42	24.39	5	5-4	1
3	1.42	F	45	16	61	57	30.25	28.27	4	4-4	0
4	1.70	M	63.5	16.5	80	76	27.68	26.29	4	4-4	0
5	1.54	F	49.5	15.5	65	60	27.42	25.31	5	5-4	1
6	1.42	F	45	15	60	57	29.76	28.27	3	3-4	1
7	1.48	F	46.5	17.5	64	60	29.22	27.39	4	4-4	0
8	1.60	M	57.6	15.4	73	69	28.51	26.95	4	4-4	0
9	1.57	F	50	17	67	64	27.23	26.01	3	3-4	1
10	1.70	M	63.5	16.5	80	77	27.68	26.64	3	3-4	1

Mean difference $\bar{x} = \frac{\sum x}{n} = \frac{40}{10} = 4 \text{ kg}$; SD = 0.81, SE = 0.25, t₉ = 16

At 9 degree of freedom for 1% significant level the value of t is 3.25 and for 0.1% significant level value of 't' is 4.78.

The observed value of t is 16. Hence there is no doubt that the drug *Guduchyadi Yoga* with following of proper *Ahar* and *Vihar* produced hypotensive effect (t = 16, P < 0.001 → highly significant)

Result. –

The number of patients with marked relief of 75% was 3. The number with moderate relief of 50% was 6 and the number of patient with mild relief 25% was 1 only. Thus overall every patient has shown improvement in reduction of excess body weight along with reduction in all the six symptoms of *Sthaulya*. But no patient was cured 100%.

Observations

Table 3

S. N.	Excess wt.	Jyoparodh		Daurbalya		Daugandhya		Atiswed		Atikshudha		Atitrishna			% Relief
		BT	AT	BT	BT	AT	AT	BT	AT	BT	AT	BT	AT		
1	15	+	0	+	0	0	0	+	0	++	+	0	0	5/1	80%
2	15	++	+	+	0	0	0	+	0	++	+	+	0	7/2	71.42%
3	16	++	+	+	0	+	0	+	+	++	+	+	0	8/3	62.5%
4	16.5	++	+	+	+	+	+	++	0	++	+	+	0	9/4	55.55%
5	15.5	+	0	+	+	+	0	+	0	++	+	+	0	7/2	71.42%
6	15	+	0	+	0	+	0	+	0	++	+	+	0	7/1	85.7%
7	17.5	+++	+	++	+	+	+	++	+	++	+	++	+	12/6	50%
8	15.4	++	0	+	0	+	0	+	0	++	+	+	0	8/1	87.5%
9	17	+++	++	++	+	+	+	++	+	++	+	+	+	11/7	36.36%
10	16.5	+++	++	++	+	+	0	+	0	++	+	+	0	10/4	60%

DISCUSSION

The diet plan which is given to the patients of *Sthaulya* with suggested lifestyle provides limited calories. It is restricted to provide approximately 1500 k. cal per day. Moreover the patients are also advised to take brisk walking for 30 minutes every day. It helps to expend energy of 200 k. cal /day resulting an additional weight loss of 1kg / month. The effective ingredients of *Guduchyadi Yoga* are *Tikta*, *Kashay Rasa* and *Snigdha Guna* which help to reduce *Vata* and *Kapha Dosha*. *Madhu* and *Nagarmotha* also work as *Lekhan Dravya* which help to reduce excessive *Meda*.

The effect of diet and lifestyle with *Guduchyadi Yoga* are assessed on the basis of statistical data before and after treatment on total 10 patients which showed reduction in body weight and also gradual reduction in symptoms of *Sthaulya*.

CONCLUSION

The effect of diet and lifestyle along with intake of medicine called *Guduchyadi Yoga* provide encouraging results statistically in subjective and objective parameters of *Sthaulya*.

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