

Management of *Sthoulya* (Obesity) Through *Vamana Karma* - A Case Study

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ABSTRACT

Obesity is a medical condition in which excess body fat has accumulated to an extent that it may have a negative effect on health. Obesity increases the likelihood of various diseases, particularly cardiovascular diseases, type 2 diabetes, obstructive sleep apnoea, certain types of cancer, osteoarthritis and depression. Obesity is leading preventable cause of death worldwide, with increasing rates in adults and children. Ayurveda has a holistic approach for *Sthoulya*. As *Sthoulya* is mentioned under *Santarpanjanya Vikara* in *Bahudoshavastha* condition. Different *Shodhana* modalities have been mentioned like *Vamana Karma*. This is a single case study on effective management of *Sthoulya*. Treatment was planned as *Deepana Pachana*, *Shodhanang Snehapana* with *Tila Taila* and *Vaman Karma with Madanphala Yoga*. After completion of *Panchakarma* treatment patient found significant relief in sign and symptoms of *Sthoulya* and reduce a 8.4 kg of body weight. On the basis of result obtained it can be concluded that Ayurveda can be used as effective treatment to reduce body weight and improve the quality of life in the patient of *Sthoulya*.

Key Words- *Sthoulya*, Obesity, *Shodhanang Snehapana*, *Vamana Karma*

INTRODUCTION

The most common metric used for assessing groups of the prevalence of Obesity is the body mass index (BMI) scale. Its prevalence is on continuous rise in all age many of the developed countries in the world. Statistically data reveals that the problem of obesity has increased from 12-20% in men and from 16- 25% in women over the last ten years. [1] In general, obesity is associated with a greater risk of disability or premature death due to type 2 diabetes mellitus (T2DM) and cardiovascular diseases (CVD) such as hypertension, stroke and coronary heart diseases as well as gall bladder disease, certain cancers (endometrial, breast, prostate, colon) and non-fatal conditions including gout, respiratory conditions, gastro oesophageal reflux disease, osteoarthritis and infertility. Obesity also carries serious complications

for physiological health, mainly due to societal prejudice against fatness. A central distribution of body fat is associated with higher risk of morbidity and mortality than a more peripheral distribution. [2]

Sthoulya can be correlated with obesity in Ayurveda and It is one of the *Santarpanjanya Vyadhi* described by *Acharya Charaka*. [3] *Sthoulya and Medovruddhi* is *Kapha Pradhan Vyadhi*. *Vamana* among Panchakarma is specially indicated for *Santarpanjanya* and *Kapha Pradhan Vyadhi* like *Sthoulya*. [4]

CASE STUDY

Here presenting a case of 25 years old male patient. He came to AIIA OPD on 21st march 2019 and diagnosed as patient of obesity. He was not suffering from any other underlying systemic pathology. Family history of the patient was negative

for obesity. The patient presented with symptoms like weight gain with gradually onset since 2 years, exertional dyspnoea and excessive perspiration. Symptoms like *Bhara Vriddhi* (weight gain), *Chalaspik Udara*, *Stana* (Excessive movement of abdomen, breast and gluteal region) *Atikshudha* (excessive appetite), *Swedabadha* (excessive perspiration),

Dourbalya (weakness), *Dourgandhya* (foul smell) were found. [5] On examination as objective criteria his weight was 86.6 kgs and BMI was 31.8. So, on the basis of weight, BMI and classical symptomatology he was diagnosed as a patient of grade -1 obesity (*Sthoulya*). He did not take any medicine previously for obesity. Ayurvedic treatment was given as follows:

Table no. 1: Treatment Modality

Sl.no.	Treatment Modality	Drugs and Dose	Duration
1)	<i>Deepana</i> and <i>Pachana</i>	<i>Giloy Churna</i> -3 gm <i>Musta Churna</i> -3 gm TDS	For 7 Days
2)	<i>Snehapana</i>	<i>Krushna Tila Taila</i> In <i>Arohan Matra</i> (40,80,120,160,200)	For 5 Days
3)	<i>Abhyanga</i>	<i>Tila Taila</i> – Q.S.	For 2 Days
4)	<i>Vashpa Swedana</i>	<i>Dashmool Kwatha</i> – Q.S.	For 2 Days
5)	<i>Vamana</i>	<i>Madanaphalpippali Churna</i> -6 gm <i>Yastimadhu Churna</i> - 3 gm <i>Saindhava</i> - 3 gm Honey- 4-5 Tsf <i>Yastimadhu Phant</i> - 1500ml	For 1 Day
6)	<i>Samsarjan Krama</i>	<i>Madhyam Shuddhi</i>	For 5 Days
7)	<i>Parihar Kala</i>	Advice to take luke warm water, Light diet, avoid day sleep, over exertion, stress.	For 28 Days

OBSERVATION & RESULT

Table no. 2: Signs and Symptoms

Sl.no.	Signs and Symptoms	BT	AT-1(After <i>Snehapana</i>), on 13 th day	AT-2(After <i>Samsarjan karma</i>), on 19 th day
1)	Excessive dyspnoea (<i>Ayasen Swasakashtata</i>)	+++	+	+
2)	Excessive perspiration (<i>Swedabadha</i>)	+++	++	++
3)	Weakness (<i>Dourbalya</i>)	+	+	+
4)	Foul Smell (<i>Dourgandhya</i>)	++	++	+
5)	Polydipsia (<i>Ati Pipasa</i>)	+++	++	+
6)	Polyphasia (<i>Ati Kshudha</i>)	++++	+++	+

Note: (++++)- severe presentation of symptoms

(+++)- moderate presentation of symptoms

(++)- mild presentation of symptoms

(+)- least presentation of symptoms

Table no 3: Tests and Clinical examination

Sl. No.	Test and Clinical examination	BT	AT-1(After <i>Snehapana</i>), on 13 th day	AT-2(After <i>Samsarjana Krama</i>), on 19 th day
1)	Weight (kgs)	86.6	82.3	78.2
2)	BMI (Kg/m ²)	31.8	30.2	28.7
3)	Fat mass (%)	27.7	25.8	24
4)	Waist Girth (cm)	98	97	95
5)	Hip Girth (cm)	96	95	94
6)	Waist Hip Ratio	1.02	1.02	1.01

Table no 4: Lipid profile

Sl. No.	Investigation	BT	AT-1(After <i>Snehapana</i>), on 13 th day	AT-2(After <i>Samsarjana Krama</i>) on 19 th day
1)	Triglyceride	114.0	87.0	82.0
2)	Total cholesterol	193.0	156.0	154.0
3)	VLDL	22.8	17.4	16.4
4)	LDL	129	106	109

DISCUSSION

The treatment showed encouraging results after *Vamana Karma*. He lost about 4.3 kgs weight only after *Snehapana* and total about 8.4 kgs weight in 19 days. According to fat analyser it is not water

content which helps in reduced weight but because of the treatment patient observed actually losing weight by reducing a fat mass. At last after *Samsarjan Krama* BMI of patient ranges from 31.8 to 28.7 which shows significant decrement and patient

reach from class- 1 obese to overweight criteria. Before treatment waist circumference of a patient was 98 cm and waist / hip circumference was 1.02 which is greater than 0.9. This indicates patient was having central obesity. It was significant improvement in waist circumference which reduced 98 cm to 95 cm which shows reduction in abdominal obesity. In all subjective criteria patient showed significant improvement and not only patient feeling lightness in the body but also is feeling energetic. Orlistat and Sibutramine etc. Currently used pharmacological medicines which help to lose 5 to 10 % of body weight with long term use but are having side effect like tachycardia, hypertension, headache and insomnia. While this case showed that *Panchakarma* therapy specifically *Vamana Karma* helps to lose 9.70 % of body weight and most importantly without any side effect in just 19 days. Significant decrease in s. cholesterol, Triglyceride, LDL and VLDL. We found gradual weight loss and specifically decrease in fat mass throughout the treatment. Overweight or obesity confers elevated risks of many diseases.

Vamana Karma is contraindicated in *Ati sthoulya*, but being *Sthoulya*, *Bahudosh* *Lakshana*, *Samshodhan* therapy is highly recommended for *Sthoulya* patients possessing moderate strength. This patient was grade-1 obesity, hence treated with *Vamana Karma*.

The normal status of *Agni* is important before the administration of *Snehapana*. If *Agni* is diminished, *Sneha* will develop a *Snehavyapada* hence here according to *Bhavaprakasha*, *Guduchi Churna* is used due to its *Agnideepana* property and *Musta Churna* used due to *Deepana* and *Pachana* property. [6-7]

Shodhanang Snehapana –

According to *Acharya Charaka* administration of *Snehapana* helps in bringing the *Doshas* from *Shakha* to *Kostha* by *Vridhhi* (Excessive increase of *Dosha*), *Vishyandana* (Liquification of *Dosha*), *Paka* (Digestion of *Dosha*), *Srotomukh Vishodhanat* (Cleaning of opening of

channels, *Vayoshch Nigrahat* (Controlling of *Vata*), [8] hence we do 5 days of *Snehapana* until *Samyak Snigdha Lakshana* observed as *Vatanulomana* (Regulation of flatus), *Deeptagni* (Improvement in digestion), *Snigdhavarcha* (loose stool), *Snigdhatata* (Unctuousness) etc. [9]

Tila Taila– According to *Acharya Charaka*, *Tila Taila* is the best *Sneha Dravya* among the *Sthavar Sneha*, *Taila* is widely used for external and internal condition. *Taila* alleviates *Vata* but at the same time does not aggravates *Kapha*, [10] also *Acharya Vagbhata* explain importance of *Tila taila* as “*Krishanam Brimhanayam Sthoolanam Karshanaya Cha*, that means it does *Brumhana Karya* for *Krishna* persons and does *Karshana* for *Sthoola* persons. Here in *Sthoulya*, by its *Sukshma*, *Teekshna*, *Ushna Gunas* it enters *Sukshma Srotas* does *Kshapana Karya* for *Meda*. Due to *Kshapan* of *Meda*, the person becomes *Krishna*. [11]

Abhyanga & Swedana –

Abhyanga (whole body massage) softens morbid humours & channelises them. *Swedana* (Sudation), according to *Charaka Swedana Karma* is best treatment for vitiated *Vata* and *Kapha* dominant diseases. *Swedana* liquefy the vitiated *Dosha* which are spread throughout the body. Because of liquification of *Swedana*, vitiated *Dosha* are made easily expelled out with the help of *Pradhan Karma* as a *Vamana Karma*.

Vamana Karma –

After administration of drug total 6 *Vegas* were noted and was observed *Pittant*, with *Samyak Vamana Lakshana* like cleaning in chest, throat, channel of mouth etc. Lightness, freshness and alertness in sensorium.

Samsarjana Karma –

It plays very important role in protecting and enhancing of *Agni*. Because of *Shodhana* therapy temporarily *Agni* become weak, so to restore *Prana* the strength of *Agni* and body these procedure aids in bringing back body to and normal position.

CONCLUSION

Grade -1 patient lost 8.4 kg weight in 19 days after classical *Vamana Karma* which shows significant decrement not only in weight but also sense of wellbeing and improve quality of life. Treatment of *Panchakarma* like *Shodhanang Snehapana* followed with *Vamana Karma* is the best way to manage obesity. *Vamana Karma* is a safe, effective and long lasting Ayurveda treatment for grade -1 obesity.

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