



## ROLE OF LEKHANA BASTI AND UDVARTANA IN THE MANAGEMENT OF STHOULYA (OBESITY) – A CASE STUDY

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### ABSTRACT:

Obesity is abnormal or excessive fat accumulation that presents a risk to health. Obesity is perhaps the most prevalent as a chronic disease, prevalent in both developed and developing countries. The adverse effects of obesity are hypertension, hyperlipidaemia and glucose intolerance, while coronary heart disease and the long-term complications of diabetes, such as renal failure mainly caused by lack of sleep and lifestyle changes. In Ayurveda, *sthoulya* is considered as a *santarpanjanya bahu dosh janita vyadhi*. In Ayurveda, *Shodhana* therapy has been mentioned for the management of the *sthoulya roga*. Here *basti* can be considered for *shodhana*. Different *shodhana* modalities have been mentioned like *Lekhana Basti*. This is a single case study to see effect of *lekhana basti* along with *udvartana* in *sthoulya*. In this case study, *udvartana* with specific drugs is done to see its effect in *sthoulya*.

**Keywords:** Obesity, Sthoulya, Lekhana basti, Udvartana.

## INTRODUCTION:

*Atisthoulya* is considered as one of the eight despicable conditions as described by Charaka. He has mentioned *Sthoulya* as *Santarpan-janya Vikara*<sup>[1]</sup>, accumulation of excessive *Meda*(fat) and *Mansa Dhatu*. *Vayu* due to passage having been obstructed with fat moves about abundantly in *kostha* (stomach) and thus stimulates digestion and absorbs food. Hence the person digests food quickly and desires excessive intake of food. In this case, *Agni* and *Vayu* are particularly complicated. In the event of excessive increase of *Meda*, *Vayu* suddenly give rise to severe disorders<sup>[2]</sup>. The person is called as *Ati-Sthula* who, due to *Mans-medativruddhi*, *Chala Sphika*, *Guda*, *Udar*, *Sthana* and suffers from deficient metabolism and energy<sup>[3]</sup>.

*Sthoulyaroga* is the most common metabolic disorder and is one of the oldest documented *vyadhies*. Derangement of *agni* or digestive power leads to production of *aama*, which disturbs *dhatu agni* of *meda dhatu* and blocks the proper formation of further *dhatu*. Improperly formed *meda dhatu* accumulates in the body causing *Sthoulyaroga*. Accumulated *meda* causes disturbance to the

movement of *vata*, which in turn increases appetite. Patients therefore eat more and the entire food is than converted into improper *meda dhatu*. Creating a vicious circle<sup>[4]</sup>. *Basti* is multifold treatment. *Lekhana Basti* is especially a *Tikta Shodhana Basti* and it is indicated in *Bahudosha Avastha* which includes *Medovridhi*. It removes vitiated *doshas* from whole body, thus causes *srotoshodhana*. It makes the further removal of the *doshas* from the body, hence breaks the *Samprapti* of *Medodusti*.

*Udvartana* is an important therapy and mandatory inclusion in Ayurvedic obesity and weight reduction programs. *Udvartana* is *ruksha* in nature which is rubbed over the body in reverse direction. It destroys morbid *kapha* and morbid *vata*, liquefies and mobilizes the stagnant morbid *meda*<sup>[5]</sup>.

## OBJECTIVES:

1] To assess the efficacy of *Lekhana basti* and *Udarvartan* in the management of *sthoulaya*.

## CASE REPORT

A 34 year old female patient having following complaints came in OPD of Panchakarma Department. Informed written consent was taken from patient before the start of study.

**Table no. 01 complaints of patient**

Sr. no	Complaints	Duration
1	<i>Bhaar vruddhi</i> -96 kgs (weight gain )	2 years
2	<i>Aniyamit rajpravrutti</i> (irregular menses)	4 months

3	<i>Aalasya</i> ( lethargy)	2 years
4	<i>Anutsaha</i> (lack of interest )	2 years
5	<i>Dourbalya</i> (General weakness)	2 years

#### PAST HISTORY:

History of hypothyroidism since 1 year and PCOS since 10 years

Surgical history of nailing and plating of left leg before 4 years

#### **vaiyaktik vrittant :**

**aaharj hetu** : *Ushapana* – daily 1 glass of lukewarm water.

*Viruddhashana* , *guru aahara*, *madhura ras adhik sevana*.

**vihara** : Sitting job since 12 years, daily 7-8 hours.

*Diwaswapna*: 1-2 hours.

On examination the patient was found to have *Kapha pradhan prakruti*, the voice was clear

and the tongue was coated and vision was clear. The patient had *Madhyam* (medium) *Sara* (purest body tissue), *Madhyam Samhanana* (medium body built), *Sama Pramana* (normal body proportion), *Madhyam Satmya* (homologation), *Madhyam Satva* (mental strength), *Avara Vyayamshakti* (least capability to carry on physical activities)*Madhyam Aharshakti and Jaranshakti* (medium food intake and digestive power). *Mala and mutra vega* were *prakrut* (normal).

**Table no. 02 timeline of the case**

Sr. No.	Month	Intervention
01	November	Strict <i>Langhana</i> and <i>Pachana</i> were given for 15 days.
02	December	Panchakarma was done for 15 days.
03	January	Only diet was given.

**Table no. 03 contents of *lekhana basti*<sup>[6]</sup>**

Sr. No.	Contents	Quantity
1.	<i>Triphala kwath</i>	300 ml
2.	<i>Gomutra</i>	100 ml
3.	<i>Madhu</i>	30 ml

4.	<i>Yavakshara</i>	2 gm
5.	<i>Ushakadi gana dravya (shilajit, kasisa, tuttha bhasma, hingu, vacha)</i>	5 gm (0.8 gm each )
6.	<i>Tila taila</i>	50 ml
7.	<i>Saindhava</i>	12 gm

First *sarvang abhyang* was done with *triphaladi taila*<sup>[7]</sup> and then patient was asked to take *peti sweda* and then *udvartana* was done.

*Udvartana* was done with *mustha, triphala , devdaru and punarnava churna* which were taken in equal quantities for 30 minutes on *udar* and *ubhya paad pradeshi*.

After *udvartana*, *basti* was administered.

*Niruh* and *anuvaasan basti* were given alternatively for duration of 15 days.

*Anuvaasan basti* was given with *triphaladi taila* 60 ml.

After *Basti*, in the *Paschat karma* was advised about rest, *Laghuaharapatya* and instructed about *Astavarjya bhavas*.

#### **OBSERVATIONS:**

**Table no. 04 assessment of measurements before and after treatment**

Sr. No.	Measurements	Before treatment	After treatment
1	Waist Circumference (cm)	97	95
2	Hip Circumference (cm)	103	100
3	Weight (kg)	96	91

#### **DISCUSSION:**

*Sthoulya* is one among the major diseases that falls under the category of *santarpanottha vyadhies*. *Basti* (Medicated Enema) is one of the five procedures explained in Panchakarma; if we use it in different drugs combinations with *medohara* and *lekhaniya*

property, it reduces *meda vridhhi* ( excessive fat ). *Basti* keeps all the five types of *Vata* in their normal status by affecting *Pakvashaya*. Thus it also reduces the vitiation of *Samana Vayu*. *Atikshuda* plays most important role in *Sthoulya*. Because due to obstruction by *Meda*, *Vata* remains in *Kostha* and through

*Agni Sandhukshana* it causes *Atikshudha* which leads the person to *Adhyashana* and to take *Guru Snigdha Ahara*. It again causes Vitiating of *Meda* and production of *Ama*. In this way, this cycle goes on. Hence, it becomes very difficult to manage this disease but *Basti* controls the *Samana Vata* and breaks this cycle, thus helps in the management of this disease. *Bastidravyas* are having the property of *kaphavatashamaka*, *lekhaniya*, *karshana*. In *Sthoulyachikitsa*, *Ruksha*, *ushna* and *Tikshnabasti* are suggested by Acharya Charaka. The *lekhana Basti* by its virtue of its *Lekhana* property reduces the *Meda* and simultaneously pacifies the *Vata*. The drugs used in the preparation of *Lekahana Basti* are *Triphalakhwatha*, *Madhu* having *yogwahi-deepana-lekhana* properties, *Gomutra* which is *deepana*, *panchana* and *lekhana* in nature, *Saindava lavana* having *shukshma* and *tikshna gunas*, *Hingu* which is *vatagna*, *Yavakshra* having *lekhana*, *chedana* and *bhedana* properties, *kashas*, *Shilajathu* with the virtue of reducing *Meda*. *Lekhan Basti* has *Kashaya Rasa*, *Katu Rasa* and *Tikta Rasa*. *Katu*, *Tikta*, *Kashaya Rasa* by reducing increased *Kleda*, they cause wasting of all the *Dhatu*s. Thus help in *Lekhana Karma* of all the *Dhatu*s- *Tikta*, *Kashaya Rasa* also reduces *Pitta dusti*. *Udvartana* has the beneficial effects like *Kaphahara*, *Vatahara*, *Pravilayana*

of *Medas*, reduces *shithilta* which are antagonistic to the condition. Acharya Sushruta as, by performing *Udvartana* there occurrence of *Gharshana* due to which the *Viviktatva* of the *Siramukha* in the *Srotas* caused. This in turn activates the *Agni* seated in the *Twacha*. Thus, causes the *Pachana* of the *Dushita Doshas* and excreted out in the form of *Mala* through *Sweda*<sup>[8]</sup>. Significant changes were noted throughout the treatment. Patient lost total 5 kgs during the treatment with application of *basti* and *udvartana*.

#### CONCLUSION:

Based on the signs and symptoms and according to the *prakruti* of the patient, *sthoulya* was treated with application of *lekhana basti* along with *udvartana* giving good results that too without using any *shamana chikitsa* and showing remarkable changes in the weight of the patient.

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