

# A Critical Analysis on the Ayurvedic Management of Sthaulya Vyadhi (Obesity)

Dr. Sanjay A. Dhurve

(M. D., Ph. D.) Assistant Professor, Department of Kayachikitsa, Bharati Vidyapeeth Deemed University College of Ayurved, Pune - Satara Road, Pune - 411043

Email- [dr.sanjaydhurve\[at\]gmail.com](mailto:dr.sanjaydhurve[at]gmail.com)

**Abstract:** *Sthaulya Chikitsa: The first line of the treatment for Sthaulya is to avoid those factors which are responsible for the causation of the disease. All these factors are having SnigdhaGunadominance in general i. e. in GunaSamudaya in particular. NityaLanghana therapy and Langhana even in SisiraRutu is advised for Sthaulya patients by Vagbhata (As. Su.24/13 Ah. Su.14/13). Ten types of Langhana therapy i. e. VamanaVirechanadi, AsthapanaBasti, Sirovirechana, MarutaSevana, Vyayama, Upavasa, PipasaNigraha and Pachana are advised for practice according to Vyadhibala and Dehabala by Charaka. (Ca. Su.22/18). Among ShadvidhaUpakrama, Langhana and Rukshana therapy are more suitable for management of Sthaulya. Vagbhata includes all therapies under two main headings i. e. Langhana and Brimhana, Langhana, the line of treatment for Sthaulya has been further divided into Samsodhana and Samshamana. (As. Su.24/13 - 16, Ah. Su.14/14).*

**Keywords:** Sthaulya, Aoushadhi, Samsodhana, Samsamana, Langhana, Aharatmaka, Viharatmaka

## 1. Introduction

Acharyas have described Sthaulya as hard to cure, rather its management is "Chikitsaupkram Virodhi". Hence in Ayurveda as well as according to modern science the control of Sthaulya achieved by lifestyle control and dietary advice have proven more effective as all other interventions by use of medicines have proven more effective to reduce weight in well conducted studies, but also have shown to ameliorate cardiovascular risk factors. The treatment of Sthaulya describes in our classics can be done in following way i. e. NidanaParivarjana, Guru ApatarpanaChikitsa, Statata Karshana, Santarpanotha Vikara Chikitsa, Langhana Chikitsa (Shodhana & Shaman RupiChikitsa) and Pathy - apathy. So NidanaParivarjana has always proved to be an effective method to manage and treat patients suffering from Sthaulya. When Pathya is following along with the treatment procedures it gives better result.

**AIM AND OBJECT:** - To study the Chikitsa of Sthaulya Vyadhi

**SAMSHODHANA:** AtiSthula patients with Adhika Dosha and AdhikaBala should be treated with Samsodhana therapy, including Vamana, Virechana, RukshaNiruha, Raktamokshana and Sirovirechana (Ah. Su.14/14). Being a syndrome condition (BahudosyasaLakshanam) Samsodhana therapy is highly recommended for Sthaulya patients possessing stamina and strength. (Ca. Su.16/13 - 16). Ruksha, Usna and TikshaBasti are also suggested by Charaka. (Ca. Su.21/21 - 23). RukshaUdvartan is the BahyaShodhana indicated for the management of Sthaulya. (As. Su.25/65 - 66).

### Samshodhana Chikitsa (Purificatory procedures):

- Panchakarma
- Vaman (Therapeutic emesis)
- Virechan (Therapeutic purgation)
- LekhanBasti (Medicated enema) are advised for the management of Sthaulya.

### VirechanaAoushadhi

- 1) TrivrutaLeha
- 2) Icchabhedi Rasa
- 3) Jalodarari Rasa
- 4) ShatsakaraChoorna
- 5) PanchasakaraChoorna
- 6) Triphala tablet

### VamakaAoushadhi

Madanaphala Choorna  
Ikshu Rasa Mala - vatanulomana

- 1) TriphalaKwatha
- 2) TriphalaChoorna
- 3) Abhaya Arista
- 4) DantyaArishta
- 5) Drakshakalka

### Basti

- 1) Kshara Basti
- 2) Vaitarana Basti
- 3) Kashaya Basti

### Panchakarma and others

- 1) Rooksha Udwartana
- 2) Padaghata
- 3) Vyayama
- 4) Yogasana
- 5) Pranayama
- 6) Moderate exercise
- 7) Ratrijagarana
- 8) Chintana

**Shamana:** The therapy which could not excreted the Dosha from body could not disturb the equation of balanced Dosha and simultaneously bring equilibrium to imbalance of Dosha is called Shamana and is of Seven types i.e. Pachana, Dipana, KsudhaNigrahaTrushaNigrahaVyayama, Atapa Sevana and Maruta Sevana (As. Su.24/9). Among the Sat Upakramas, Langhana and Rukshanacan be administered for Samshamana purpose having RukshaGuna dominance in

Volume 10 Issue 10, October 2021

[www.ijsr.net](http://www.ijsr.net)

Licensed Under Creative Commons Attribution CC BY

them (Cha. Su.22/4). Alleviation of Vata, Pitta and Kapha especially SamanVayu, Pachakapitta and KledakaKapha along with depletion of Medo - dhatu by increasing Medodhatvagni is main goal of treatment in Sthaulya. Administration of Guru and Apatarpana articles which possess additional Vata Sleshma and MedaNasaka properties is considered as an ideal for Samshamana therapy. (Cha. Su.21/17, 18)

Gangadhar added Guru, Ruksa and Ushnaproperties, most suitable to alleviate Vata, Sleshma and Meda at ones. Katu, Tikta and Kasaya Rasa can be used for treatment of Sthaulya and Dasavidha Langhana therapy is mentioned or the same by Charaka. (Ca. Su.23/8 - 25) Besides that Sushrutahas included regional treatment and narrated Pascima Maruta i.e. wind from Western direction as MedaVisosana due to its Ruksha property (S. Su.20/27). In AshtangaSamgraha usage of Laghu, Ushna, Ruksa, Tikshna, Sara, Kathina, Vishada, Khara and Sukshma Guna are suggested for Sthaulya management as they possess Kaphanashaka and Sthaulyahara actions. (As. Su.1/38 - 40). Charaka mentioned Lekhaniya Dashemani Dravyas (Cha. Su.4). While in 38th chapter of Sushruta Sutra, various groups of drugs like Varunadi Gana, Sala Saradi Gana, Rodhradi Gana, Arkadi Gana, Muskadi Gana, Trushana etc. are described as Medonashaka. Line of treatment (Under strict supervision of Registered Ayurvedic Physician)

**List of Sthoulya Single drugs** - Guduchi, Vidanga, Vacha, Haritaki, Madhu, GuggulNirgundi, Chitraka, Katuki, Haridra, Musta, Kushta, Daruharidra, Ativisha, Chirbilva, Pippali, Sunthi, Varuna, Shigru, Tarkari, Bilva, Agnimantha, Asana, Taala, Aguru, Kadali, Priyala, Bhurja, Ashoka, Lashuna, Chitraka, Yava, VachaDhava, Khadhira, Moorva, Kuchandana, Arka, Karanja, Amalaki, Jotishmati, Kalinga, Arjuna, Madhuka, Aswatha. Bhallataka, Udumbara, Palasha, Jambu, Lodhra,

**Compound Formulations:** Medohara Guggul, Navak Guggul, Triphala Guggul, Trigunadi Guggul Arogyavardhini Vati Chandraprabha Vati Punarnavadi Kwatha Shilajatvadi Vati Vidangadi Churna, Takrarishtha, Trikatu, Navayasalauha etc.

**List of Medohara Ganas mentioned in classical literature:** Varunadi Gana, Arkadi Gana, Lekhaniya Gana, Shalasaradi Gana, Tryushana, Ushakadi Gana, Asanadi Gana, SurasadiGana, Vatsakadi Gana, Vacha Haridradi Gana, Nyagrodhdi Gana, Lodhradi Gana, Mushkadhi Gana, Vatsakadi Gana

Acharya Charaka has furnished six therapeutic measures (Shadupakrama), i.e., Langhana (lightening therapy), Brumhana (nourishing therapy), Rukshana (drying therapy), Snehana (oleation therapy), Swedana (fomentation therapy), and Stambhana (astringent therapy). Langhaneeya Dravya (drugs causing lightness) can achieve the therapeutic effect by the dominance of Gunas like Laghu (light), Ushna (hot), Teekshna (strong), Vishada (non - slimy), Ruksha (dry), Sukshma (subtle), Khara (rough), Sara and Kathina (hard). Rukshaniya drugs (causing dryness) should possess Gunas like Ruksha, Laghu, Khara, Teekshna, Ushna, Sthira, Vishada, and Kathina. The comparison of Gunas of both the

Upakramas clearly indicate that a drug possessing the Gunas namely Laghu, Ruksha, Ushna, Teekshna, Vishada, Khara, and Kathina may significantly subdue Kapha and Medodhatu Dushti in the conditions like Obesity, Hyperlipidaemia, and Diabetes mellitus.

Single drugs used in obesity

- 1) Formulations used in Sthaulya
- 2) TryushanadiLoha
- 3) RasonaPinda
- 4) Amrita Guggulu
- 5) MedoharaGuggulu
- 6) VidangadiLoha
- 7) NavakaGuggulu
- 8) Triphalachoorna
- 9) GuggulutiktakaKashaya
- 10) Punarnavadi Mandoora
- 11) Lashuna capsules

Following actions are seen in formulations used in sthoulyaroga

- 1) Langhana
- 2) Rookshana
- 3) Swedana
- 4) Guru and apatarpana
- 5) Dipana
- 6) Pachana
- 7) Medhya
- 8) Rasayana
- 9) Tiktarasayukta
- 10) Kashaya rasa yukta
- 11) Vamaka
- 12) Virechana
- 13) Malavatanulomaka
- 14) Hypocholestremic
- 15) Anti platlet aggregating
- 16) Ood thinner
- 17) Thrombolytic
- 18) Antiatherogenic
- 19) Coronary vasodilator
- 20) Raktaprasadaka
- 21) Basti

**Langhana**

- 1) Vamana
- 2) Virechana
- 3) Asthapana
- 4) Anuu
- 5) Pipasa
- 6) Vayusevana
- 7) Atapasevana
- 8) Pachana
- 9) Upavasa
- 10) Vyayama

**Swedana:**

- 1) Rookshasweda
- 2) Sarvangasweda
- 3) Shigru
- 4) Lashuna
- 5) Katurasayuktadravya Guru
- 6) Apatarpanadravya-Yava
- 7) Amalaki

**Dipana:**

- 1) Shunthi
- 2) Pippali
- 3) Maricha
- 4) Pippalimoola
- 5) Chitraka
- 6) Lashuna
- 7) Panchakola

**Pachana:**

- 1) Hingwashtakachoorana
- 2) Trikatuchoorna
- 3) Lavanabhaskara
- 4) Lashunadivati

**Medhya**

Medhya drugs reduce stress and improve memory. When stress is relieved, person will not consume increased quantity of food.

- 1) Medhyavati
- 2) Saraswatarista
- 3) Vachachoorana
- 4) Shankhapushpi syrup
- 5) Yashtimadhu Choorana
- 6) Guduchi Kashaya
- 7) Bramhiswarasa

**Rasayana**

It produces Prashastarasadi Dhatus. Excessive Dhatus will be reduced to normalcy.

- 1) Chitrakadi Vati
- 2) Guggulu Kalpa
- 3) Yava Choorana
- 4) Yavanirmitaahara Kalpana

**Tiktarasayukta:**

- 1) Kalamegha Kashaya
- 2) Panchatikta Kashaya
- 3) Mahatiktaka Kashaya
- 4) Guduchi Kashaya
- 5) Guggulutiktaka Kashaya

**Kashaya Rasayukta:**

- 1) Triphala tablets
- 2) Triphala Kashaya
- 3) Panchavalkala Kashaya
- 4) Haritaki Choorana

**Hypocholesteremic:**

- 1) Medohara - guggulu
- 2) Navaka - guggulu
- 3) Amrita guggulu
- 4) Kanchanara - guggulu
- 5) Lashuna capsules
- 6) GuggulutiktakaKashaya

**Antiplatelet Aggregating: -**

- 1) Lashuna Kalka
- 2) Shilajatu Loha Rasayana
- 3) Maricha Choorana
- 4) Kanchanara Guggulu

**Blood Thinners:**

- 1) Guggulu Kalpa
- 2) Lashuna Kalka
- 3) Lashuna capsules
- 4) MarichaChoorana
- 5) VishatindukaVati

**Antiatherogenic**

- 1) Kanchanara Guggulu
- 2) Triphala Guggulu
- 3) Amrita Guggulu
- 4) Lashuna capsules
- 5) Arjuna - Arishta
- 6) Marichachoorana

**Coronary vasodilators:**

- 1) Guggulu Kalpa
- 2) Lashuna Rasayana

**Rraktaprasadaka:**

- 1) Mahamanjishtadi Kashaya
- 2) MahatiktakaKashaya
- 3) Sarivadyasava
- 4) Chandanasava
- 5) GuggulutiktakaKashaya

**Dose, Duration and Method of Treatment:** Prag Bhakta i.e. intake of medicine before meal is insisted for Krsikarana purpose. (As. Su.23/14). It has been further elaborated by Sarangdhara and advised to take Lekhana drug on empty stomach in early morning and before meal (Sa. Pu. Khu.4/10 Pu. Kha.2/3, 12). AmongPanchvidhaKasayaKalpana, Kalka is attributed to have Karsana and Durjara action, for the same advocated in the management of Sthaulya. The use of Avisadkara, Mrdu and SukhakarAushadha in gradual increasing dose with caution is advised for Sthaulya management. (As. Su.23/7) Further it has been emphasized to consider Agni Bala, DehaBala, Dosha Bala and Vyadhi Bala prior to fixation of dose and duration of treatment for Sthaulya. (Dalhana on Su. Su.15/32). It has been advised by Charaka to follow constant and prolonged therapeutic intervention for management of Sthaulya. (Gangadhara on Ca. Su.21/18)

The various types of PathykarAhara - Vihara mentioned in Ayurvedic texts are as follows:

**AHARAVARGA: -**

- 1) **Suka Dhanya (Cereal grain): - Pathya:** - PuranShali, Kodrava, Shyamak, Yava, Priyangu, Laja, Nivara, oradushaka, Jurna, Prashatika, anguni. **Apathya:** - GodhumNaveen Dhanya (Shali)
- 2) **ShamiDhanya (Pulses): - Pathya:** - Mudga, Rajamasha, Kulatha, Chanaka, Masur, Adhaki, Makusthaka. **Apathya:** - MashaTila
- 3) **ShakaVarga (Vegetables): - Pathya:** - Patol, Shigru, Vrutnaka, Katutikta, Rasatmaketc., Evaruka, Adraka, Mulaka, Surasa, Grajjan. **Apathya:** - KandaShaka,
- 4) **PhalaVarga (Fruits): - Pathya:** - Kapittha, Jambu, Amalki, Ela, Bibhitaki, Haritaki, Maricha, Pippali, ErandKarkati, Ankola, Narang, Bilvaphala. **Apathya:** - Madhura, Rasatmak

- 5) **DravaVarga: - Pathya:** - Honey, Takra, Shnajala, Tila&Sarshapa Tail, Ashava Arista, Surasava, Jeerna Madhya. **Apathya:** - Milkpreparations (Dugdha, Dhadhi, Sarpi), Ikshuvikara
- 6) **MamsaVarga: - Pathya:** - Rohita Matsya  
**Apathya:** - Aanupa, Audaka, GramyaMamsaSevana

**PATHYAKAR VIHARA (Physical Regime): - Pathya:** - Shrama, Jagarana, NityaBhramana, Ashwa - Rohana, HastyavaRohana, Vyavaya. **Apathya:** - SheetalJalaSevan, Diwaswapa, Avyavaya, Avyayam, AtiAshana, SukhaShaiya. While taking into consideration about the dietary management of Sthaulya the following two important factors were taken into consideration

- a) **AharaVidhi Vidhana**– Method of intake of PathyakaAhara in a proper manner.
- b) **Ahara Vidhi Visheshayatane**– the causative factors responsible for the wholesome and unwholesome effect of the methods for diet intake.

**AHARA VIDHI VIDHANA:** The term Ahara Vidhi Vidhana is used first by Charaka in Vimanasthana 1st chapter. Though many other classics have elaborately mentioned the same rules, they have explained them under different headings like BhojanaVidhi, Annavidhi etc. As the study has been planned on the basis of CharakaSamhita, VI.1 the original reference is being quoted here. These are the dietetic regulations and procedure for those, who are healthy as well as for certain types of patients. One should eat food, which is hot, unctuous, in due measure, after the digestion of previous food, and non - antagonistic in potency. It should be eaten in a congenial place, provided with all accessories, neither too hurriedly, nor too leisurely, without talking or laughing with full concentration and having proper regard to oneself.

- 1) **"USNAM ASNIYAT":** - The qualities that are achieved by taking hot food.
- 2) **"SNIGDHAM ASNIYAT":** - The qualities achieved by eating unctuous food. On the contrary, extreme Snigdha (Atisnigdha) or Asnigdha (Ruksha), both inhibit the process of digestion. Here, Snigdha term does not mean exactly SnehaDravyas like oil or ghee only, but also Godhuma, Sali rice etc. are advised as Snigdha. Atisnigdha food is 'Guru' by properties and take more time and energy to get digested, causing Praseka, Hrdgaurava, Alasya, Aruci, etc. Opposite to this, Ruksha food causes, decrease in Bala and Varna dryness of skin and complaints of constipation. RukshaGuna increases the properties of Vata resulting in Agni Vaigunya.
- 3) **"MATRAVAT ASNIYAT":** - Food taken in optimum quantity needed is termed as Matravat. The benefits of proper quantity of food mentioned by Charakacharya.
- 4) **"JIRNE ASNIYAT":** - The next diet should be taken only after the proper digestion of previous food.
- 5) **"VIRYA AVIRUDDHAM ASNIYAT":** - Articles of diet that are opposite to the body elements tend to disagree with the system and they are termed as 'ViruddhaAhara'. This incompatibility of diet is of several types. Some articles are naturally incompatible on account of their qualities, some become so, when combined, some by the mode of preparation and some by factors like place, time, dose etc.

### Practical aspect of ViruddhaAhara:

Regular intake of ViruddhaAhara is very common nowadays. Some of such examples can be listed as follows:

- a) Having milk with food items containing salt etc. In Saurashtra, the combination of milk with Khichadi or Ganthia is very popular. Majority of people have bread or biscuits with morning milk.
  - b) Combination of milk with fruits i. e., fruit salad is very popular desert in these days.
  - c) In meals also soups, milk items, curds anything is eaten altogether without thinking about their potencies.
  - d) Hoteling is a general trend of today's society. The popular Punjabi vegetables that are prepared in milk or malai, contain paneer, come under the category of ViruddhaAhara.
  - e) Preserved food items irrespective of their original tastes contain excess of oil or salt for better preservation. Butter that is preserved by adding plenty of salt is a good example of ViruddhaAhara.
  - f) Consumption of extremely hot or cold beverages before during or after the meals, e. g., coffee, chilled water, cold drinks (aerated), ice creams, etc.
- 6) **"ISTE DESE, ISTA SARVA UPAKARANAM ASNIYAT":** - To eat in a congenial place provided with all the necessary appurtenances is needed for sound psychological condition during meals.
  - 7) **"NA ATIDRUTAM ASNIYAT":** - The food should not be taken too hurriedly.
  - 8) **"NA ATIVILAMBITAM":** - Food should not be taken too leisurely.
  - 9) **"AJALPAN, AHASAN, TANMANA BHUNJITA":** - Food should be eaten without much talking and laughing.

**Yoga and Pranayamas-** Pacchinottanasana, Halasana, Dhanurasana, Chakrasana, Bhujangasana, Sarvangasana etc.

## 2. Discussion

Ayurveda medicine has a positive role in the management of SthaulyaRoga. It is helpful in reducing body weight, production of Prashastarasadi Dhatus, Shariralaghuta, Karmasamarthya (good working capacity), Agnivardhana (increase in appetite), Medasakshaya (reduction in fat), and Vibhaktaghanagatratwa (strong physique). Ayurveda treatment of SthaulyaRoga includes Nidana - Parivarjana, Vyadhipratyanika Aushadhi Prayoga, Vyayama, concomitants diet and regimen, Pathy - ApathyaPrayoga, high fibre diet, daily walking, moderate exercise, and Panchakarma procedures like Vamana, Virechana, Rookshaudwartana and Padaghata.

## 3. Conclusion

- 1) Ayurveda treatment is effective in SthaulyaRoga.
- 2) Further development of complications can be minimised by following Ayurveda treatment.
- 3) Ayurveda medicines in SthoulyaRoga are safe, cost effective and affordable also.

## References

- [1] Amarkosha by Amarshinha - II Ed.1976.
- [2] Astang Hridaya Sarvangasundari and Ayurveda Rasayana Tika.
- [3] Astang Samgraha - InduTika.
- [4] BhelaSamhita - Edited by GirijaDayalu Shukla.
- [5] BhavaprakashaNighantu – Bapalal Vaidya.
- [6] BhaishajyaRatnavali – Edited by MotilalBanarasidas, Delhi, 1976.
- [7] CharakaSamhita – Ayurveda Dipika and JalpakalpataruTika.
- [8] CharakaSamhita (Eng.) – R. K. Sharma and Bhagwan Dash.
- [9] Harita Samhita.
- [10] Kashyapa Samhita.
- [11] MadhavaNidana with Madhukosha and VidhyotiniTika.
- [12] Sharangadhara Samhita - Adhamalla&Kashiramtika.
- [13] SushurtaSamhita - NibandhaSamgrahatika.
- [14] A. P. I. Text Book of Medicine.
- [15] Oxford textbook of Medicine Vol - I, 13th Edition.
- [16] Principles of Internal Medicine Harrison.
- [17] Cecil text book of Medicine.
- [18] Rakel - Conn's current therapy.
- [19] The medical clinics of North America: Obesity: Basic Aspects and Clinical Application, Vol.73.
- [20] Nutritive value of Indian foods: C. Gopalan, B. V. Ramashastry.
- [21] Clinical Nutrition - Dr. Kirti C. Patel, Dr. Nitin M. Rathod