

"EVALUATING GOMUTRA HARITAKI FOR OBESITY MANAGEMENT: A THERAPEUTIC REVIEW"

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ABSTRACT

Sthaulya, one among the *Santarpana Janya Vyadhi*^[1] is mentioned under *Bahudosha Avastha*.^[2] *Sthaulya*, can lead to *Atisthula Lakshana*, a *Ashtanindita Purusha* if not managed.^[3] Therefore, treatment for *Sthaulya* becomes utmost necessary, to attain *Swaasthya*. *Sthaulya* is due to the *Kaphavardhaka Ahara* and *Vihara* (*Santarpaka Nidana*) like *Atiguru*, *Atisnigdha*, *Atipichchhila*, *Atishita*, *Navanna-pana*, *Atinidra*, *Atiaasana*, *Avyayama* etc, which vitiate *Rasa Dhatvagni*, *Medodhatwagni*, *Kaphadosha* and *Vatadosha*. *Gomutra Haritaki*, having *Laghu*, *Ushna*, *Ruksha*, *Lekhana*, *Virechaniya* and *Tridoshahara* properties is expected to correct the *Rasa* and *Medodhatwagni* and decrease the *Ama* and *Meda Dhatu* in the body and results in decreasing BMI and waist hip ratio in *Sthaulya*.

KEYWORDS: *Sthaulya*, *Gomutra Haritaki*, *Obesity*, *BMI*.

INTRODUCTION

Sthaulya is one among the *Santarpana Janya Vyadhi*^[1] which is mentioned under *Bahudosha Avastha*.^[2] *Sthaulya* if not treated, can lead to *Atisthula Lakshana*, one of the *Ashtanindita Purusha*.^[3] Therefore, *Sthaulya* is one among *Bahudoshaja Vyadhi* and is fit for *Shodhana*. Many *Shodhana* procedures like *Vamana*, *Virechana*, *Basti* etc and with their formulation can

be adopted. One such formulation is *Gomutra Haritaki* and it can be adopted for *Nitya Virechana* as treatment for *Sthaulya* to attain *Swaasthya*.

Sthaulya can be correlated to over-weight or obesity as per modern science. According to WHO, 1.9 billion adults above age of 18 years were over-weight, out of which 650 million were obese.^[4] The prevalence of obesity has been increased multi fold within the last 20 years and continue to rise.^[4] In India, more than 135 million individuals are affected with obesity with more prevalence of abdominal obesity.^[5] Mortality rate due to obesity and its related complications are increasing day by day.^[4] WHO and various governmental organizations are enormously trying to address this issue worldwide as it has caused burden for both the government and the individuals.

CONCEPT OF *STHAULYA*

DEFINITION

A person is called as *Atisthula* who has pendulous appearance of *Sphik*, *Udara*, and *Stana* due to excess deposition of *Meda* along with *Mamsadhatu* and also having unequal an abnormal distribution of *Meda* with reduced zeal towards life is called *Atisthula*.^[6]

Obesity may be defined as an abnormal growth of the adipose tissue due to an enlargement of fat cell size (hypertrophic obesity) or an increase in fat cell number (hyperplastic obesity) or a combination of both.^[7] According to WHO, overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese and abdominal obesity in men is defined by a waist-to-hip ratio of 0.90 or more, for females 0.85 or more.^[4]

Many *Shodhana* procedures with their formulations are mentioned in various ancient texts of *Ayurveda* for treating *Sthaulya*. *Gomutra Haritaki* is one such medicine mentioned in *Ashtanga Hridaya Chikitsa Sthana*, *Arsha Chikitsa*, which is indicated for the management of *Sthaulya*.^[8] *Gomutra Haritaki* having *Laghu*, *Ushna*, *Ruksha*, *Lekhana*, *Virechaniya* and *Tridosahara* properties expected to increase the *Rasa* and *Medodhatwagni* and decrease the *Ama* and *Meda Dhatu* in the body and results in decreasing BMI and waist hip ratio in *Sthaulya*.

NIDANA

a) *Aharaja*: *Atisampoorna Ahara*, *Adhyasana*, *Madhura Ahara*, *Kapha Vardhaka Ahara*

- b) *Viharaja: Avyayama, Avyavaya, Asyasukha, Svapna Sukha, Divasvapna*
- c) *Manasika: Achintya, Nitya Harshata, Priya Darshana*
- d) *Anyā: Beeja Svabhavaja, Ama Rasa.*

Purvaroopā

Acharya Charaka, in the *Nidana Sthana*, describes a similar pathogenesis for both *Prameha* and *Sthaulya*, attributing it to the vitiation of *Kapha* and *Meda*. Consequently, the *Purvarupa* of *Prameha* and the symptoms of *Medovaha Srotodushti* can be regarded as indicative of the early signs of *Sthaulya*.

1. *Atinidra* 2. *Tandra* 3. *Alasya* 4. *Vistrashariragandha* 5. *Angagaurava* 6. *Angasaithilya* 7. *Atisweda* and milder forms of *Pratyatma Lakshana* of *Sthaulya* can be seen.

Rupa

Acharya Charaka has identified several *Pratyatma Lakshana* of *Sthaulya*, which include the following: 1. *Medomamsaativridhi* 2. *Chalasphika* (Pendulous movement of buttock) 3. *Chalaudara* (Pendulous movement of abdomen) 4. *Chalastana* (Pendulous movement of breast) 5. *Ayatha Upachaya* (Disproportionate body) 6. *Anutsaha* (Lack of Enthusiasm)

In addition to these primary symptoms, *Charaka*, *Sushruta*, and the *Ashtanga Samgraha* also describe eight other prominent features of *Sthaulya*, known as the *Ashta Dosha* of obesity. These include *Ayusyahrasa* (reduced lifespan), *Javoparodha* (decreased physical endurance), *Kricha Vyavayata* (difficulty in physical exertion), *Daurbalya* (weakness), *Daurgandhya* (unpleasant body odourant), *Svedabadha* (excessive sweating), *Ksudha Atimatrata* (excessive hunger), and *Pipasa Atiyoga* (excessive thirst). These clinical features are critical for identifying and diagnosing *Sthaulya*.

SAMPRAPTI

Nidana Sevana- Kapha Pradhana Tridosha Prakopa-Avarana of Strotas by Meda- Vriddhi of Kostashritha Vayu- Jataragni Atisandhukshana- Sheegra Ahara Pachana- Ati Ahara Akanksha -Ati Ahara Sevana- Sthaulya.

SAMPRAPTI GHATAKA

- a) *Dosha: Kapha- Kledaka, Vata- Samana, Vyana, Prana, Pitta- Pachaka*
- b) *Dushya: Rasa, Mamsa, Medha*
- c) *Agni: Jataragni- Pradeeptha, Dhatwagni- Medodhatwagni Manda*

- d) *Ama: Medhodhathvagni Manda Janya*
- e) *Srotas: Medovaha, Rasavaha*
- f) *Srotodushtiprakara: Sanga*
- g) *Udhbhava Sthana: Amashaya*
- h) *Sanchara Sthana: Sarva Daihika*
- i) *Adhisthana: Vrukka, Vapa*
- j) *Vyakta Sthana: All over body but mainly in Spik, Sthana, Udara*
- k) *Vyadhi Prakara: Chirakari*
- l) *Sadyasadyatha- Krucchrasadhya*
- m) *Rogamarga: Bhahya and Abhyantara*

CHIKITSA

In the classics, the general management of *Sthaulya* includes *Nidana Parivarjana*, *Samshodhana* and *Samshamana*, and the principle of *Guru Cha Atarpana*^[9] can be adopted to cause *Karshana* and *Medhaghnta* by bringing about *Kapha Vilayana*.^[10,11] *Virechana* is one among the *Panchakarma*, which can tackle this *Bahudoshavasta*.^[12] This can be achieved by both *Bahya* and *Abyantara* measures. *Nitya Virechana* is one type among the *Virechana* which can be adopted in *Sthaulya* as *Abyantara Chikitsa*. *Gomutra Haritaki* is one of the formulations given by *Acharya Vagbhata* for *Sthaulya*, as *Gomutra Haritaki* has *Ushna*, *Ruksha* and *Virechaniya* property.

OBJECTIVES

1. To study the effect of *Gomutra Haritaki* in *Sthaulya*
2. To review the contents of *Gomutra Haritaki*.

METHODOLOGY

A systemic review was done from various *Ayurveda Samhita* and textbook for *Sthaulya* and *Dravya Guna Vigyan* and *Ayurveda pharmacopeia* of India for review of contents of *Gomutra Haritaki*.

Table 1- *Haritaki*^[12]

Latin name	<i>Terminalia chebula</i> Retz.
Family	Combretaceae
Synonyms	<i>Haritaki, Pathya, Abhaya, Apyatha, Vayastha, Haimavati.</i>
Rasa	<i>Lavana Varjita Pancharasa</i>
Guna	<i>Laghu Ruksha</i>

<i>Virya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Madhuras</i>
<i>Dosha karma</i>	<i>Tridosahara</i>
Part used	<i>Phala majja</i>
Chemical constituents	30% chebulic acid and gallic acid and some purgative constituents of the nature of anthraquinone.

Table 2- Gomutra^[13,14,15]

<i>Rasa</i>	<i>Katu, Tikta, Lavana, Kashaya, Kshara</i>
<i>Guna</i>	<i>Laghu, Ruksha, Tikshna</i>
<i>Virya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Karma</i>	<i>Kapha Vata Shamaka, Pachana-Deepana, Anulomana, Lekhana, Bedhana</i>
Chemical constituents	Nitrogen, sulphur, ammonia, copper, phosphate, sodium, potassium, manganese, carbolic acid, calcium, salt, vitamin (A,B,C,D,E), Lactose, Enzyme, Hippuric acid. ^[16]

Gomutra has *Lekhana* and *Sara* property. It is *Agnideepana* and *Medhya*. It is useful in many diseases viz. *Krimi, Kushtha, Udara, Gulma*. It is also used for *Virechana* and *Asthapana basti*. It maintains the *Tridosha* (*Vata, Pitta, Kapha*) level protects body against various diseases with growing immunity.^[17]

Preparation of Gomutra Haritaki^[18]

Various method of prepaton of *Gomutra Haritaki* has been said by various *Acharyas* in different diseases. In *Ashtanga Hridaya, Arsha Chikitsa* for the management *Sthauilya Acharya* has said usage of *Gomutra Haritaki* and also given the preparation of *Gomutra Haritaki*.

200 Dried *Haritaki Phala* will be boiled in 12 litres of freshly procured *Gomutra* in *Mandagni* till the *Gomutra* is evaporated and then *Haritaki Phala* is kept for drying . After drying, *Haritaki Phala* is pounded and seed is removed and *Haritaki Phala* is made into *Churna* and stored in stored in air tight container.

Dosage- 15g of *Gomutra Haritaki Churna* with *Madhu*.

DISCUSSION

Probable mode of action of Gomutra Haritaki

Haritaki is mentioned as *Virechanopaga* in *Charaka Samhita*.^[19] *Gomutra* has *Lekhana* and *Virechaniya* properties which is helpful in *Kaphaja* disorders. And helps in reducing BMI in

the *Sthaulya*.^[20] *Sthaulya* (Obesity) is a non-communicable disease, which possess a serious risk for the development of diabetes mellitus, hypertension, cardiovascular diseases, musculoskeletal disorders specially osteoarthritis and certain forms of cancer.^[21] Thus, the morbidity and mortality are more in obese person compared to others. This cycle of *Samprapti* of *Sthaulya* can be broken by *Ushna*, *Laghu*, *Tikshna*, *Ruksha Guna*, *Katu Rasa*, *Ushna Veerya* and *Deepana Karma*, *Pradhana Dravyas*. *Gomutra* and *Haritaki* has got the predominance of *Agni* and *Vayu Mahabhuta*. One can see the predominance of *Laghu* (light), *Ushna*, *Tikshna* and *Ruksha Gunas* in both of them. Where as in case of *Sthaulya*, there is abundant increase of *Medodhatu* and this *Medodhatu* has the predominance of *Prithvi* and *Ap Mahabhuta*. Due to the opposite properties, *Gomutra Haritaki* will correct the increased *Medodhatu* in cases of *Sthaulya*. Due to *Karma*(action) of *Gomutra Haritaki*, it helps in correcting *Vishamagni* and *Theekshnagni* condition of *Jataraagni* and *Mandyata* of *Dhatwagni* in *Sthaulya*. The methanolic and ethanolic extracts of the *Haritaki* was found to reduce the glucose levels. Presences of active constituents like chebulic acid, neochebulic acid and Gallic acid which was claimed to reduce triglycerides, total cholesterol and LDL.^[22] In the same way *Gomutra Haritaki* will help to reduce the BMI of the subjects.

Probable mode of action of *Nitya Virechana*.

Virechana is important among *Shodhana* because it not only acts upon *Pitta* but also on *Kapha*, *Vata* and *Meda*. In *Sthaulya*; *Virechana* removes *Avarana* of *Vayu* in *Koshta* and corrects *Agni Vaigunyata*. Therefore it stops the formation of *Ama* and *Dushta Anna Rasa*. In *Sthaulya* there is the *Avarana* in the *Dhatwagni* due to *Nitya Virechana* the *Avarana* is removed and also corrects the *Dhatwagni*. During *Virechana* process increased stimulation and local nerve reflexes leads to increased mucus secretion, as it is clearly told in our classics as *Kaphantam Virechanam*. Thus by *Virechana* the *Kapha Dosha* will also eliminated. Thus *Virechana* corrects the *Avarana* of *Vata* there by passage of *Vata* is rectified. By means of it *Vatanulomana* can be achieved.^[23] As *Sthoulya* is *Bahu Dosha Avastha* due to the repeated *Shodhana* for specific period with mild purgation by its nature of *Ruksha* and *Ushna* property will alleviate the *Sthoulya* symptoms by eliminating the aggravated doshas little by little. So it is not a short term procedure, the results are seen in long term. Research shows presence of stercobilinogen in the excretory material of *Virechana*,^[24] which is considered as index for excretion of *Vikrta Pitta*. Hence the *Ati Agni Avastha*, and inturn *Atikshuda* and *Atipipasa* are reduced. Thus preventing *Medasanchaya*.

CONCLUSION

Gomutra Haritaki is a medicine made up of the biological components *Gomutra* and *Haritaki*, which are both used to cure a variety of diseases. The characteristics of *Gomutra* and *Haritaki* (*Terminalia Chebula* Fruit) are mentioned in multiple Samhitas. In *Bahudhosaavasta* like *Avipaka*, *Sthaulya* and in *Pandu* there is a predominance of *Kleda Bhava*, *Gomutra Haritaki* due to its *Rookshana* and *Ushna Bhava* helps to mitigate *Kleda Bhava* and to cure *Bahudoshavasta*. Due to its *Virechaniya* property it is used in *Nitya Virechana*. *Nitya Virechana* eliminates the aggravated *Dosha* little by little and helps in managing *Sthaulya*. There can be wide application of *Gomutra Haritaki* and *Nitya Virechana* in managing all the life style disorders. Further research should be done on *Gomutra Haritaki* and *Nitya Virechana* in the management of life style disorders.

Future information

Clinical trials will be done on obese subjects using *Gomutra Haritaki* as *Nitya Virechaniya* drug for 7 days.

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