

**EFFECTS OF VAMANA IN STHAULYA (OBESITY): A CASE STUDY****<sup>1</sup>\*Dr. Priya Suresh Katre and <sup>2</sup>Dr. Pramod Garje**

<sup>1</sup>PG Scholar, Department of Roga Nidan and Vikriti Vigyan, Shri Ayurved Mahavidyalaya, Nagpur.

<sup>2</sup>Professor and HOD, Department of Roga Nidan and Vikriti Vigyan, Shri Ayurved Mahavidyalaya, Nagpur.

Article Received on  
13 May 2023,

Revised on 02 June 2023,  
Accepted on 23 June 2023

DOI: 10.20959/wjpr202311-28593

**\*Corresponding Author****Dr. Priya Suresh Katre**

PG Scholar, Department of  
Roga Nidan and Vikriti  
Vigyan, Shri Ayurved  
Mahavidyalaya, Nagpur.

**ABSTRACT**

Obesity is a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health. Obesity is major risk factor for most of diseases like Hypertension, Type 2 DM, Obstructive sleep apnoea, osteoarthritis etc. Sthoulya is a Santarpanajanyavikara and being counted under the eight varieties impediments which are designated as Astaninditapurusha. Sthoulya is being identified in the category of Bahudoshavastha, where the Panchakarma procedure like Vamana is use to clear Kapha from the body and prevents its further accumulation. In present case study, treatment was planned as Deepana, Pachana, Snehapana and Vamana karma with madanphala yoga. 6kg of body weight reduction occur

after completion of Vamana procedure and Sansarjan krama. On the basis of this result, it can be concluded that Vamana can used as effective treatment to reduce body weight and improve the quality of life in the patient of Sthoulya.

**KEYWORDS:** *Obesity, Sthoulya, Vamana Karma.*

**INTRODUCTION**

Obesity is a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health. Obesity is associated with a greater risk of disability or premature death due to type 2 diabetes mellitus and cardiovascular diseases (CVD) such as hypertension, stroke and coronary heart diseases, gastro oesophageal reflux disease, osteoarthritis and infertility. Body mass index (BMI) scale is the most common metric used for assessing groups of the prevalence of Obesity. Statistically data reveals that the problem

of obesity has increased from 12- 20% in men and from 16- 25% in women over the last ten years.<sup>[1]</sup>

Sthoulya is Kapha Pradhan Vyadhi which can be correlated with obesity and it is one of the Santarpanjanya Vyadhi described by Acharya Charaka. Vamana is specially indicated for Santarpanjanya and Kapha Pradhan Vyadhi like Sthoulya.

The World Health Organization (WHO) defines overweight and obesity as abnormal or excessive fat accumulation that presents a risk to health (WHO, 2016a) obesity is considered to be a BMI<sup>[2]</sup>  $\geq 30$  kg/m<sup>2</sup>.

### CASE STUDY

A 26 year old female patient came to OPD of Panchakarma with complaints of increased body weight since childhood, associated with palpitation, mood swings, hair fall. Past history revealed that patient was not a known case of hypertension, diabetes mellitus, bronchial asthma, PCOS. Astavidha Pariksha, Dasha vidha Pariksha, systemic and general physical examinations of the patient was done. Considering the examinations and BMI of 30.4 kg/m<sup>2</sup>, patient was diagnosed as obese Class I.

#### Astavidha pariksha

Nadi : Prakrita Mutra: Prakrita Mala : Prakrit Jihva : Aliptata Sabda: Prakrita

Sparsha : Anushana sita Drika : Prakrita

Akriti : Sthoola

#### Dashavidha Rogi pariksha

Prakriti : Vata Kaphaja Vikriti : Kapha

Sara : Madhyama Samhanana : Madhyama

Pramana : Pravara, height-170cm, weight-88kg Satmaya : Madhyama

Satva : Madhyama Aharashakti: pravara Vyayama Shakti : Madhyam Vaya : Madhyama

#### Systemic examination

RS-Air entry bilaterally equal, No added sound. CVS-S1, and S2 Normal, No murmur.

CNS- Conscious, well oriented. P/A Soft, Non-tender.

#### Treatment schedule Deepana and Pachana

Deepana and Pachana done by Shanka vati 2tab TDS before meal and Chitrakadi Vati 2tab

TDS before meal, panchsakar + triphala HS and lavanbhaskarchurna BD after meal for 5 days.

### Snehapana

DAYS	TREATMENT	OBSERVATION
DAY1	Snehapana 40 ml with Panchtiktaghrit + goghrut + Saindhava given at 7:25 am.	1. Bowel –Clear 2. Micturition-Normal. 3. Sleep – Sound. 4. Appetite-Moderate 5. Vatanulomana- 6. Agnidipti - 7. Anga Snigdha - 8. Asamhata- 9. Varcha Snigdha + 10. Mardavata -
DAY2	Snehapana with panchtikta Ghrita+goghrut+Saindhava 80 ml at 7:15 am.	1. Bowel –Clear 2. Micturition- Normal. 3. Sleep – Sound. 4. Appetite- Moderate 5. Vatanulomana + 6. Agnidipti + 7. Snigdha + 8. Asamhata- + 9. Varcha Snigdha + 10. Mardavata –
DAY3	Snehapana with panchtikta Ghrita+ goghrut +Saindhava 120 ml at 7:00 am.	1. Bowel –Clear 2. Micturition- Normal. 3. Sleep – Sound. 4. Appetite- Moderate 5. Vatanulomana + 6. Agnidipti + 7. Snigdha + 8. Asamhata- + 9. Varcha Snigdha + 10.Mardavata +
DAY4	Snehapana with panchtikta Ghrita+goghrut +Saindhava 160 ml at 7:15 am.	1. Bowel –Clear 2. Micturition- Normal. 3. Sleep – Sound. 4. Appetite- Moderate 5. Vatanulomana ++ 6. Agnidipti ++ 7. Snigdha ++ 8. Asamhata- ++ 9. Varcha Snigdha + + 10.Mardavata ++

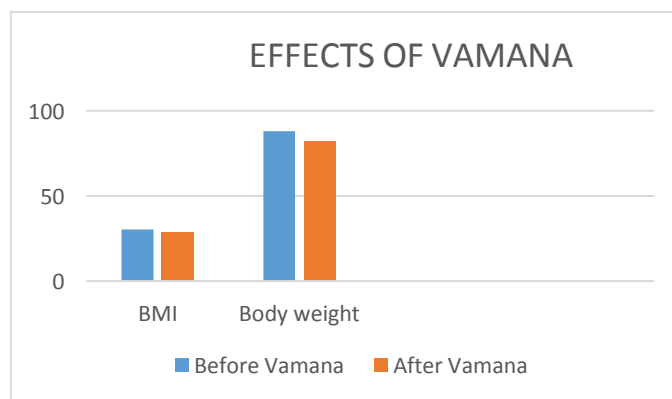
DAY5	Snehapana with panchtikta Ghrita+gogrut +Saindhava 200 ml at 7:25 am.	1. Bowel –Clear 2. Micturition- Normal. 3. Sleep – Sound. 4. Appetite- Moderate 5. Vatanulomana +++ 6. Agnidipti +++ 7. Snigdhata +++ 8. Asamhata- +++ 9. Varcha Snigdha +++ 10. Mardavata +++
Day 6	Snehapana with panchtikta Ghrita+gogrut 240 ml +Saindhava at 7:30am.	1. Bowel –Clear 2. Micturition- Normal. 3. Sleep – Sound. 4. Appetite- Moderate 5. Vatanulomana +++ 6. Agnidipti +++ 7. Snigdhata +++ 8. Asamhata- +++ 9. Varcha Snigdha +++ 10. Mardavata +++
Day 7	Sarvanga Abhyanga with Bala Taila followed by kuti Sveda.	-

#### Clinical data of Vamana Karma

	Dravya	Quantity Given
Akanthapana	Peya and godugdha	3150 ml
Vamana Yoga	Madanphala- 5gm, Indrayava- 3gm, Saidhava- 2gm, Vacha- 1gm	-
Vamanopaga	Yastimadhu phanta	9110 ml
Saindhava Jala	-	2240 ml
Total Input	-	14,500 ml
Total Output	-	14,400 ml
Samyak Vamana Lakshanas	Antiki Shudhi – Kramata Kaphanta, Pittanta, Vatanta	Total Vega- 12 Total Upavega- 3

#### Effect of Vamana on BMI

S.NO.	Before Treatment	After Treatment
BMI	30.4	28.4
Weight	88kg	82kg



## DISCUSSION

Atisthoulya comes under Astanindita purusha by Acharya Charaka.<sup>[3]</sup> The person having pendulous and moving buttock-abdomen breast due to excess accumulation of Meda and Mamsa is called Atisthula.<sup>[4]</sup> Due to Obstruction of Passage by Medas, Vayu specially moving in the Kostha causes.

Agni Sandhukshana and Ahara Soshana and person digests the food very quickly and desires more food.<sup>[5]</sup> Initially the treatment was started with Deepana and Pachana which reduces the accumulated subcutaneous fat and decreases excessive sweating. Atisthoulya is a condition in that already there is excess of Snigdhta in the body and Snehana done without proper Rukshana may worsen the condition. Vamana helps in expelling the excess Kapha and Pitta from the body. Proper care and cardiac, respiratory fitness was done with proper measures. After the Vamana procedure significant results were observed and there was a reduction in weight of the patient upto 6 kg. The BMI of the patient was also reduced.

## REFERENCES

1. Pratik D. Bahute, Santosh Kumar Bhatted, International journal of health sciences and Research, (pdf) Management of Sthoulya (obesity) Through Vamana Karma –A Case Study (researchgate.net) [https://www.researchgate.net/publication/344387321\\_Management\\_of\\_Sthoulya\\_Obesity\\_Through\\_Vamana\\_Karma\\_-A\\_Case\\_Study](https://www.researchgate.net/publication/344387321_Management_of_Sthoulya_Obesity_Through_Vamana_Karma_-A_Case_Study).
2. Sharon M Fruh, Journal of the American Association of Nurse Practitioners, Obesity-Risk factors, complications, and strategies for sustainable long term management <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6088226/>
3. Yadavaji Trikamji (editor). Commentary: Ayurveda Deepika on Charaka Samhita of Charaka, Sutrasthanam, Chapter 21, verse no.3; Varanasi; Chaukamba publishers, reprint, 2020; 116.

4. Yadavaji Trikamji (editor). Commentary: Ayurveda Deepika on Charaka Samhita of Charaka, Sutrasthanam, Chapter 21, verse no.9; Varanasi; Chaukamba publishers, reprint, 2020; 117.
5. Yadavaji Trikamji (editor). Commentary: Ayurveda Deepika on Charaka Samhita of Charaka, Sutrasthanam, Chapter 21, verse no.5- 6; Varanasi; Chaukamba publishers, reprint, 2020; 116.