

**AYURVEDIC MANAGEMENT OF OBESITY: A CASE REPORT****Dr Nidhi Sharma*, Dr Asit K Panja*******PhD. Scholar, Dept of Samhita and Maulik Siddhanta, National Institute of Ayurveda, Jaipur******Associate Professor, Dept of Samhita and Maulik Siddhanta, National Institute of Ayurveda, Jaipur**

Conflicts of Interest: Nil

Abstract:

Ayurveda offers a different approach for the diagnosis and treatment of obesity. In present case study, a male patient, 64 years old with symptoms like excessive weight, dyspnea on slight exertion, short breath, weakness etc. Diagnosed with “*Sthaulya*”(Obesity) according to Ayurveda. The Ayurveda treatment included *Medohara*, *Kapha* pacifying drugs, *Vatanuloman* and lifestyle and diet modifications. The patient showed remarkable relief in symptoms and weight also got reduced significantly.

Key words: *Sthaulya*, obesity, Ayurveda, lifestyle**Introduction:**

Obesity is accumulation of excessive fat in the body which may lead to negative effect on health. The prevalence of obesity is continuously increasing. By 2025 India is estimated to have 17 million obese children and stand second among 184 countries. According to survey by nutrition foundation of India, 45% of women and 29% of men in urban area of the country are overweight.¹ A major proportion of cardiovascular diseases, diabetes mellitus, osteoarthritis and possibly some types of cancers may be attributed to obesity.²

Ayurveda texts have categorically depicted obesity as “*Sthaulya*”³. It is considered as one of the eight undesirable conditions as described as Acharya Charaka⁴. The ayurvedic texts describes obesity as excessive accumulation of *Mamsa* (flesh/ muscle tissue) and *Meda* (fat/ adipose tissue) leading to flabbiness of hips, abdomen and breast, disproportionate development and loss of vigor⁵. It is considered as “*Santarpanotha vikar*”⁶ i.e which occurs by

imbalance of calories intake and expenditure resulting in fat accumulation in the body.

Case report:

A patient, male, 64 came to the OPD of Maulik Siddhanta dept. of National Institute of Ayurveda with complains of overweight (145 kg), tiredness on slight exertion (*Shrama*), short breathing /dyspnea (*Kshudrashvasa*), difficulty and lethargic in doing daily routine work (*Ayathautsaha*), weakness (*Daurbalya*).

Associated complains:

The patient was suffering from diabetes mellitus type II and hypertension and was on allopathic medication.

Past History:

The patient used to lead a sedentary life style. His work profile included long sitting hours. Also he was in the habit of taking fried and sweet food, curd etc daily. He was overweight 90 kg approx 35 years back. Twenty years back he was diagnosed with diabetes mellitus and hypertension and was on medication since

then. Ten years back his weight started to increase and he reached to 145 kg one year back. Then he consulted to Ayurveda Hospital for the treatment of obesity. Patient had no family history of obesity.

General Examination:

Appearance: *Ayathaupachaya* (*Meda-dhatu* over nourishment), BP 135/90mmHg
Respiratory rate: 20/min, *Mala* (stool), *Mutra*

(urine), *Kshudha* (appetite), *Nidra* (sleep) - NAD

Investigations:

No investigation was suggested.

Diagnosis:

The symptoms of patient in Ayurvedic terms can be understood as following

Table 2:

Symptom in patient's language	Symptoms according to Ayurveda
overweight	<i>Atigaurav</i>
tiredness on slight exertion	<i>Shrama</i>
short breathing/dyspnea on exertion	<i>Kshudra-shvasa/ Alpeapicheshit-shvasa</i>
Difficulty/letharginess in doing daily routine work	<i>Ayathautsaha</i>
weakness	<i>Daurbalya</i>

The symptom *Atigaurav* itself is clearly suggestive of "*Sthaulya*" which is further supported by the appearance as disproportionate nourishment (*Ayathaupachaya* of *meda*), *Shrama*, *Shvasa*, *Daurbalya*. So the confirmed diagnosis is "*Sthaulya*"⁷

Treatment:

The line of treatment included correction of lifestyle, treatment of *Agnimandya* (faulty digestive fire), *Lekhan Chikitsa* (scrapping of deposited fat), and *Vatanuloman* (vata pacification). He was suggested following treatment (on 21/06/2018)

1. *Udvarthan* (massage with dry powder) : by *Triphala* powder (nearly 40 min daily) for 20 days
2. *Panchkola* and *Vidanga Paneeyam* (*Panchkola* powder 20 gm, *Vidanga* powder 10 gm to be mixed with 4 litre of water and reduced to 3 litres by boiling) – whole day drinking purpose
3. Cap *Nirmeda* – 4 cap TDS
4. *Triphala* powder 5gm and *Kutki* powder 3 : OD at night
5. *Medoghna yavagu* : for breakfast
6. *Kledoghna peya* : for dinner

Pathya (diet and activities to be followed): leukwarm water, barley, millet flour, green gram, pigeon peas split, honey, mustard oil, etc.⁸

Apathya (diet and activities to be avoided): day time sleep, curd, potato, salad, sprouts etc.⁹

Follow ups:

1. On (3/08/2018)

C/o *Alpashvas* persisted. Patient also complained of *Janusandhi shula* (knee joint pain)

Wt. was reduced to 140 kg

Treatment:

Treatment was continued same as before. *Vidangadi Lauh* : 250 mg and *Nityanand Rasa* : 250 mg BD were added.

2. On 20/09/2018

Relief in all complains

Wt. was reduced to 134 kg

Treatment:

Previous treatment continued except the *Paneeyam* and *Kutki* powder. Instead *Triphala* powder 1gm was combined with *Panchkola*

powder 3gm and *Vidanga* powder 2gm to be taken TDS with honey.

Discussion:

Obesity is a metabolic disorder which happens majorly as a result of faulty lifestyle. In *Sthaulya*, abnormal formation of *Medo Dhatu* occurs and no other *Dhatu* gets properly nourished¹⁰. The pathology suggests that the *Vata* gets trapped inside the stomach which further increases the digestive fire and the patient feels frequent need of meals. And if the meal is not provided the increased “*Agni*” will start to digest normal *Dhatu*¹¹. So the patient should be given the food which takes time in digestion but is less nourishing like honey¹². *Medoghan Yavagu* is the food preparation which discourages the excessive meda formations as it possesses qualities opposite to that of *Meda* and *Shleshma*. *Kledoghna Peya* stops the formation of *Kleda* in the body and thus prevents the complications of obesity. As the treatment part is concerned, the treatment is focused on *Agni* correction so that the *Dahtuposhankram* (nourishment of *Dhatu*) can be restored and stopping the excessive meda formation and scrapping of already deposited fat. For the above said purpose *Agni* correcting drugs, *Srotoshodhak* drugs (which removes the obstruction of channels), *Vatanuloman* drugs, *Kapha* pacifying drugs (*Kapha* has properties similar to *Meda*) are administered. *Udvardan* is said to have *kapha* pacifying and *meda* liquefying properties¹³. *Panchkola* works on correction of *Agni* and *Srotoshodhana* because of its *Katu* properties and *Vidanga* have *Kapha* pacifying and *Medohara* effect. *Cap nirmeda* is a preparation contains *Shilajatu* processed with *Agnimantha Svarasa* and *Vyoshadi Guggulu* which have direct effect on *Meda*. *Triphala* and *Kutki* were given for *Vatanuloman* (carrying trapped *Vata* in its own path). *Nityanandrasa* and *Vidangadilauh* preparations are indicated in obesity in *Bhaishajyaratnavali*.

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