

EFFECT OF VIRECHANA ON STHOULYA - A CASE STUDY

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ABSTRACT

Nowadays, lifestyle disorders are on the rise due to a sedentary lifestyle. Exposing oneself to modernization, science, and technology development unknowingly invited a number of diseases, out of which *Sthoulya* is one. Obesity leads to negative effects on health; it reduces life expectancy and also increases health problems. Obesity is seen in people of all age groups. Mostly, obesity is more prevalent in people with high socioeconomic status, specifically in urban communities. Obesity is a high-risk factor for complications like hypertension, osteoarthritis, cardiovascular diseases, diabetes mellitus, infertility, a certain type of cancer, and immunological disorders. In Ayurveda, obesity can be compared with *Sthoulya*. Pathological

disturbance in *Kapha* and *Pitta dosha* is a major factor in *Sthoulya*. Ayurveda manages these disorders (*Sthoulya*) in a holistic approach with diet, lifestyle, medication, and *Shodhankarma*. So, Ayurvedic internal medicine, along with the *Shodhan* procedure, were selected for the case study, which achieved the best results. *Virechana* is the best *Shodhan Karma* in the *Vatta* and *Pitta Vyadhi*. The line of treatment planned was *Deepana*, *Pachana*, and *Snehpana*, followed by *Virechana*.

KEYWORDS: Obesity, *Sthoulya*, *Shaman* & *Virechana Chikitsa*.

INTRODUCTION

WHO declared obesity as a global epidemic giving rise to the new term Globesity. WHO predicted that 13% of the world's adult population was obese in 2016. It is one of the most serious public health problems of the 21st century.^[1]

Obesity has come to be an epidemic in modern times, and it is fundamental to understand the consequences of obesity. The prevalence of weight troubles is large in city areas than in the rural population of India.^[2]

In Ayurveda, *Sthoulya* (obesity) is stated in *Medoroga*, and it is due to dysfunction of *Meda dhatvagni* is considered a metabolic disorder. Further, *Sthoulya* (obesity) is described in the twelfth chapter of the *Charak Samhita*, which is the *Ashtaunindita Purusha adhyaya*.

In *Ashtaunindita Purusha adhyaya* of *Charak Samhita*, it is said that life is ruined in an obese person, and also enthusiasm decreases in an obese person.^[3]

Sthoulya is often one of the *santarpanothha vyadhi* ones among the *asthaninditapurusha* and additionally *kaphaj nanatmaj vyadhi* treatment for it is *apatarpan* and *langhan* which can be done by *shaman* and *shodhana karma*. The treatment of *Sthoulya* in *Ayurveda* is as follows i.e., *Nidanasya parivarjan*, *Gurucha apatarpan chikitsa*, *Satata karshan*, *Santarpanothhaa vikar chikitsa*, *langhana chikitsa*, and *Pathyapathya*.^[4]

AIMS AND OBJECTIVES

1. To develop the concept of obesity.
2. To treat the obesity with the help of ayurvedic management.

MATERIALS AND METHODS

The study based on the literature review of relevant Ayurvedic original text with commentaries necessary and valid interpretation.

The description of *Sthoulya* is obtained by searching various medical research database like Pubmed, Google scholar and other natural research database.

Case presentation

A 35 year/male old patient, Hindu by religion, occupatio-employee, reported to Panchkarma OPD, GAC OSMANABAD on 21 November 2021 with complaint of increase weight. On history his general health was good. Both physical and laboratory investigation like blood test were within normal range only there was marked raised in lipid profile. Considering the history and examination patient was planned to post for *snehapan* followed by *virechana karma*.

Past histoy- No h/o HTN, DM

Family history- No h/o similar problem

Personal history

Diet- Non vegetarian

Appetite- good

Bowel – constipation

Micturation- 4/5 times/ day

Sleep- sound sleep

General examination

Built – moderate

Temperature- 98.F

Respiratory rate- 22/min

Pulse rate- 78 /min

B.P- 160/100

Weight- 160kg

Tongue – coated

Systemic examination

CVS- S1 S2 Normal

CNS- well oriented, conscious

RS- normal

P/A-tender

Treatment

After proper *deepana*, *pachana* followed by *snehapana* patient was administered *virechana*.

Method of *Virechana* Procedure

There are three stages-

1. *Purva Karma*
2. *Pradhan karma*
3. *Paschat karma*

1. **Purva karma**

Patient was administered with *musta churna*^[5] + *trikatu churna*^[6] 2.5 gm twice a day and *triphal churna*^[7] 3gm HS for 7 days for *Deepan Pachana*. Same time was administered with *Sarwang Udwartan* with *Triphaladi churna* for seven days. Three days later, *samyak rukshan lakshanas* appeared in the patient.^[8] After that patient was posted for *Shodhan Purva*

Snehapan with *Triphala ghrut* for 4 consecutive days with initial dose of 30ml then raised to 50ml on second, third and fourth day. After the appearance of *Samyak Snigdha Lakshanas*^[9] after fourth day on *Snehapana* patient advised *Sarawang Snehana* and *Swedana* by *bashpa sweda* for next 2 days. Two days *Vishram kala* was given. Thereafter on third day in morning time at 8.00am *Virechana* was performed.

2. Pradhan karm

On the day of *Virechana*, before administration of *Virechana Yoga*, *Snehana* and *Swedan* has been given at morning. Pulse, B.P, and temperature were recorded. The appropriate time for administration of *Virechana dravya* was 8.00am on empty stomach. *Virechana Yoga* was *Abhayadi Modak*^[10] 3 vati with *Triphala Kwathaa*+*Aragwadh kwatha* 150ml. patient was given *Manuka phant* repeatedly in little quantities. Number of *vegas* were counted after administration of *virechana dravya*. Patient had 21 *Vegas*. After 21 *vegas*, *samyak virechana lakshanas* were seen.

3. Pashchat karma

Patient had 21 *Vega* with *Kaphant* and attained *Pravara vegiki Shuddhi* patient was observed for complication whole day. No complications were observed. Later person was advised to follow *Samsarjan karma*. i.e *peyadi samsarjan karma*^[11] for 7 days.

Investigations

Investigations	11/01/2021	30/03/2021	18/08/2021	24/1/2021
Sr.cholesterol	159	178	187	122
Sr. triglycerides	205	159	168	144
HDL	42	49	75	42
LDL	76	79	33.6	51
VLDL	41	41	38.4	28.80

Observations

	Before treatment	After Snehapana	After Virechana	After Samsarjan karma
Height	160CM	160CM	160CM	160CM
Weight	108 KG	104.300KG	101KG	99KG
BMI	42.18	40.74	39.45	38.67

RESULTS

After *deepan pachan* it was found that patient feeling light and his enthausiam had increase. The patient lost his weight and BMI decreased after *virechana*.

DISCUSSION

Before the administration of *Snehapana*, the normal status of *agni* is essential. *Deepan* and *Pachana* increases the metabolism and digestion of *Aama*, respectively. *Sneha* will not undergo digestion properly if *agni* is not in normal condition, leading to complications.^[12]

Musta is *katu rasatmak* and has *deepan pachana* properties, and *trikatu* also has *deepan pachana* properties.^[13]

For *Vamana* and *Virechana*, *snehapana* is the most important *Purvakarma*. *Sukshama*, *Sara*, *Snigdha*, *Drava*, *Picchila*, *Guru*, *Shita*, *Manda*, and *Mrudu*^[14] are *Sneha Dravyas*, which have opposite properties to *Rukshana Dravyas*. According to *Charaka*, *Snehapana* helps bring the *Doshas* from *Shakha* to *koshta*.

Abhyanga and *Svedana* perform after 5th day of *Snehapana*. *Abhyanga* softens morbid humors & localizes them. To liquefy the vitiated *Vata Doshas*, which are spread throughout the body, *Svedana* is the best karma. Because of *svedana*, vitiated *Doshas* are made quickly expelled out with the help of *Pradhan karma*, i.e., *Virechana*.

Doshas are expelled out easily without any obstacles and easily come to the *amashaya* where the *virechana* evacuates them.

After performing *shodhana*, *samsarjana krama* is carried out, which are sets of rules and regulations due to elimination of *doshas samsarjan* from the body after *samshodhan krama agni* become weak, *samsarjan krama* increases *agni* gradually that's why we do *samsarjan karma*.

CONCLUSION

Sthoulya is a *santarpanothhaa vyadhi* which can be easily cured with *panchakarma* treatment plan along with *shamana aushadhi*. *Virechana* is the best way to manage such conditions along with *nidan parivarjana*. In above case this therapy resulted in marked relief *sthoulya* and showed remarkable changes in reducing the weight of patient.

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