



SHAMANA AND SHODHANA CHIKITSA IN MEDOROGA W.S.R. OBESITY

Jaykrishan Barman^{1*}, Suwendu Rout², Pradeep Kumar Moharana³

¹P.G. Scholar, ²Professor and HOD Department of Kayachikitsa, ³Professor Department of Kayachikitsa, Sri Jayendra Saraswathi Ayurveda College and Hospital, Nazarethpet, Chennai (Dept. of Ayurveda) of Sri Chandrasekhendra Saraswathi Vishwa Mahavidyalaya, Kanchipuram.

Corresponding Author: jaybarman02@gmail.com<https://doi.org/10.46607/iamj1611022023>

(Published Online: February 2023)

Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 05/01/2023 - Peer Reviewed: 20/01/2023 - Accepted for Publication: 29/01/2023.



ABSTRACT

Medoroga or obesity, nowadays has become one of the diseases which is gaining more and more attention globally. The disorder is prevalent in developing as well as in developed countries, in all sexes, among all age groups and socioeconomic groups. Obesity is one of the results due to rapid urbanization and a sedentary lifestyle. Obesity has been described in *Ayurveda* texts as *Medoroga* or *Sthaulya*. *Acharya Charaka* has described eight varieties of impediments known as “*Ashta Nindita Purush*”. *Ati Sthaulya* comprises one among them. Obesity is also a risk factor for many diseases like diabetes, CVA, HTN, joint-related disorders, gynecological problems, infertility, etc. It is difficult to prevent and treat lifestyle diseases like obesity with the modern system of medicine alone. *Ayurvedic* science has great potential in preventing and treating lifestyle disorders like obesity. Here we deal with symptomatology prevention and management of *Sthaulya* as given in the *Ayurveda* classics.

Keywords: *Ayurveda, Medoroga, Obesity, Sthaulya chikitsa*

INTRODUCTION

Today worldwide, a sedentary lifestyle and faulty dietary habits including ready-to-eat fast food have made people prone to many diseases. *Sthaulya* (Obesity) is one of these diseases which takes on a

whole generation. Obesity is an important health problem in India also. “*Sthaulya*” (obesity) is a disease, which provides so many diseases like hypertension, ischemic heart disease, Diabetes,

Osteoarthritis, infertility, and impotency as well as psychological disorders like stress, anxiety, depression, etc. Thus, it may be the major contributor to the deterioration of health. In *Ayurveda*, *Sthaulya* has been described in almost all the *Samhitas*. *Charaka* has described *Atisthoola Purusha* among the “*Ashta Nindita Purusha*”¹ (eight despicable

personalities) and “*Santarpanjanita Vyadhi*”². *Sthaulya* is counted as a disorder of *Kapha Dosha*, seated in *Medodhatu*³. *Ati Sthula* can be defined as “a person, with an increase in fat and flesh, disfigured pendulous buttocks, belly and breasts”. “Obesity is defined as a state of excess adipose tissue mass”⁴.

Diseases review-

According to Ayurveda	According to Modern Medical Science
<ul style="list-style-type: none"> According to <i>ayurveda-Vedic Kala (Rigveda, Yajurveda, Atharvaveda), Samhita Kala (Charaka Samhita⁵, Sushruta Samhita⁶, Ashtanga Samgraha⁷, Kashyapa Samhita), Sangraha Kala (Madhava Nidana⁸, Sharangadhara Samhita⁹, BhavaPrakasha¹⁰, Yoga Ratnakara¹¹), Commentators (Chakrapani Datta¹², Dalhana¹³, Arundatta, Shrikantha Datta and Vijay Rakshita), Adhunik Kala (BhaishjyaRatnawali¹⁴, Rasatantra Sar Sangraha¹⁵)</i> According to <i>Acharya Bhavamishra</i>, a person having heaviness and bulkiness of the body due to excessive growth of body tissues, especially around the abdominal region is termed as <i>Sthula</i>, and the state of being <i>Sthula</i> is called <i>Sthaulya</i>¹⁶. Excessive production of <i>meda mamsa dhatu</i> makes a person too flabby in the <i>Sphika, Udara, and Stana</i> area and lack of enthusiasm, this condition is called <i>Atisthaulya</i>¹⁷. According to <i>Charak Sutrasthana</i> - the eight cardinal symptoms¹⁸ of <i>Sthaulya</i> are: <i>Ayusho Hrasa, Javoparodha, Kruchchha Vyavayata, Daurbalya, Daurgandhya, Sweda Badha, Kshudh Atimatra, Pipasa Atiyoga</i> <i>Nidana</i>:¹⁹ <i>Aharatmaka Hetu, Viharatmaka Hetu, Manas Anya Hetu</i> <i>Samprapti</i>: <i>Nidan Sevana-> Kapha Bhuistha Doshavridhi-> Jatharagni Vikriti-> Medo Dhatwagnimandhya-> Medo Vriddhi and Sanchaya-> Sanga in Medo Vaha Strotasa-> Margavarodha janya Vata Prakopa-> and Vimarga Gamana of Vayu-> Sarvang Sharir Gaman of Vata, especially in Koshtha-> Jatharagni Sandhukshana-> Leading to more hunger and thus consumption of more food-> Due to constant in coming of Medo Poshaka Amsha-> Meda Sanchaya-> Medoroga</i> <i>Bheda of Sthaulya</i> : <p>Charaka- Sthaulya, Atisthaulya</p>	<ul style="list-style-type: none"> The Greeks were the first to recognize obesity as a medical disorder. Hippocrates (460-377) wrote that "Corpulence is not only a disease itself but the harbinger of others". It was common among high officials in Europe in the middle Ages and the renaissance as well as in Ancient East Asian civilizations. The Oxford English Dictionary documented the first usage of the word "obesity" in 1611 by Randle Cotgrave. <p>Definition:</p> <ul style="list-style-type: none"> ➤ Obesity is a medical condition in which excess body fat has accumulated to the extent that it may hurt health²⁰. ➤ Excess deposition of the adipose tissue-fat depot in the body is known as obesity²¹. ➤ Obesity is a state of excess adipose tissue mass²². ➤ Obesity is an excess of body fat that poses a health risk²³. <p>Etiology of obesity:</p> <ol style="list-style-type: none"> Exogenous: It can be divided into: <ol style="list-style-type: none"> Dietary Habits: overeating, frozen food, soft drinks intake, etc. Activity patterns: lack of physical activity, sleep deprivation, etc Endogenous: The endocrine factors which are responsible. Miscellaneous: A number of factors are responsible for obesity are described as- Age, Sex, Occupation, Psychogenic factors, Drugs, Environmental factors, and Heredity/Genetic factors <p>Classification:</p> <ul style="list-style-type: none"> According to the mode of onset According to BMI²⁴ According to surgical literature(categories of class III obesity)²⁵ According to histopathology According to Etiological factors According to the degree of Obesity According to the distribution of fat

Sushruta- Asthoulya, Medoroga
Vagbhata- Adhika, Madhyam, Heena

Management-Recent scenario obesity is going to take the form of an epidemic across the world if proper preventive measures are not taken. Our *Ayurveda* principles give more importance to prevention rather than curing the disease. General measures of prevention are the adoption of prevention of disease one should follow (*Dincharya, Ritucharya & Sadvritta*) in our life. Prevention in terms of *Aahaar means* it can be achieved by adopting *Pathya Aahaar* in the diet. *Pathya* consists of *Aahaar dravya* like *Yava, Kodrava, Patola, Mudga, Shyamaka, etc.*

In *Ayurveda*, general principles of management are divided into 3 parts 1) *Nidana Parivarjana* 2) *Samshodhana* 3) *Samshamana*.

- *Nidana Parivarjana* is the first line of treatment for *Sthaulya* is to avoid those factors which are responsible for the causation of *Sthaulya*, this called *Nidana Parivarjana* means to must be avoided all the *Aharatmak, Viharatmak, Mansika & other* described *Nidana*.
- *Samshodhan* therapy- Being a syndromic condition (*Bahu Doshasya Laksanama*) *Samsodhana* therapy is highly recommended for patients possessing stamina & strength²⁶. There are two types of *Samshodhan* therapy *Bahya Shodhana* and *Abhyantara Shodhana*. *Ruksha Udavartan*²⁷ (*bahya shodhana*) is advised for *Sthool Purusha*. It is *Kaphahara* and *Medasa*

Pravilayana in action. *Abhyantara Shodhana* employed for the patient are *Vamana, Virechana, Raktmokshana*²⁸, *Ruksha, Tikshna, and Ushna Vasti*²⁹. It helps to scrap all the excessive accumulated *Meda* and *Kapha* from the body and also pacifies the other two *Doshas*.

- *Samshamna* therapy - In *Sthaulya* is quite difficult because both *Agni* and *Vayu* are in an aggravated state. If *Apatarpana* is done, then *Vayu* gets *Vridhdha* and simultaneously *Agni* starts burning other *Dhatu*s. If *Santarpana* is done then the disease will be aggravated because of *Guru* in nature and *Madhura* in *Rasa*. Behind the reason, in *Charaka Samhita*, the treatment principle of this disease is properly explained. These are- *Guru Apatarpana* and *Laghu Santarpana*. Administration of *Guru-Apatarpana* which possesses additional *Vata, Shleshman* and *Medonashaka* properties is considered an ideal *Shamana* therapy for *Sthaulya*³⁰. *Chakrapani* has explained that *guru guna* is sufficient to alleviate vitiated *Agni* and *Atikshudha*. *Apatarpana* property provides less nourishment and thus leads to the depletion of *Meda Dhatu*. Among *Shad Upakrama, Langhana* and *Rukshana* can be performed for *Samshaman* purposes in *Sthaulya*. *Shamana Chikitsa* can be implemented in seven different ways in *Sthaulya* patients-

<i>Deepana</i>	<i>Deepana Dravyas</i> are dominated by <i>Agni</i> and <i>Vayu Mahabhutas</i> which are antagonists to the constitution of <i>Meda</i> and <i>Kapha</i> i.e. <i>Apa</i> and <i>Prithvi Mahabhuta</i> .
<i>Kshudha & Trishanagraha</i>	Fasting is also beneficial because food is the main source of Nutrition for <i>Meda Dhatu</i> . Fasting controls the overproduction of <i>Medadhatu</i> . So <i>Kshudha Nigrahan</i> has been advised to obese patients. A person who is unable to complete fasting can practice <i>Alpa Aahaar Sevan</i> . Intake of lukewarm water regularly is beneficial for an obese person. From the word control of thirst, it can be said that obese people should avoid sweet and soft drinks, nutritious fruit juice, and cold water.
<i>Vyayama & Avyayam</i>	<i>Vyayama-Avyayam</i> is one of the causes of obesity and thus, in the management of <i>Sthaulya</i> importance has been given to <i>Vyayam</i> . It works as <i>Nidana Parivarjan</i> as well as it melts the excessive fat, deposited in the fat depots of obese persons.
<i>Atapa & Maruta sevan</i>	It enhances <i>Ushma</i> in the body. This raised body heat reduces <i>Meda</i> by <i>Vibhajana</i> and <i>Vilayana</i> . It potentiates <i>Kleda Vilayana</i> and helps in weight reduction. <i>Vata sevana</i> is also beneficial as the <i>Ruksha Guna</i> of <i>Vata</i> reduces <i>Kleda</i> and <i>Kapha</i> by <i>Shoshana</i> and Stimulation <i>Jatharagni</i> .

Various groups of drugs like *Varunadi gana*, *Salasaradi gana*, *Rodhradi gana*, *Mustadi gana*, etc. are described as *Medanashaka*³¹ *Bhavaprakash* has mentioned the remedies for *Medohara* purpose *Chavyadi Saktu*, *Erand patra Kshara*, *Badari patra*

Peya, *Amritadi Guggulu*, *Lauha Rasayana*³², etc. So, for the treatment of *Sthaulya* medicine should be administered before a meal and ideally in the morning on an empty stomach³³.

Some drugs mentioned in *Sthaulya Roga*^{34,35}.

Single drugs	<i>Madhuka</i> , <i>Vidanga</i> , <i>Agnimanth</i> , <i>Chitraka</i> , <i>Chakramada</i> , <i>Guggulu</i> , <i>Vaca</i> , <i>Haridra</i> , <i>Rasanjana</i> , <i>Guduchi</i> , <i>Bhadramusta</i> , <i>Makshika</i> , <i>Shilajatu</i>
Compound drugs	<i>Triphala</i> , <i>Takrarishta</i> , <i>Vidangadi Lauha</i> , <i>Bilvadipanchmula</i> , <i>Triphaladya Churna</i> , <i>Dasanga Guggulu</i> , <i>Trayusnadi Guggulu</i> , <i>Lauharishta</i> , <i>Arkadi Gana</i> , <i>Trayushnadi Gana</i> , <i>Gomutra Haritaki</i> , <i>Rodhrasava</i> , <i>Navaka Guggulu</i> , <i>Amruta Guggulu</i>

CONCLUSION

Here, it can be concluded that Obesity is a metabolic disorder, a sedentary lifestyle, lack of exercise, faulty food habits, and urbanization precipitate the disease. Psychological factors associated with genetic predisposition also play a major role in its aetiopathogenesis. Basically, it is *Tridoshaja Vyadhi*, but mainly the vitiation of *Kapha-Vata* and *Meda* are having prime importance. By adopting *Ayurvedic* principles of a healthy lifestyle and effective treatment modalities given by physicians of ancient times one can stay healthy to prevent oneself from obesity and also from the problems associated with it.

REFERENCES

1. Shastri Kashinath (Pandeya), Gorakhnath Chaturvedi. Charaka Samhita of Agnivesha elaborated on Vidyotini's Hindi commentary. Sutra sthana 21st chapter Ashtaninditiya. Chaukhambha Bharati Sansthan. Varanasi. Reprint edition 2005. p. 408
2. Shastri Kashinath (Pandeya), Gorakhnath Chaturvedi. Charaka Samhita of Agnivesha elaborated on Vidyotini's Hindi commentary. Sutra sthana 23rd chapter. Santarpan adhyaya. Chaukhambha Bharati Sansthan. Varanasi. Reprint edition 2005. p. 436
3. Misra Brahmasankara. Bhavaprakasa of Bhavamisra. Edited with vidyotini hindi commentary. 39th chapter, Medorogadhyay. Chaukhambha Sanskrit Sansthan. Varanasi. 8th edition 2003. p. 405
4. Loscalzo, Fauci, Kasper, Hauser, Longo, Jameson. Harrison's Principles of Internal Medicine. Vol 1. 64 Chapter, Obesity, Mc-Graw Hills. 16th Edition 2005. p.422
5. Vd. Kushwaha Harish Chandra Singh. Charaka Samhita Ayurveda Dipika Ayushi. (Jaikrishnadas Ayurveda Series 120). Chapter- "Ashta Ninditiya Adhyaya". Sloka no.- 21/3,4,17,20. Chaukhambha Orientalia. Varanasi. 2016th. p. 309,312
6. Kaviraja Shastri Ambikadutta. Ayurveda Tattva Sandipika K. Susruta Samhita of Maharshi Susruta.; (The Kashi sanskrit Series). Sutrasthana, chapter- "Dosadhatumala Kshaya Vriddhi Vijyana". sloka no. -15/14. Chaukhambha Sanskrit Sansthan. Varanasi. 2016th ed. p.77
7. Sarvangasundari of Arundatta & Ayurvedarasayana of Hemadri. Astanga Hrdaya. Sutrasthana, chapter- "Dwividha Upakramaniya Naya Adhyay". Chaukhambha Surbharati Prakashan. The Chaukhambha Ayurvijnan Granthamala. New Delhi. 2018thed. p.224, & Prof. Mishra Jyotir, Dr. Sharman Shivprasad IC. Astanga Samgraha of Vaghbata or Vrddha Vaghbata. Sutrasthana, chapter- "Dwividha Upakrama Niya Adhayaya". Chowkhambha Krishnadas Academy Sanskrit. Banaras Ayurved Series. Varanasi. 2019th ed. p. 422
8. Dr. Tripathi Brahmananda. Vijayarakshita & Srikanthadatta. Madhava Nidanam (Roga Viniscaya). The Chaukhambha Ayurvijnan Granthamala, part 2. Chapter- "Medo Roga Nidana ", sloka no.- 34/4. Chaukhambha Surbharati Prakashan. Varanasi. 2017th ed. p.34
9. Dr. Srivastava S. Sharangadhara samhita. Medo roga, purva khanda 7/65. p.87, characteristic of Sleshma Prakruti, purva khanda 6/22. Chaukhambha Orientalia. Varanasi. 2013th ed. p.55
10. Dr. Chuneekar K.C. commentary, Edited by Dr. Pandey G. S. Bhavaprakasha Nighantu of Sri Bhavamisra. Madhyam Khanda. 39 Chapter - "Sthaulya adhikara chikitsa prakara". Chaukhambha Visvabharati. Varanasi. C.1600 A.D. Reprint 2002. p. 422
11. Sastri Vaidya Lakshmipati. Yogaratnakar with vidyotini. Chapter- "Medoroga Nidana" Uttaradha-14/1, 2, 3. Chaukhambha Prakashan. (The Kashi sanskrit Series). Varanasi. 2021st ed. p. 98
12. Datta Chakrapani VJTA. Charaka Samhita by Agnivesa. Sutrasthana, Chapter- "Ashta ninditiya Adhyaya ", sloka no.- 21/20. Chaukhambha Publications. (The Mohandas Indological Series) New Delhi. 2016th ed. p.312
13. Kaviraja Shastri Ambikadutta. Sushruta Samhita Dalhana Commentary. 2016th ed. Varanasi. Chaukhambha Sanskrit Sansthan; 2016, Sutrasthana. sloka no.15/37. p. 81
14. Kaviraja Shastri Ambikadutta. Bhaishjya Ratnawali. 2016th ed. Varanasi. Chaukhambha Prakashan; 2016. "Medoroga chikitsa adhaya" 39 chapter. p. 746

15. Dr. Suresh Pamiri, Dr. Dhannapuneni. Rasendra Sara Sangraha. Sri Gopal Krishna Bhatt. Text with English Translation. "Medovridhi" 74th chapter. Chaukhambha Sanskrit Sansthan. Varanasi. 2007. 1st ed. p. 769
16. Maharshi Agnivesha, revised by Charaka and Drdhabala, Hindi translation along with prose order of text and Eshana Hindi translation of Ayurveda dipika Commentary of Shri Chakrapanidatta, translated by Prof. Banwari Lal Gaur and Prof. Radheshyam Kalavatiya, edited by Prof. Vaidya V. V. Prasad, Charaka Samhita, vol. 1, Sutrasthana 21/9. Rashtriya Ayurveda Vidyapeeth, Delhi, 2011. p.628
17. Vd. Kushwaha Harish Chandra Singh. Charak Samhita Ayurved Dipika Ayushi. Chapter 21. Chaukhambha Orientalia. Varanasi. 2016th ed. (Jaikrishnadas Ayurveda Series 120). p.310
18. Vd. Kushwaha Harish Chandra Singh. Charak Samhita Ayurved Dipika Ayushi. Chapter 21. Varanasi. Chaukhambha Orientalia; 2016th ed. (Jaikrishnadas Ayurveda Series 120). p.309
19. Shastri Kashinath, Chaturvedi Gorakhnath, Charaka Samhita of Agnivesha elaborated Vidyotini Hindi commentary, Sutra sthana. 21st chapter. Ashtaninditiya, Chaukhambha Bharati Sansthan, Varanasi, reprint edition; 2005. p. 409
20. Obesity and overweight Fact sheet N°311". WHO. January 2015.
21. Das P C, Das P K. Text Book of Medicine. Current Books International. Tamil Nadu. 2018. 6th ed.
22. Jameson, Fauci, Kasper, Hauser, Longo, Loscalzo. Harrison's principles of internal Medicine. Vols. 1 & 2. Chapter 175. McGraw Hill Education. 20th ed. 2018,
23. Munjal Y.P., Sharma S.K., Surendra K. Sharma, Agarwal A.K., Gupta P, Kamath S. A., Nadkar M Y., Singal R.K., Sundar Shyam, Varma S... API Textbook of Medicine. Jaypee Brothers Medical Publishers (P) Ltd. New Delhi. 9thed. 2012.
24. Taber's Cyclopedic Medical Dictionary, Edition 19thed., p.1427
25. Sturm R (July 2007). "Increases in morbid obesity in the USA: 2000–2005". Public Health. 8 121 (7): 492–6. doi:10.1016/j.puhe.2007.01.006. PMC 2864630. PMID 17399752
26. Shastri Ambikadutt, Susruta Samhita edited with Ayurveda Tatva Sandipika Hindi commentary, Sutra Sthana. 15th chapter, Dosh-dhatu-mala-kshaya-vridhi vigyaniya, Chaukhambha Sanskrit Sansthan, Varanasi, reprint edition; 2007. p.62
27. Shastri Kashinath, Chaturvedi Gorakhnath, Charaka Samhita of Agnivesha elaborated Vidyotini Hindi commentary, Sutra sthana. 21st chapter. Ashtaninditiya, Chaukhambha Bharati Sansthan, Varanasi. Reprint edition; 2005. p. 411
28. Shastri Kashinath, Chaturvedi Gorakhnath, Charaka Samhita of Agnivesha elaborated Vidyotini Hindi commentary, Sutra sthana 21st chapter. Ashtaninditiya, Chaukhambha Bharati Sansthan, Varanasi. Reprint edition; 2005. p. 409
29. Tripathi Ravidutt, Ashtanga Sangraha of Vagbhata, Saroj hindi commentary, Sutra sthana. 24th chapter, Dvididho Upakramaneeya, Chaukhambha Bharati Sansthan, Varanasi. Reprint edition; 2003. p. 436.
30. Gupta Atrideva, Ashtanga hridya of vagbhata, vidyotini hindi commentary, sutrasthana. 14th chapter Dvididho Upakramaneeya. Chaukhambha Bharati Sansthan. Varanasi. Reprint edition; 2007. p. 80.
31. Shastri Ambikadutta, Susruta Samhita edited with Ayurveda tattva Sandipika Hindi Commentary, Sutra Sthana. 38th chapter. Dravya-sangrahaniya. Chaukhambha Sanskrit Sansthan. Varanasi. Reprint edition; 2007. p. 142.
32. Misra Brahmasankara, Bhavaprakasa of Bhavmishra, edited with vidyotini hindi commentary, 39th chapter, Medorogadyay. Chaukhambha Sanskrit Sansthan. Varanasi. 8th edition; 2003. p. 406-7
33. Tripathi Brahmanand. Sharangdhara Samhita elaborated. Dipika hindi commentary. Purvakhand. 2nd chapter. Chaukhambha Subharti Prakashan. Varanasi. Reprint edition; 2011. p. 25.
34. Shastri Kashinath & Chaturvedi Gorakhnath. Charaka Samhita of Agnivesha elaborated Vidyotini Hindi commentary. Sutra sthana. 21st chapter. Ashtaninditiya. Chaukhambha Bharati Sansthan. Varanasi. Reprint edition; 2005. p. 414-5
35. Shastri Ambikadutt, Susruta Samhita edited with Ayurveda tattva Sandipika Hindi Commentary, Sutra Sthana. 15th chapter. Dosh-dhatu-mala-kshaya-vridhi vigyaniya. Chaukhambha Sanskrit Sansthan, Varanasi. Reprint edition; 2007.p. 62-3

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Jaykrishan Barman et al: Shamana and Shodhana Chikitsa in Medoroga W.S.R. Obesity. International Ayurvedic Medical Journal {online} 2023 {cited February 2023} Available from: http://www.iamj.in/posts/images/upload/329_333.pdf