

**OBESITY: STHOULYA IN AYURVEDA AND ITS MANAGEMENT IN
AYURVEDA - A CASE STUDY****Sneha A. Abhang^{*1}, Sharmili V. Suryavanshi², Vidya Boinwad³**¹PG Scholar²Professor and HOD³Assistant Professor,

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Lifestyle disorders like Hypertension, Diabetes, Obesity, Coronary heart diseases are the major health challenges in this modern era. Change in dietary habits like ready to cook foods, packaged foods and lifestyle changes like sitting in front of screens for hours, eating while watching Tv and mobile screens these have led us to these life-threatening health issues. Obesity is one of the most common lifestyle disorders which affects one's physical, mental and social health. Ayurveda being an ancient science already mentioned Sthoulya in Ashtaunindita Adhyaya and under medoroga. It can be co-related with Obesity. Apatarpana, lekhan chikitsa is advised in Ayurveda for Santarpan janya vyadhi like Sthoulya. Thus, we decided to use

Pachana, swedana, Lekhana(basti), Virechana in this patient to get relief from her symptoms. Patient got relief from her symptoms and approximately 4 kg weight was reduced.

KEYWORDS: Obesity, Sthoulya, Apatarpana, Pachana, Lekhana, Basti etc.**INTRODUCTION**

The present era is more challenged with various lifestyle disorders like obesity, Hypertension, Coronary heart diseases, diabetes, Thyroid disorders. Sthoulya which is obesity is one of the most common lifestyle disorder. According to ICMR-INDIAB study 2015, prevalence of obesity and central obesity in India varies from 11.8% to 31.3% and 16.9% to 36.3% respectively.^[1]

Obesity is a disorder that involves excessive fat in body that increases risk of health problems.^[2] Overweight or obesity are major risk factors responsible for majority of life-threatening diseases like diabetes, cardiovascular diseases, Renal and hepatic problems as well as cancer.^[3] In Ayurveda Sthoulya is explained by Acharya Charaka in Santarpaniya vyadhi and Ashtaninditiya Adhyaya. Atisthoola is considered in Nindita purusha and is said to be the most complicated condition due to its complicated pathogenesis and treatment.^[4] Atisthoola word is made up of prefix 'Ati' and 'sthoola' dhatu. In which Ati is excessive and sthoola is bulky. So the meaning of atisthoola is Excessively fat.^[5] There is extremely increased fat which is mostly present at abdomen, breasts and hips. Due to which breasts become pendulous and patient suffers from deficient metabolism and energy.^[6]

It is co-related with obesity in modern science. Changed dietary habits and lifestyle changes like working in AC, Smoking, Alcohol consumption, IT jobs where people have to sit in front of computer screen for a longer period of time these are mostly responsible for weight gain and damaged metabolism.

Sthoulya has some severe side effects like cardiovascular diseases, Hypertension, Renal and hepatic disorders, infertility, Diabetes, Joint Pain Skin fold rashes and depression as it hampers one's mental and social health. Ayurveda management of disease is consist of 1. Nidana parivarjana 2. Shodhana and 3. Shamana. In Charaka sutra sthana Acharya mentioned the treatment for sthoulya i.e. Vataghna, Shleshma and medohara annapana, Ruksha and ushna dravya (unctuous and hot drugs) Basti and Ruksha Udvartana.^[7] Also in Charaka siddhisthana Niruha basti is indicated mostly in Kaphaja vikara.^[8] As so much work is done on Virechana or udvartana in Sthoulya, Lekhana basti was choosen as to evaluate its efficacy.

MATERIALS AND METHODS

A clinical study of Lekhana chikitsa in patient having Sthoulya.

Brief case history

A 32 year old female patient came to OPD of Kayachikitsa with complaints of increased body weight since 8 years. Ang gaurava, Atisweda pravartana. Patient also had c/o tingling sensation in both lower limbs with numbness since 6 months.

Primary data

Patient name- ABC

Age/Sex- 32 year/female

Address- Nanded

Occupation- Bus Conductor

History of present illness

A patient 32 year female apparently healthy before 8 years. She had increase in body weight since 8 years. Excessive perspiration (Ati sweda pravartana), (Ang gaurava) heaviness in body since 8 years. She also had tingling sensation in both lower limbs (ubhaya paada chimchimayana) since 6 months. So, patient came to OPD of Kayachikitsa in our institute for treatment and she was diagnosed with sthoulya (Obese class-1 per BMI= 33.3 kg/m²).

Past history

Patient had H/o covid -19 before 2 months.

Chikunguniya before 8 months.

Haemorrhoid before 3 years which was cured at that time.

fracture of Right elbow joint in 2019.

Also she had history of irregular menses before 5 months.

In the past history she was not a known case of Diabetes mellitus, hypertension, bronchial asthma, hypothyroidism. She has a female child of age 8 years and patient had full term normal delivery.

Classification for underweight, overweight and obese According to BMI^[9]

Sr. No	Classification	BMI
1.	Severely underweight	BMI less than 16.5 kg/m ²
2.	Underweight	BMI under 18.5 kg/m ²
3.	Normal weight	BMI greater than or equal to 18.5 to 24.9 kg/m ²
4.	Overweight	BMI greater than or equal to 25 to 29.9 kg/m ²
5.	Obesity	BMI greater than or equal to 30 kg/m ²
6.	Obesity class 1	BMI 30 to 34.9 kg/m ²
7.	Obesity class 2	BMI 35 to 39.9 kg/m ²
8.	Obesity class 3	BMI greater than or equal to 40 kg/m ²

Ashtavidha pareeksha

1. Naadi- 82/min
2. Mala- Prakrita (1 veg/day)
3. Mootra- Prakrita (3-4 vega/day)
4. Jivha- Ishat saama

5. Shabda- Spashta (prakrita)
6. Sparsha- Anushna shita
7. Drik- Prakrita
8. Akriti- Sthoola

General examination

P - 82/min

BP - 120/70 mmHg

SPO₂ - 99 on RA

RR - 18/min

TEMP - Afebrile

Systemic Examination

RS - B/L clear

CVS - S1S2 N

CNS - conscious and oriented

P/A – soft, fatty

Anthropometry, personal history, body weight and BMI before treatment

B.P.	120/70 mmHg
Pulse	82/min
Height	154cm
Weight	79kg
BMI	33.3kg/m ²
Waist circumference	118cm
Hip circumference	122cm
Aahara	Dadhi (curd) sevana (abhisyandi), Eggs, Bakery Products, Rice (daily) Fruits like banana, papaya, Stale food.
Vihara	Ati chankramana, stress.
Kshudha	Samyak
Nidra	Sound sleep

Investigation

ESR – 45

BSL R - 85mg%

CBC- HB-11.2gm/dl

WBC- 9.3x10;

PLT- 3.95 lac

Strotas Parikshana

Name of strotas	Dushti lakshana
Rasavaha	Mild dyspnea after exertion (ayasena shwaskashtata), Heaviness in body (ang gaurava) Feeling of laziness (utsaha haani)
Mansvaha	Enlargement of udar-sphika
Medovaha	Increased weight, Excessive sweating (swedabaddh)

Nidana panchaka

Nidana Ahara	Sigdha Guru ahara like dadhi, Pshtanna like Rice, Sabudana, Bakery products, Fruits (Guru, Drava)
Vihara	Ati Chinta, Chankramana (long standing due to job)
Poorvaroop	Avyakta
Roopa	Anga gaurava, utsaha hani, Bharavridhi, Ayasena Alpa shwas, Chala Sphik, udar, Stana, Ubhaya paada chimchimayana.
Upashaya	Lekhana chikitsa
Anupshaya	Santarpak Ahara-vihara

Samprapti of Sthoulya

Nidana sevana

(Guru, Madhur, snigdha ahara, Pishtanna sevana, Ati chinta, Avyayama)

**Treatment Protocol**

- Niruh basti with Charakokta Lekhaniya Gana dravya Kwatha.^[10]
- After 2 Niruh for 2 consequent days 1 Anuvastana basti (120 ml) with Tila taila is given.
- Such 5 cycles were given.
- With this Shodhana treatment following internal treatment was given:
 1. Triphala, Musta, Shunthi churna 3gm BD before meal. (7 days)
 2. Tab Decrin Plus 2 BD after meal.

3. Tab Punarnavadi Guggulu 2 BD
 4. Haritaki churna 5 gm HS with warm water.
 5. Tab Laghusutshekhar 2 BD before meal for 3 days.
- Diet- Mudga yusha with jowar Roti.
 - Exercise- Suryanamaskara and some pranayama were advised.

Treatment on Discharge

- Diet- Laghu Aahara was advised as previous.
- Exercise was advised.
- Tab. Decrin plus 2 BD
- Haritaki churna 5 gm HS with Warm water.

RESULTS

There was significant relief in symptoms like angagaurava, Ubhaya paad chimchimayana, swedadhikya, utsaha haani. Weight was reduced approximately 4 kgs In 20 days of treatment.

Before and after treatment assessment

	Before	After
Height	154 cm	154 cm
Weight	79 kg	75 kg
BMI	33.3	31.6
Hip circumference	122 cm	120 cm
Waist circumference	118 cm	116 cm

DISCUSSION

According to Ayurveda Sthoulya is santarpanjanya vyadhi. As the case discussed was a case of Sthoulya, mainly Vaata and Kapha doshas were Vikrita and Rasa, maansa, meda were vikrita dushyas. In this patient Stress, bakery products, overthinking, Lack of exercise, Stale food are the vitiating factors.

The treatment of Sthoulya includes Lekhna karma, swedana, virechana, exercise in vihara and diet control (Langhana). We used basti with Lekhaniya gana dravyas. And advised oral medications and proper diet and exercise on discharge.

1) Niruh with Lekhaniya gana dravya which includes-

1. Musta- Deepana, kaphaghna, Pachana
2. Kushtha- Ushna, deepana, pachana,
3. Haridra- Deepana, kaphaghna, vaathara, Ushna

4. Daruharidra- deepana, shleshmaghna, Tikta
5. Vacha- kapha nissaraka, vatanulomaka, deepana, pachana
6. Ativisha- Deepana , pachana
7. Katu rohini- deepana, pachana, prameh hara
8. chitrak- deepana, vaata kaphahara
9. chirbilva- Kapha vataghna, krimi shothahara
10. Hemavati- Virechaka, kusthaghna, krimighna

Anuvasana-

- Tila taila Anuvasana is given to patient. Tila taila is Vaatakaphapaham as per Bhavprakasha. It is Ushna in Virya and has Lekhana properties^[11].
- Tab Decrin plus- It is a combination of Amrutadi guggulu, Navaka guggulu, Shilajita and Apamarga. As we know that guggula is Ushna, tikshna and mainly lekha. Also Shilajita has lekhanika properties. And Apamarga Kshara is tikshna and Ushna dravya which helps in reducing kapha and vaata.
- Punarnavadi Guggulu- It is mainly used as a shothahara Rujahara. As the patient had complaints of ubhay paad shoola and chimchimayana. Punarnavadi guggulu used to reduce pain.
- Triphala, Musta, Shunthi churna along with warm water before meal was used as Rukshna. It helps to reduce excessive kledavridhi in Patients of sthoulya.
- Tab Laghusutshekhar- It was used to reduce amlodgara. As the patient had some symptoms of amlpitta during treatment. It was given only for 3 days to reduce amlodgara.
- Haritaki churna- Haritaki is Anulomaka dravya. It helps to regulate bowel and helps relieve malavshatmbha. As the Basti upkrama cannot be done if the patient has not passed the stool, Haritaki was given as anulomaka so that the basti cycle can be conducted without interruption.

CONCLUSION

As we can see with the help of Ayurveda we can treat lifestyle disorders like Sthoulya with Nidan parivarjana, following the Dincharya and proper treatment.

Obesity can surely be treated with Ayurveda. Ahara and vihara plays most important role in it. With the help of Basti, Virechana, Vamana one can get relief in Sthoulya as it is the safer way as per Ayurveda.

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