

MANAGEMENT OF STHAULYA (OBESITY) - A CASE STUDY**Radhika Kharad^{1*} and Arti Firke²**

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ABSTRACT

Sthaulya (Obesity), characterized by an excess of body fat leading to adverse health effects, poses a significant public health challenge due to its multitude of risk factors, require a complex approach to its management. Recently, a 32 year old male patient presented with weight of 110.6kg and a BMI 32kg/m², indicative of overweight status according to NHI guidelines. Additionally, the patient was chronic smoker. His treatment regimen incorporated various Ayurvedic therapies, including Lekhan Basti, Snehana (Bahya), Swedana and Udvartana, in conjunction with oral medication such as Triphala Kadha, Medohar Guggulu and Aarogyavardhini vati. This comprehensive approach was complemented by dietary adjustment, lifestyle modification, yoga and exercise. Remarkably, the patient achieved a weight loss of 5.5 kg, resulting in a BMI of 30.4, all within

35-day timeframe and notably, without any complications.

KEYWORDS: Obesity (Sthaulya), Diet, Management, Ayurveda.

INTRODUCTION

Sthaulya, commonly referred to as Obesity, stand out as a prominent lifestyle related diseases. A significant portion of the Indian population has gradually turned to processed foods that are rich in trans-fats, sugars and artificial additives. This dietary shift has led to a substantial increase in body weight which in turn exerts harmful effects on health, to reduce this concerns lifestyle modification, dietary adjustments and regular physical activity become imperative. Notably I came across 32 year old male patient, who had been preparing for an exam and had been experiencing weight gain over the last four years, marked by excessive fat

accumulation around his abdominal, bicep and thigh regions. to address this, a comprehensive strategy centred on lifestyle modification, dietary recommendations and exercise was prescribed to the patient. Furthermore, a therapeutic regimen including Lekhan basti, Snehana, Swedana and Udavartana was designed and complemented by oral medications. This holistic approach aims to not only counteract the weight gain but also improve the patient's overall well-being and health.

CASE REPORT

Age- 32y **Sex-** male

Height- 186cm **Weight-** 110.6kg

Religion- Hindu **Status-** unmarried

Occupation- student

Patient history

No H/O of DM, HTN and hyperthyroidism.

Addiction

Smoke and alcohol.

History of present illness

Increasing weight from last 4year.

Diet history

- Non-veg diet 3-4 times a week.
- Junk food as a dinner 2-3 times a week.
- Sweetened tea 4-5 times a day.
- Consuming alcohol (whisky) 2-3 times a month.
- There was no physical activity as such.

Asthavidh parikshan

Nadi- Kapha pittatmak Sparsha- Ruksha

Mala- Samyak Akrti- Sthul

Mutra- Samyak Nidra- Adhik

Jivha- Niram Khsudha- Adhik

Dushta strotas

Rasavaha strotas, Annavaha strotas, Medovaha strotas, Swedovaha strotas.

Investigation

WBC, Lipid profile, Thyroid function test.

Treatment protocol**1) Panchakarma**

The patient was advice for Niruha and Anuvasana basti along with Sarvanga Snehan with Til tail and Sarvanga Swedan with Dashmool Kwath followed by Udwartana on belly, bicep and thigh.

2) Basti

Niruha Basti (Gomutra and Iekhanya gana) and Anuvasan basti with (til tail) were given after Udwartana.

3) Udwartan

Udwartan is used to reduce local fats which result in inches loss. Udwartan choorna were Ruksha in nature.

Fine powder of Triphala (Amlaki+Haritki+Bibhitaki), Karanj, Haladi, Chitrak, kulath, Mustak.

Drug	Rasa	Viraya	Vipaka	Guna	Part use
Amlaki	Pancharasa *amla	Sheeta	Madhur	Ruksha	Phala
Haritaki	Pancharasa *Kashay	Ushna	Madhur	Ruksha & Laghu	Phala
Bibhitaki	Kashay	Ushna	Madhur	Guru & Ruksha	Phala
Kranja	Tikta & katu	Ushna	Katu	Laghu & Tikshna	beeja
Haladi	Tikta & Madhur	Ushna	Katu	Laghu & Ruksha	Kanda
Kulath	Kashay	Ushna	Katu	Laghu & Ruksha	Beeja
Chitrak	Katu	Ushna	Katu	Laghu, Ruksha & Tikshna	Twacha
Mustak	Katu, Tikta & Kashay	Sheeta	Katu	Laghu & Ruksha	Kanda

4) Oral medicine

- **Medohara guggul**

Contents- (Shuddha Gugglu, Triphala, Suntha, Marich, Chitrak, Vidanga, Musta)

Medohar guggul has Katu, Tikta rasa and Ushna, Tikshna, Laghu Guna which is responsible for Meda Vilayan and also Kapha related diseases.

It stimulate fat metabolism, burn excess body fat and improve digestion.

- **Arogyavardhini vati**

Contents-(Suddha Parada, Suddha Gandhak, Loha Bhasma, Abhrak Bhasma, Shilajatu, Guggulu, Chitrakmul, Neemba, Kutki, Triphala)

Arogyavardhini vati is also known as Sarvarog Prashmani. It helps to manage the digestive problem due to its Deepan and Pachan properties. Also helps to maintain body weight and other complications of the digestive system by improving metabolism and expelling waste products from the body because of its Shodhan (detoxification) nature.

5) Diet

The patient was advice to follow a planned diet regime. Packed foods, sweets, fried food, bakery items were strictly avoided. Patient was advised to have salads (raw vegies like cucumber, carrot, tomato, cabbage, beetroot etc.) also soups (green gram and veggies), bhakari (jaware, bajra), rice should be avoided at dinner time.

6) Yoga & exercise

Daily 45 minutes of brisk walking has advised with set of Suryanamaskaras and 5 minutes for Kapalbhata pranayama.

RESULTS

Readings	Day 1 st	Day 35 th
Weight (Kg)	110.6	105.1
Height (Cm)	186cm	186cm
BMI (Kg/m ²)	32	30.4
Biceps (Cm)	34.5	31.5
Belly (Cm)	134	131.5
Thighs (Cm)	65	62.5

DISCUSSION

In this case Kapha dosha and Meda dhatu was increased because of his sedentary life, less

physical activities and 8-10 hours of sitting posture. So we have designed all type of Kapha shamana Chikitsa like snehana, swedana, udawartana and lekhan basti and as a result patient lost 5.8kg in 30 days with inches loss. In udawartan, we used ruksha, ushna and tikshna dravyas that contribute to medo vilayan. This treatment's combination of dry and heating qualities is believed to help in reducing excess fat and lead to visible inch loss in the patient.

Ayurvedic chikitsa with kaphaghna properties typically involves treatments that are characterized by katu, tikta, ushna, laghu and ruksha gunas. These properties are believed to counter balance or reduce excess kapha dosha, which can contribute to imbalance like excessive mucus or weight gain in the body. This approach aims to restore balance in accordance with Ayurveda principles. Also after 30 days he was stick to the diet & physical activity to lose weight and maintain. Now he has faith in Ayurveda treatment and supports the Ayurveda.

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