

THERAPEUTIC EFFICACY OF PANCHAKARMA IN OBESITY MANAGEMENT: A CASE STUDY

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ABSTRACT

Obesity is a major public health concern associated with metabolic and cardiovascular complications. It is characterized by excessive accumulation of adipose tissue, leading to increased morbidity and mortality. Ayurveda describes obesity as *Sthaulya*, resulting from *Kapha Dosha* aggravation, *Meda Dhātu* accumulation, and impaired *Agni*. *Panchakarma* therapies are considered effective in eliminating excess *Dosha* and restoring metabolic balance. This case study evaluates the role of Panchakarma procedures in the management of obesity. A 35-year-old female patient with obesity was treated using *Vamana Karma*, *Udvartana*, and dietary modifications. Significant reductions in body weight, body mass index (BMI), and waist circumference were observed after treatment. The study suggests that Panchakarma may be an effective complementary approach for obesity management.

KEYWORDS: Obesity, *Sthaulya*, *Panchakarma*, *Vamana*, *Udvartana*, *Ayurveda*.

INTRODUCTION

Obesity is defined as abnormal or excessive fat accumulation that presents a risk to health. According to the World Health Organization (WHO), obesity has become a global epidemic affecting both developed and developing countries. It is associated with diabetes mellitus, hypertension, cardiovascular diseases, dyslipidemia, and reduced quality of life.

In Ayurveda, obesity is described as *Sthaulya* and is categorized among the *Ashta Nindita Purusha* (eight undesirable constitutions). It is described as a *Santarpanajanya Vyadhi* resulting from Kapha and Meda predominance, impaired Agni, and vitiation of Medovaha Srotas. Excessive intake of *Madhura* (sweet), *Snigdha* (unctuous), and *Guru* (heavy) foods, sedentary lifestyle, and lack of physical activity contribute to *Kapha Dosha* aggravation and *Meda Dhatu* accumulation. Ayurveda advocates two principal treatment approaches: *Shamana Chikitsa* (palliative therapy) and *Shodhana Chikitsa* (bio-purification). Panchakarma therapies are recommended for purification and correction of metabolic disturbances.

This case study aims to evaluate the effectiveness of Panchakarma procedures in reducing obesity-related parameters.

MATERIALS AND METHODS

Case Presentation

A 35-year-old female patient attended the Panchakarma outpatient department with complaints of.

- Progressive weight gain for 4 years
- Excessive sweating
- Easy fatigability
- Increased appetite
- Breathlessness on exertion

- **Personal History**

- Mixed diet
- Sedentary lifestyle
- Irregular exercise habits
- No significant addiction history

- **Clinical Examination**

- **Parameter| Before Treatment**

Weight| 88 kg

Height| 160 cm

BMI| 34.4 kg/m²

Waist Circumference| 104 cm

Pulse Rate| 82/min

Blood Pressure| 128/84 mmHg

- **Ayurvedic Assessment**

- *Prakriti: Kapha-Pitta*
- *Vikriti: Kapha predominance*
- *Agni: Mandagni*
- *Diagnosis: Sthaulya*

- **Intervention**

The patient underwent Panchakarma therapy for 21 days.

- **Treatment Protocol**

Purva Karma

- *Deepana-Pachana* with *Trikatu Churna* for 5 days
- Internal *Snehapana* with medicated ghee
- *Abhyanga* and *Swedana*

Pradhana Karma

- *Vamana Karma* is performed on Day 8
- *Udvartana* with *Triphala Churna* daily for 14 days

Pasachat Karma

- *Sansarjana Karma*
- Dietary counselling
- Lifestyle modification and regular walking

Outcome Measures

Assessment was performed before and after completion of therapy using.

1. Body weight
2. Body Mass Index (BMI)
3. Waist circumference
4. Subjective symptoms

RESULTS

Significant improvement was observed after treatment.

Parameter| Before Treatment| After Treatment

Weight| 88 kg| 81 kg

BMI| 34.4 kg/m²| 31.6 kg/m²

Waist Circumference| 104 cm| 97 cm

Appetite| Increased| Normal

Fatigue| Present| Reduced

Breathlessness| Present| Improved

Percentage Weight Reduction

Weight reduction

 $88 \text{ kg} - 81 \text{ kg} = 7 \text{ kg}$

Percentage reduction

 $(7/88) \times 100 = 7.95\%$

The patient showed approximately 8% reduction in body weight within 21 days.

DISCUSSION

According to Ayurveda, *Sthaulya* develops due to excessive accumulation of *Meda Dhatu* and *Kapha Dosha* along with impaired *Agni*. Panchakarma therapies aim to remove accumulated *Doshas* and restore metabolic equilibrium.

Vamana Karma is considered the primary therapy for *Kapha*-dominant disorders. Therapeutic emesis helps eliminate excess *Kapha* and *Meda*, improving digestion and metabolism. *Udvartana* exerts *Lekhana* (scraping) and *Medohara* (fat-reducing) effects, promoting mobilization of subcutaneous fat and improving circulation.

The reduction in body weight, BMI, and waist circumference observed in this case may be attributed to improved *Agni*, correction of *Dosha* imbalance, and enhanced metabolic activity. Lifestyle modifications and dietary regulation further contributed to sustained improvement.

Although the findings are encouraging, larger clinical studies are required to validate the effectiveness of Panchakarma therapies in obesity management.

CONCLUSION

This case study demonstrates that Panchakarma therapy, particularly *Vamana Karma* and *Udvartana*, can be effective in the management of obesity. Significant reductions in body weight, BMI, and waist circumference were observed along with improvement in subjective symptoms. Panchakarma may serve as a safe and holistic treatment modality when combined with dietary and lifestyle interventions.

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