

ROLE OF GOMUTRADI BASTI IN THE MANAGEMENT OF STHAULYA W.S.R. TO OBESITY- A SINGLE CASE REPORT

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ABSTRACT

Since the Vedic period, healthy and long life has been praised. Body must be maintained, otherwise man can't be healthy. In Ayurveda Obesity is regarded as *Medoroga* –A disorder of *Meda Dhatu*- Adipose tissue and fat metabolism and one of the undesirable Constitutions. *Sthaulya* is considered as a santarpan janya vikar. Acharya Charaka was the first to present a detailed account of *Sthaulya*. *Atisthula* is one among the *Ashtaunindita Purusha* described by him. He has described its causative factors mainly to be exogenous and hereditary type (fat) potentiating diet and regimens, whereas *dosha*, *dhatu*, *Mala*, *Srotas* etc. come under the endogenous factors. Obesity and its related complication is one of the global wide problems leading to cause more diseases and in India around 30 million people are suffering with

obesity. Obesity has become epidemic today and it is essential to understand the consequences of obesity. Obesity has become life style disorder or non-communicable disease. These individuals can easily develop diabetes or cardiovascular problems early in life, this excess weight can rob them of nearly two decades of healthy life.

KEYWORDS: *Atisthauilya*, *Sthulata*, *Medoroga*, *Brimhatava*, *Lekhan basti*.

INTRODUCTION

Acharya Charak described A person with a balanced proportion of muscles and compactness of the body and firmness in sense organs is not overcome by the onslaught of disorders. Such

people can tolerate hunger, thirst, the heat of the sun, cold and physical exercise. Their digestion, assimilation of food and muscle metabolism is in a state of equilibrium.^[1]

In Ayurveda Obesity is regarded as *Medoroga* –A disorder of *Meda Dhatu*- Adipose tissue and fat metabolism and one of the undesirable Constitutions. *Sthaulya* is considered as a santarpan janya vikar. (An excess nutritional disorder). Acharya Charaka was the first to present a detailed account of *Sthaulya*. *Atisthula* is one among the *Ashtaunindita Purusha* described by him. He has described its causative factors mainly to be exogenous and hereditary type (fat) potentiating diet and regimens, whereas *dosha*, *dhatu*, *Mala*, *Srotas* etc. come under the endogenous factors. In the pathogenesis of *sthaulya*, all the three doshas are vitiated, especially *Kledaka Kapha*, *Pacaka Pitta*, *Samana* and *Vyana Vayu* are the *Doshika* factors responsible for the *samprapti* of *sthaulya*. *Aama annarasa* traveling in the body channels gets obstructed in the *Medovaha Srotas* owing to the *khavaigunya* due to *bijasvabhava* or *sharir shaithilya* and combines with *kapha* and *meda*, decreasing the *medo dhatvagni* which in turn gives rise to augmentation of *meda*. Vitiated *Vyana Vayu* propels this augmented *meda dhatu* to its sites viz. *udara*(abdomen), *sphika*(hip region), *stana*(breast) etc. resulting in *sthaulya* or *ati Sthula*. *Chala sphika*, *chala udar*, *chala Stana* and *ati meda-mamsa vrddhi* are very obvious in all the patients of *sthaulya*.^[2]

Patient information

A twenty 31 year old male with complaint of Weight gain (77 kg) with gradual onset since 2 years, heaviness in body and excessive perspiration. He was not suffering from any other underlying systemic pathology visited in O.P.D. of Department of Panchakarma, Rajasthan Ayurved University, Jodhpur.

Past history

- N/H/O DM/HTN/PTB/Jaundice or any other major medical illness.
- N/H/O Trauma / fall / Accident.

No relevant hereditary, congenital and surgical illness were found.

ASTVIDHA PARIKSHA

NADI - *Kapha -pitaj* (76/MIN)

JIHVA - *Alipta*

MALA - *Niram* (2 time /day)

MUTRA – *Pale yellow* (6-7 times /day)

SHABDA – Prakrta

SPARSHA- Samshitoshana

DRIK - Samanya

AKRTI - Sthula

GENENRAL EXAMINATION

B.P-130/80 mmHg **PR**-76/min
R.R-16/ min **Built** – Normal
Weight- 77 kg **Pallor** – Absent
Skin – Wrinkles **Icterus**-Absent
Cyanosis –Absent **Nails** – Pinkish
 Clubbing – Absent

TREATMENT

Treatment for sthul rogi is- Karshan

And for krish rogi is- Brihan

Gomutradi lekhan basti is used. Treatment given for 14 days.

INGREDIENTS OF DRUGS –GOMUTRADI BASTI (kalpit yog)

S.NO.	INGREDIENT	PROPERTIES	PROPORTION
1	Gomutra	<i>Katu, tikt, ushna, kshar, vata-kapha har</i>	8 pala (384ml) (kashay)
2	Saindhav	<i>Tridhosh nashak</i>	1karsh-(11.500gm)
3	Madhu	<i>Chedan, rukha, mmadhu, kshaya</i>	4 pala(192ml)
4	Tilk taila	<i>Lekhan, vyavai, Medhya, vyavai</i>	6 pala(288ml)
5	Triphala	<i>Kapha-Pitta nashak</i>	2 pala (96 gms)

RESULT OBSERVED

OBJECTIVE CRITERIA

	BT	AT
Height (cm)	175	175
Weight (kg)	80	70
B.M.I.	26.1	22.8
Waist/Hip ratio(cm)	108	106

The girth measurement of certain region using measuring tape

	BT	AT
Chest (cm)	100	98
Abdomen (cm)	110	106
Mid-arm (cm)	32	30
Mid-thigh (cm)	58	56

Lipid profile

Sr. Lipid profile	Normal value	BT	AT
Cholesterol	120-250 mg %	175	169
Triglycerides	<170 mg%	162.9	99
HDL Cholesterol	40-70 mg%	44.7	43.3
LDL Cholesterol	70-110 mg%	97.4	80.2
VLDL Cholesterol	<50 mg%	32.9	25.7

Fat analysis with fat caliber

	BT (mm)	AT (mm)
Back: At subscapular region	30	28
Abdomen: At the level of umbilicus	38	36
Mid arm: – Mid of the arm at triceps	20	20
Mid thigh:-Mid of the thigh at biceps femoris	50	46

DISCUSSION

Based on the above mentioned facts we can explain that the active principle from *Basti Dravya* inserted into the sigmoid colon via anus is absorbed through rectal veins and via portal vein, it spreads to whole body and produces its effect. Moreover it certainly affects the enteric nervous system and through neurotransmitters present in the enteric system it acts on the brain via spinal tract and produce its effect on the whole body.

The *Virya* of *Basti* administered through the *Basti* into the *Pakvashaya* reaches the whole body through the channels (*Srotasa*), as the active principles in the water when poured at the root of the tree reaches the whole plant.^[3]

Basti administered into *Pakvashaya* draws the *Dosha/Mala* from all over the body from the foot to the head by the virtue of its *Virya*, just as the sun situated in the sky draws the moisture from the earth by its heat.^[4]

Vayu is considered to be the main controller of the body. Now if *Vayu* alone or in combination with other *Dosha* get vitiated, then *Basti* by the way of evacuation or elimination normalizes the path of *Vayu* along with *Pitta*, *Kapha* and fecal matter.

Our all *Acharya* recommended *Asthapan Basti* especially *Lekhan Basti* for management of *Sthaulya*. *Charaka* has prescribed *Ruksha, Ushna & Tikshna Basti* for *Sthaulya* patients.^[5] As per *Gangadhara* on above explanation, *Basti* itself is the complete treatment of *Vata* & further admixture of *Ruksha, Ushna & Tikshna dravya* with *Basti* contribution to alleviate *Kapha & Meda*. *Acharya Sushruta* has mentioned that *Niruha Basti* has *Shodhan & Lekhan* effect.

Sharangdhara has recommended *Lekhan Dravya* for *Meda Shodhan* & advocated *Lekhan Basti*^[6] and *Gomutradi Basti* is type of *lekhan Basti*.

I.e. the *Basti* prepared with *Triphala Kwatha, Gomutra, Madhu*, is named as *Gomutradi Basti*. *Gomutradi Basti* helps to remove abstraction of *Meda, Kapha & Kleda* from body by its *Virya* & helps to alleviate *Vata* & normalize the function of *Agni & Vayu*.

CONCLUSION

It is concluded that this treatment regimen completely or partially relieve the symptoms in *sthaulya* (obesity). These medicines can be utilized in treating patients who are suffering from *sthaulya* to reduced both signs & symptoms successfully & with greater effectiveness. It is proposed that the therapy may be accepted as a treatment method of *sthaulya* (obesity). No adverse effects were observed during the study with *Gomutradi basti* This is safe, economical and procedure is easy to perform.

Patients consent

Written permission for publication of this case study had been obtained from the patients.

Patients perspective

Family of the patient were satisfied with the provided treatment.

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