

A REVIEW ARTICLE ON ANTI-OBESITY DRUGS OF *HAREETAKYADI* *VARGA* IN *BHAVPRAKASH NIGHANTU*

Dr. Shivangi Mittal^{1*} and Dr. Shiromani Mishra²

¹PG Scholar- Department of Dravyaguna, Govt. Dhanwantari Ayurved College Ujjain.

²Asso. Professor, Department of Dravyaguna, Govt. Dhanwantari Ayurved College Ujjain.

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*Corresponding Author

Dr. Shivangi Mittal

PG Scholar- Department of
Dravyaguna, Govt.
Dhanwantari Ayurved
College Ujjain.

ABSTRACT

Growing prevalence of obesity worldwide is an increasing concern. In *Ayurveda* obesity is regarded as *Medoroga*. Retention and deposition of serum lipids resulting in decreased flow of blood in coronary arteries being the underlying cause. In *Ayurveda* herbal drugs are being used to lower the levels of serum cholesterol. This review article is aimed at gathering data on herbal remedies that have been evaluated for their efficacy as an ANTI-OBESITY remedy in *Bhavprakash Nighantu*. *Bhavprakash Nighantu* is one of the oldest texts of Ayurvedic literature. The author of this text is *Acharya Bhav Prakash Mishra*. *Bhavprakash Nighantu* is divided into 23 *Vargas*. Each *Vargas* named on their main drug. First *varga* is *Hareetkyadi varga*. It contains 98 drugs. Few of them are described in this article. The drugs which possesses *Katu*, *Tikta Rasa*, *Ushna veerya*, *Laghu* and *Rukshna Guna*

and *Vatakaphara* actions expected to increase the power of *Rasa* and *Medadhatvagni*, decrease in *Kapha* and *Vata Dosha* thus decrease formation of *Meda Dhatu* and its deposition.

KEYWORDS: Obesity, herbal drugs, *Bhavprakash Nighantu*, lifestyle disorder.

INTRODUCTION

Ayurveda is a holistic science, also called as science of life. It not only deals with diagnosis and treatment of disease with natural remedies but also teaches us the methods those are required to stay healthy and long life. Lifestyle disorder is a broad term used for the diseases which arises because of unhealthy lifestyle. Obesity is one of them. Obesity is the most common lifestyle disorder which if left untreated may produce life threatening complications

in later life. Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. In *Ayurveda* overeating produces overgrowth of *Meda Dhatu* and depletion of next *Dhatu* to *Meda Dhatu*, this leads to *Sthaulya*. According to *Acharya Vagabhatta Sthaulya* is due to the formation of *Ama* and disturbance of the process of *Dhatu parinama*. A number of herbal remedies are described in various texts of *Ayurveda* for treating *Sthaulya*.

List of ANTI-OBESITY drugs in *Bhavprakash Samhita*

Table: 1.

Drug name	Botanical name	Family	Part used	Synonyms
1.Pipalli	<i>Piper longum</i>	Piperaceae	Fruit	Magadhi, , upkulya, kana, Chapala
2.Maricha	<i>Piper nigrum</i> Linn.	Piperaceae	Fruit	Tripura, Tribhandi, suvaha, Sarala
3.Sunthi	<i>Zingiber officinalis</i> Rosc.	Scitaceae	Dried rhizome	Nagara, sringavera, visvabhesaja, mahousadha
4.Madanphala	<i>Randia dumetorum</i> (Retz.)	Rubiaceae	Fruit	Pindi, Marubak, Pinditak, Karahat, Rat.
5.Jeeraka	<i>Cuminum cyminum</i>	Umbelliferae	Fruit	Ajaji, Deepak, Ruchyam, Medhyam

Table: 2.

Drug name	Rasa	Guna	Veerya	Vipaka
1.pipalli	Katu	Laghu, Snigdha, Tikshna	Anushnasheeta	Katu
2.Maricha	Katu	Laghu, Tikshna	Ushna	Katu
3.Sunthi	Katu	Ruksha, Tikshna	Ushna	Madhura
4.Madanphala	Tikta, katu	Laghu, Ruksha	Ushna	Katu
5.Jeeraka	Katu	Laghu, Ruksha	Ushna	Katu

Table: 3.

Drug name	Chemical Composition	Doshagnata
1.Pippali	Piperene (Alkaloid)	Vata-khaphashamaka
2.Maricha	Piperene	Vata-kaphashamaka
3.Sunthi	Curcumene Zingiberol	Kapha-vatashamaka
4.Mandanphala	Glycosides, Saponins	Kapha-vatashamaka
5.Jeeraka	Glycoside, Dietary fibres	Kapha-vatashamaka

DISCUSSION

Acharya Bhavmishra has given many drugs to treat *Sthaulya*(obesity). *Aptarpana chikitsa* is the line of treatment adopted in this disease. This includes *Langhana*, *Rukshana* and *swedana* and these *karmas* were the principles of this disease. The word *Sthaulya nashak* (anti-obesity) has been used only once in *Bhavprakash Nighantu* (combination of *Piper nigrum*, *Piper longum* and *Zingiber officinalis*) suggested that this combination might be best anti-obesity drug. *Trikatu churna* treat obesity from its root cause e.g. *Agnimandhya*, *kapha*,

medavruddhi and *vataprakopa*. The cycle *samprapti* of *shaulya* can be broken by *ushna*, *laghu*, *Ruksha guna* and *katu rasa*, *ushna veerya* and *deepana karma pradhana dravya*.

CONCLUSION

This article collectively suggests the drugs which are easily available & work amazingly on obesity. Some drugs are working alone & some are working in combination such as *Trikatu* – (*pipalli*, *maricha*, *shunthi*) has the ability to reduce *kapha* and *fat*. *Jeeraka* has the property to metabolize and burn fat properly. *Madanphala* has *lekhana* property. So, these drugs can be used to treat obesity (*Sthaulya*).

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