



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## “Panchkarma -A Holistic Treatment Modality In Sthaulya With Special Reference To Obesity- A Single Case Report”

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### ABSTRACT

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. Obesity increases the likelihood of various diseases and conditions, particularly Cardiovascular diseases, Respiratory Diseases, Type 2 diabetes, obstructive sleep apnea, certain types of cancer, osteoarthritis and depression. Obesity is a leading preventable cause of death worldwide, with increasing rates in adults and children. In 2015, 600 million adults (12%) and 100 million children were obese. Obesity is more common in women than men. Authorities view it as one of the most serious public health problems of the 21st century. Obesity is stigmatized in much of the modern world (particularly in the Western world), though it was seen as a symbol of wealth and fertility at other times in history and still is in some parts of the world. In 2013, the American Medical Association classified obesity as a disease. In India, the prevalence of overweight increased from 9.7% near the turn of the century to nearly 20% in studies reported after 2010. For children and adolescents, these studies show that obesity and overweight are rapidly increasing, not just in the higher income groups but also in the rural poor, where under nutrition and underweight remain major health concerns. In present research article a case of obesity taken. Patient was suffering from obesity since 8 years, overweight causing hindrance in day today life activities. Ayurvedic treatment employed by us has shown superior result comprising Shodhana, Oushadha, Vyayama & Restricted Diet.

Keywords: Sthaulya, Obesity Treatment, Ayurvedic, Panchkarma, Shodhana

## INTRODUCTION

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. Obesity increases the likelihood of various diseases and conditions, particularly Cardiovascular diseases, Respiratory Diseases, Type 2 diabetes, obstructive sleep apnea, certain types of cancer, osteoarthritis and depression. Obesity is a leading preventable cause of death worldwide, with increasing rates in adults and children. In 2015, 600 million adults (12%) and 100 million children were obese. Obesity is more common in women than men. Authorities view it as one of the most serious public health problems of the 21st century.

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However, India has also seen a surge in obesity. It had 0.4 million obese men, or 1.3% of the global obese population in 1975, but in 2014, it zoomed into the fifth position with 9.8 million obese men, or 3.7% of the global population. Among women, India has jumped to the third rank with 20 million obese women (5.3% of global population) [3]. Obesity has been described as Sthaulya or Medoroga in Ayurvedic texts. It is described under Santarpanoththavikar [4] (disease caused by over nourishment). Medodhatu (adipose tissue) is the site of metabolic disturbance in an obese individual.

## MATERIALS AND METHODS

### 1) ETYMOLOGY

The term Sthaulya is derived from the

***Atmanepadi Sthoolayate*** Dhatu having meaning to grow, increase [5]

The word Obesity is derived from the Latin '*obesitas*', which means "stout, fat, or plump" [6]

### 2) CLINICAL FEATURES OF STHAULYA (OBESITY)

***Medomamsaativruddhatvat Chala Sphig Udara Stanaha | Ayathopachayotsaho Naroatisthool Uchyate ||***  
[7]

The person is called over obese who, due to excessive increase of fat and muscles, has pendulous buttocks, abdomen and breasts, and suffers from deficient metabolism and energy. The etiology of obesity is far more complex than simply an imbalance between energy intake and energy output. Obesity is far more than simply the result of eating too much or exercising too little. Factors responsible for the development of obesity include –Race, sex, and age factors, Ethnic and cultural factors, Socioeconomic status, Dietary habits, Pregnancy and menopause, Psychological factors, Lactation history in mothers, Endocrine factors, Metabolic factors, Genetic factors, Daily activity level.

## SAMPRAPTI

Vayu gets vitiated due to obstruction caused by Meda Dhatu in the Srotas which stimulates digestion and absorbs food. Hence the digestion increases and the person desires more for the intake of food. In case of delayed eating he may get afflicted with some severe disorders. The two factors i.e. Agni and Vayu particularly

complicates the problem of person many folds like conflagration burns the forest. In the event of excessive increase of fat, Vayu etc (Doshas) suddenly give rise to severe disorders and thus destroy life shortly [8].

### Factors involved in Samprapti of Sthaulya

- *Doshas : Vata, Kapha*
- *Dushyas : Rasa, Mamsa, Meda*
- *Strotas : Rasavaha, Medavaha*
- *Strotodushti : Sanga*
- *Agni : Teekshna Jatharaagni*
- *Aam : DhatwaagniMaandya-Janya*
- *UdbhavaSthana : Aamashaya*
- *Vyakta Sthana : Sarva Shareera*
- *Adhishthana : Meda Dhatu*
- *Rogamarga : Bahya Rogamarga*
- *Sadhyasadhyatva : Krucchra Sadhya*

### CASE REPORT

A case report as follow: A 38 year old male patient occupationally electrician residing in nagpur region approached in my clinic for Ayurvedic treatment, with Chief complaint of increased body weight since 8 years, associated complaints were Dyspnoea on exertion, Constipation, decreased digestive capacity, chest heaviness Low backache, decreased sexual pleasure due to Pre-Mature ejaculation since six months.

### HISTORY OF PRESENT ILLNESS:

Patient was apparently alright before 8 years. Due to consumption of high protein diet, non-vegetarian substances, milk products, over eating, no exercise and occasionally liquor consumption etc factors tend to gain weight of patient. Since last six months intricate to live day today life for patient. Petite work causes dyspnoea, sweating, weakness. For these complaints patient took treatment from different doctors, underwent numerous investigations but didn't have relief and then he came to our Institute for further management.

### HISTORY OF PAST ILLNESS

History of Past illness doesn't reveal any major deficit. Fortunately patient was not suffering from High Blood pressure, Diabetes mellitus, Cardiac, Respiratory or Neurological disease

### LABORATORY INVESTIGATION

- **All hematological Parameters**  
Urine, investigations were within normal limits, dated 16/07/2015
- **C.B.C.**  
HB 13.3 g/dl, WBC 7.3 (10 E3/μL), RBC 4.15 (10E6/μL), HCT 40%, MCV 67, MCHC 34, Platelet count 254000 /μL, Neutrophils- 58%, Lymphocytes-32%, Monocytes 5%, Eosinophils 5%, Basophils 0%, ESR – 19 mm/hr
- **URINE ROUTINE & MICROSCOPIC**
  - **Volume** - 40 ml, Color - Pale Yellow, Appearance – Clear, Specific Gravity - 1.010, pH - 6.9, Protein Trace, Sugar - Absent, Urine Ketone – Absent, Bile Salt – Absent, Bile Pigment – Absent, Pus Cell - 1-2/hpf, RBC-NIL, Epithelial Cells – 1-2/hpf,

- **Random Blood Sugar** 80 mg/dl, Blood Urea 37.2 mg/dl, Serum Creatinine 1.09 mg/dl, Serum Uric Acid 4.83 mg/dl, Total Bilirubin 0.8 mg/dl, Direct Bilirubin 0.3 mg/dl, Indirect Bilirubin 0.5 mg/dl
  - **Serum Cholesterol** 224 mg/dl, LDL 140 mg/dl, HDL 58mg/dl, Serum Triglycerides 146 mg/dl, Serum Sodium 136µmol/lit, Potassium 4.2µmol/lit, HIV, HbsAg Negative
- ECG- Normal
  - Chest X-RAY- Normal
  - Physical Examination

## TREATMENT

### Shastamullekhanam Tatra Virekoraktamokshanam | Vyayamshchopavaasashchdhoomashch Swedanani Cha || [9]

In Ayurveda Classics for diseases like Sthaulya Vamana, Virechana, Raktamokshana, Exercise, Fasting, Smoking, Swedana etc are described as line of management.

TREATMENT GIVEN Considering therapeutic guideline and deep seated nature of disease of prolonged duration treatment planned after proper counseling and written consent.

Sr.no	Treatment Given	Duration
1	Aam Pachan and Agni Deepan	7 days
2	Vamana Karma (Snehapana, Vamana, Sansarjana Krama	23 <sup>rd</sup> day
3	Virechana Karma (Snehapana, Virechana, Sansarjana Krama	15 th day
4	Abhyantara Aushadha, Vyayam, Diet plan	45days

#### 1. Aam Pachan and Agni Deepan- Duration 7 Days

Prabhoota Aam Laxana found on Jeevha and digestive capacity was diminished, improper hunger sensation present in patient, to combat this Aam Pachan and Agni Deepan processed with employing Langhana, only Peya (Rice water) and Laja (Pop corns) etc. light food given at meals on excessive hunger. Sutshekhara Vati [10] 4 Tablets of 250 mg twice daily in morning & evening, Chitrakadi Vati [11] 4 Tablets of 250 mg twice daily before Meal given with Koshna Jala as Anupana, for 7 days. This procedure got completed in 7 Days.

#### 2. Vamana Karma a) Abhayantara Snehapana with Mahatiktaka Ghrita - Duration 7 Days

After Aam Pachana, Abhayantara Snehapana conducted with Mahatiktaka Ghrita [12] prior to Vamana and Virechana Karma. For Abhayantara Snehapana, Hrasiyasi Matra [13] (Progressively increased Dose) taken. Dose started with 40 ml Accha Pana of Ghrita [14] in liquid state of lukewarm temperature administered. Koshna Jala only provided to drink intermittently on Utklesh Avastha. On completion of Snehapana, light food given to patient. This Abhayantara Snehapana conducted as per guidelines given in classics

#### b) Vamana Karma - Duration 1 Day

After completion of Abhayantara Snehapana on 8th day Kapha Utkleshaka Aahara was given and Bahya Snehana with Tila Talila and Swedana with Dashamoola Kwatha Bashpa [15] employed. On 9th Day Vamana Karma took place. For this, initially Milk 250 ml given orally. Then Yashtimadhu Fanta [16] has been given as Aakanthapana approximately 1800 ml, after that Madanaphala 3 grams + Vacha 2 Grams + Saindhava 1 gram + Madhu semisolid paste given [17]. Vamana Vega started after 1 hour. Kapha Dosha was clearly visible in vomits. Patient had 9 Vegas total and ceased with Pittadarshana. Whole procedure was carried out as per

guidelines given in classics. Sudden after Vamana Karma symptoms like chest tightness, heaviness of body relieved

#### **c) Sansarjana Krama of 1 weak and 1 weak Normal Diet - Duration 15 Days**

After completion of Vamana, Sansarjana Krama [18] adopted, On 1st day in evening Peya given, on 2nd day Peya for 2 times, on 3rd day Vilepi given for two times, on 4th day in Morning Vilepi and in evening Akruta Yusha given, on 5th day Kruta Yusha for 2 times, on 6th day Akruta Mamsarasa (Mutton soup) given considering increased intensity of Digestive fire, and in evening Kruta Mamsarasa given same repeated on 7th day Morning and in evening Normal diet given to patient. After 1 weak of Sansarjana Krama again 1 weak normal diet was given no medicine given during that period. Whole procedure carried out as per guidelines given in Ayurved classics.

#### **4) Virechana Karma a) Abhayantara Snehapana with Mahatiktaka Ghrita - Duration 7 Days**

After Vamana Karma, again Abhayantara Snehapana conducted with Mahatiktaka Ghrita with same Hrasiyasi Matra (Progressively increased Dose) taken. Details of Snehapana procedure Snehya Matra, Jaranakala etc are illustrated in Table no. 3. This Abhayantara Snehapana conducted as per guidelines given in classics. b) Virechana Karma - Duration 1 Day After Samyaka Snehapana, Samyaka Snigdhalaxana of patient 3 day gap given. Patient advised to consume chicken soup, mutton soup etc plenty of watery substances. Bahya Snehana with Tila Taila and Swedana with Dashmoola Kwatha Bashpa given on 1st and 2nd day gap not employed on third day. On 4th day Virechana conducted. At 6 A.M. Shyama Trivruttha Avaleha [19] 10 grams churned with 1 glass of warm Milk. Considering Pitta Dushti Shyama Trivruttha Avaleha was taken for Virechana. Trivruttha considered as best Virechana Drug, for removal of Vitiated Pitta Dosha. Vega Started at 10 A.M. initially Mala wiped out in 1st and 2ndvega, then Pitta Dosha Vega tend to come. Sukhoshna Jala, Sharbat of Sukhoshna Jala given during procedure. Total 33 Vega occurred in whole day which show best Virechana result. Patient felt extreme weakness on Virechana day which was common. Whole procedure was uneventful and as per textual guidelines.

#### **c) Sansarjana Krama - Duration 7 Days**

On successful completion of Virechana Karma, Sansarjana Krama adopted for Jatharagni Vardhana as after Vamana for enhancement of digestive capacity. After completion of Sansarjana Krama considerable reduction in Waist size, body weight, mid arm circumference, mid thigh circumference etc noted

**5) Abhyantara Oushadha, Vyayam, Diet plan - Duration 60 Days-**After completion of Shodhan Karma, Abhyantara Oushadha, Vyayam, Diet plan given for 60 days,

#### **a) Abhyantara Oushadha**

- **Sutshekhara Vati** - 1 Tablet of 250 mg Twice Daily Before Meal
- **Aarogyavardhini Vati** [20] 1 Tablet of 250 mg Before Dinner
- **Anupana** - Koshna Jala
- **Lekhaniya Mahakashaya** [21] -2 Gram Powder +1 Cup water, boil it & reduced till it remains half from original volume , then filtered water was administered twice daily

## RESULTS:

On admission day dated 17.07.2015 patient's weight was 91 kg, which got reduced to 72 kg at the time of completion of treatment on 16.09.2015. The results showed that there were significant changes in reduction of weight by 19 Kgs in 90 days. Patient was advised to continue restricted diet, avoid day sleep, plenty of water to drink and exercises for next 4 months. On completion of treatment patient got rid of dyspnoea, weakness, constipation and important cheerful sexual intercourse.

## DISCUSSION

In present Case study we utilized Aam Pachana, Vamana, Virechana Abhyantara Oushadha, Vyayam, Diet plan Chikitsa for management of disease.

1. **Aam Pachana and Agni Deepan** Before initiation of Purificatory measures, Aam Pachana and Agni Deepan are important. In Sthaulya bodily Kapha Dosha along with Aam Annarasa circulates all over body [22], loosens Dhatus and causes obesity. In this patient Dhatwagni Mandhya and Bhutagnimandhya was there and accumulation of Aam which causing Strotorodha (blockage of body channels) by its Guru, Abhishyandi, and Picchila properties resulting in Obesity. For its execution Langhana, Kosha Jala Sevana, Sutashekhara Vati, Chitrakadi Vati employed which act on Aam, Agni, Kapha Dosha producing lightness in body, Agnivardhana, removal of Strotorodha, Aam by Laghu, Ushna, Tikshna, Vishada, Sukshma, Khara qualities.

2. **Abhyantara Snehapana** with Mahatiktaka Ghrita Before employing Panchakarma, Snehana-Swedana is mandatory. Snehapana pacifies Vata, brings softness in body parts, stagnated or accumulated Mala, in body part gets loosened, Swedana cause liquefaction of Doshas. Dosha gets Anuloma Gati and brought towards Koshta [23]. Mahatiktaka Ghrita used in this clinical study for Abhyantara Snehapana having superior properties and Pittahara Guna, so it brings vitiated Doshas to Koshta, pacifies Vata by Sneha Guna.

3. **Vamana and Virechana Karma In Sthaulya** there is predominance of Kapha along with Aamrasa causing Dhatushaithilya [24] which is of Guru, Snigdha, Picchila, and Sandra Guna. Appropriate utilization of Vamana, Virechana Karma removes bodily vitiated Kapha, Pitta Dosha, and Aam from body cause Samprapti Bhanga and makes body disease free.

4. **Abhyantara Oushadha**-SutshekharaVati, Aarogyavardhini Vati given for maintenance of bodily Pitta, Vayu and Kapha Dosha normality. Lekhaniya Mahakashaya enumerated by Charakacharya is excellent in Lekhana Karma. In Sthaulya there is accumulation of Kapha all over body along with Meda, Mamsa Ati Vruddhi. Drugs of Lekhaniya Mahakashaya act on augmented Meda, Mamsa, and Kapha causing reeducation of them and to end with reduction in body weight.

## CONCLUSION

Based on the signs and symptoms, Sthaulya was treated with Shodhana diet, exercise and medicines followed by the Vishista Nidana Parivarjana in the form of Ahara Vihara, Aushadha, Vyayama showed remarkable changes in reducing the weight of the patient

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