

## AYURVEDIC MANAGEMENT OF STHOULYA (OBESITY) – A CASE STUDY

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### ABSTRACT

As *Sthoulya* is one of the important challenge in society. the Purpose of these case study is to evaluate classical *Ayurvedic* concept of *Sthoulyahara Chikitsa*. One of the important aspect of these different types of *Basti* is to pacify *Vata* which is one of the important Pathogenic factor along with *Meda*. these Study is Aim to evaluate the Role of *Lekhana Basti* which is described as *Medoghna* and *Vatahara*. A Case study of female patient of age 38 years old came at *Kayachikitsa* OPD of Institute diagnosed as *Sthoulya* (Obesity). *Ayurvedic* treatment including two *Lekhana Basti* followed by one

*Anuvasana Basti* with *Tila taila* also some *Shamana Aushadhi*. Assessed clinical symptom and BMI after 15 days. Clinical Symptoms like *Shariragaurava*, *Kshudhadrhikya*, *Pipasadrhikya*, *Swedadrhikya*, *Kshudrashwas* and BMI was significantly resolved after the therapy.

**KEYWORDS:** *Sthoulya*, Obesity, *Lekhana Basti*, BMI.

### INTRODUCTION

With the evolution of Civilization man has become more physically inactive. Now a days the codes and conducts narrated in ancient text of *Ayurveda* are ignored. Modernization, affluence, Science and Technological development lead to still more Sedentary lifestyle by exploring oneself to all these factors human being unknowingly invited number of diseases, out of which *Sthoulya* is one which disturbed physical, mental as well as social health of individual.<sup>[1]</sup>

*Sthoulya Vyadhi* explained by *Acharya Charaka* in *Santarpanajanya Vyadhi* and it can be correlated with obesity in contemporary science. A person in which there is excessive and abnormal increase in *Meda Dhatu* along with *Mamsa Dhatu* resulting in Pendulous appearance of belly, buttocks and breast. Body grows disproportionally and there is lack of energy<sup>[2]</sup> A person with BMI equal or more than 25 is considered as overweight, and equal to or more than 30 is considered as Obese.<sup>[3]</sup>

*Basti* (medicated enema) is one of the five processes explain in *Panchakarma*. If we use it in different drug combination with *Medohara* and *Lekhaniya* property, it reduces *Meda Vridhhi* (Excessive fat).<sup>[4]</sup>

## MATERIAL AND METHODS

A clinical Case Study of *Apatarpana chikitsa* with *Lekhana Basti Karma* and *Triphala Guggula* was given to patient having *Sthoulya*. Informed written consent taken by the patient.

### Case study

#### Primary data

Patient Name: XYZ

Age/ Sex: 38 year / Female

DOA: 10/12/2021

DOD: 27/12/2021

Occupation: Housewife

Sr. No.	At the time of first visit patient complaints	Duration
1	Increased body weight	3 years
2	<i>Kshudhadrhikya</i>	2 years
3	<i>Pipasadrhikya</i>	2 years
4	<i>Swedadrhikya</i>	2 years
5	<i>Shariragaurava</i>	2 years
6	<i>Ayasena shwaskashta</i>	2 years

**Past history of illness:** No H/O Diabetes Mellitus, Hypertension.

K/C/O Hypothyroidism since one year

H/O Covid 19 -2 year ago

H/O Dust allergy since 3 year

M/H/O Regular

**Present history:** A 38 year female patient apparently healthy before 3 year, gradually she observed that there was gradual increase in body weight, *Swedadhikya*, *Kshuadhikya*, *Pipasadhikya*, *Shariragaurava* so she came to OPD of institute for the *Ayurvedic* treatment where she diagnosed with *Sthoulya*.

#### Classification of adults for underweight, Overweight and Obese according to BMI<sup>[5]</sup>

Sr. No.	Classification	BMI
1	Severely underweight	BMI less than 16.5 kg/m <sup>2</sup>
2	Underweight	BMI under 18.5 kg/m <sup>2</sup>
3	Normal weight	BMI greater than or equal to 18.5 to 24.9 kg/m <sup>2</sup>
4	Overweight	BMI greater than or equal to 25 to 29.9 kg/m <sup>2</sup>
5	Obesity	BMI greater than or equal to 30 kg/m <sup>2</sup>
6	Obesity Class 1	BMI 30 to 34.9 kg/m <sup>2</sup>
7	Obesity Class 2	BMI 35 to 39.9 kg/m <sup>2</sup>
8	Obesity Class 3	BMI greater than or equal to 40 kg/m <sup>2</sup>

#### Ashtavidha pariksha

1	Naadi	Kaphaj
2	Mala	Samyaka (1-2 times/day)
3	Mutra	Samyaka (4-5 times/day)
4	Jivha	Sama
5	Shabda	Spashta
6	Sparsha	Anushnasheeta
7	Drika	Prakruta
8	Aakruti	Sthoola

#### Personal history

1	BP	120/70 mmhg
2	PR	86/min
3	Height	149 cm
4	Weight	76 kg
5	BMI	34 kg/m <sup>2</sup>
6	Ahara	Madhura rasa, Snigdhaahara
7	Vihara	Avyayam, Diwaswapa.
8	Kshudha	Samyaka
9	Nidra	Samyaka

#### On examination

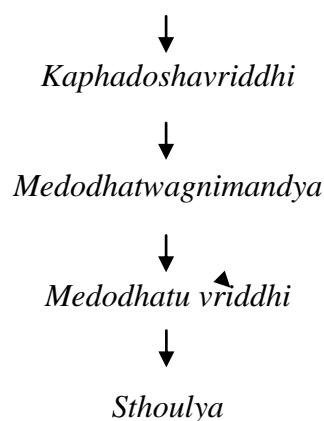
General condition	Moderate
Fever	Afebrile
RS	Air entry B/L equal and clear
CVS	S1S2 normal
CNS	Conscious and Oriented

**Strotas pariksha**

<i>Rasavaha</i>	<i>Pipasadhikya, Kshudhadhikya</i>
<i>Mansavaha</i>	Enlargement of <i>Sphik</i> and <i>Udara</i> .
<i>Medovaha</i>	<i>Swedadhikya, Pipasadhikya, Kshudhadhikya</i> .

**Nidanpanchaka**

<i>Hetu: Ahara</i>	<i>Madhura rasa, Snigdhaahara – Milk Product, Bakery Product</i>
<i>Vihara</i>	<i>Avyayama, Diwaswapa, Achinta</i>
<i>Poorvaroop</i>	<i>Avyakta</i>
<i>Roopa</i>	<i>Weight gain, Swedadhikya, Pipasadhikya, Kshudhadhikya, Shariragaurava, Ayasena Shwaskashta.</i>
<i>Upashaya</i>	<i>Apatarpana Chikitsa</i>
<i>Anupashaya</i>	<i>Santarpanjanya Ahara</i>

**Samprapti of sthoulya****Nidan Sevana****Samprapti ghataka****Dosha** – *Kapha and Vata***Dushya** – *Rasa, Mamsa, Meda***Strotasa** – *Rasavaha, Mansavaha, Medovaha*.**Rogamarga** – *Bahya***Vyaktasthana** – *Sarvasharir***Treatment****Basti chikitsa**

2 *Lekhana Basti* followed by 1 *Anuvasana Basti*. this cycle for 15 days such 5 cycles of *Basti* given.

**Lekhana basti dravya**

*Madhu, Saindhav, tilataila, kalkadravya (Shatpushpa and Madanphala)*

*Lekhaniya Kwatha dravya* – *Musta, Kushta, Haridra, Daruharidra, Vacha, Ativisha, Katurohini, Chitraka, Chirbilva, Hemavati Kwatha* given in 760 ml dose.

*Anuvasana Basti Dravya* – *Tilataila* given in dose 120 ml.

*Shamana Chikitsa* –

*Triphala Guggula* 2 tablet twice a day after food with *koshna jala*.

During treatment Schedule Patient was instructed to follow *Nidanparivarjana, Pathyakara Ahara* and *Pathyakara Vihara*.

## RESULT

There was remarkable reduction in Symptoms like *Shariragaurava, Ayasena Shwaskashta* but there was mild reduction in other symptoms and also weight loss 8 kg in 15 days.

### Changes in observation Before and After treatment

Observations	Before treatment	After treatment
Weight	76 kg	68 kg
BMI	34 kg/m	28 kg/m

### Changes in Sign and Symptoms

Sign and Symptoms	Before Treatment	After Treatment
<i>Kshudhadrhikya</i>	++	+
<i>Pipasadrhikya</i>	++	+
<i>Swedadrhikya</i>	+++	++
<i>Ayasena Shwaskashta</i>	++	+
<i>Shariragaurava</i>	+++	++

(++++ : Severe Presentation of Symptoms, +++ : Moderate Presentation of Symptoms, ++ : Mild Presentation of Symptoms, + : least /Sometimes Presentation of Symptoms, - : no Symptoms.)

## DISCUSSION

In *Lekhana Basti*, *Basti Dravya* gets absorbed from the Colon and reaches at the Cellular level, after reaching at Cellular level they perform action of *Samprapti Vighatana* by its *Rasa, Guna, Virya, Vipaka*. The Drugs of *Lekahana Basti* have Dominance of *Katu, Tikta, Kashaya rasa, Laghu, Tikshana, Sukshma Guna Ushna Virya, Katu Vipaka*. *Katu, Tikta, Kashaya rasa* reduces *Kleda* hence they cause depletion of *Medodhatu*, also reduces *Kapha, Meda, Sweda Dushti* and these helps in *Lekhana Karma*. thus *lekahana Basti* becomes helpful in reducing the *Medodhatu* in particular and weight in general.

*Triphala Guggula* reduces *Vikruta Medodhatu* by its *Lekhana*, *Pachana*, *Klednashaka Karma*. It has *Tridoshanashaka* with *Shothahara* Property.

## CONCLUSION

*Lekhana Basti* followed by *Anuvasana Basti* along with *Triphala guggula* with Diet and exercise help to reduce *Medodhatu* in particular and weight in general to the moderate extent with overall well being and reduction in associated complaints of *Sthoulya* like *Swedadhikya*, *Pipasadhikya*, *Kshudhadhiya*, *Ayasena Shwaskashta*.

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