



Case Study

MANAGEMENT OF STHOULYA THROUGH VIRECHANA W.S.R TO OVERWEIGHT- A CASE STUDY

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ABSTRACT

In present era burden of lifestyle disorders are rapidly increasing worldwide. Modernization, development of science and technology lead to more sedentary life style. Obesity or overweight (*Sthoulya*) is one among the major lifestyle disorder which disturbs physical, mental and social health of an individual. Obesity represents a state of excessive accumulation of body fat. Although similar, the term overweight is defined as an excess of body weight for height. In Ayurveda obesity is described as *Sthoulya*, which is mentioned under *Santarpanajnya Vyadhi*. Ayurveda has comprehensive approach for *Sthoulya*. *Acharya Charaka* has prescribed *Apatarpana Chikitsa*. *Panchakarma* by its *Virechana* therapy effect is intended for purification of the body by which the accumulated morbid *Doshas* expelled out and produces in ideal environment for functioning of body. Present single case study showed important role of *Panchakarma* specifically *Virechana Karma* in the management of *Sthoulya*, by detoxification to reduce *Kapha -Meda* from the body and prevents its complications. The *Chikitsa* adopted was *Deepana- Pachana, Shodhananga Snehapana* with *Murchita Tila Taila* followed by *Virechana Karma* with *Trivrit lehya*. After completion of *Samsarjana Karma* it has shown significant result in reducing weight about 7 kilograms and reducing the signs and symptoms of *Sthoulya*. Thus, Ayurvedic line of management gives satisfactory results as well as equally beneficial for the promotion and prevention of health in Obesity.

INTRODUCTION

In Ayurveda, obesity has been described as *Sthoulya* or *Medoroga* in *Santarpanottha Vikara* i.e., the disease caused by over nourishment. *Acharya Charaka* has dealt in detail about the *Sthoulya* under the context of *Ashtauninditeeya Adhyaya*. Person having heaviness and bulkiness of the body due to excessive collection of fat is called *Sthula* and the condition is called *Sthoulya*. *Acharya Charaka* mentioned that a person in whom excessive and abnormal increase of fat tissue (*Medodhatu*) along with *Mamsadhatu* is found which results in pendulous appearance of buttocks, belly and breasts and whose increase bulk is not matched by a corresponding increase in energy is called *Sthula Purusha*.^[1]

Obesity is an increase in body weight beyond the limitations of skeletal and physical requirements as a result of excessive deposition of adipose tissue. It is not just a cosmetic concern, it's a medical problem that increases the risk of other diseases and health problems such as heart disease, diabetes, high blood pressure and certain cancers.

Overweight and obesity are defined as abnormal or excessive fat accumulation that persons a risk to health. Obesity is often expressed in terms of body mass index (BMI). Body mass index (BMI) is a simple index of weight for height that is commonly used to classify overweight and obesity in adults. BMI is calculated by measuring an individual's weight in kg and dividing his/her weight in meters square (kg/m^2)^[2]. According to WHO classification of overweight BMI more than or equal to 25 considered as Overweight and 30 is considered as Obese. The issues have grown to epidemic proportions, with over 4 million people dying each year as a result of being overweight or obese in 2017 according to the global burden of disease. The rates of obesity and overweight

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is growing in adults and children worldwide. From 1975 to 2016, the prevalence of overweight or obese children and adolescents aged 5-19 years increased more than four -fold from 4% to 18% globally. [3]

There are many etiological factors for obesity, such as inherited, environmental, factors, endocrine factors, physiological, diet and physical activity and exercise choices. In Ayurveda, *Nidana* (causative factors) of *Sthoulya* can be classified as *Aharatmaka Nidana*, *Viharatmaka Nidana*, *Manasika Nidana* and *Anya Nidana*. In Ayurveda management of diseases is divided into three parts i.e., *Nidanaparivarjana*, *Shodhana* and *Shamana*. Here in presenting single case study managing overweight or obese through *Shodhana* therapy.

Case Report

Chief Complaints

The present case study is on management of *Sthoulya* (overweight or pre obese) through *Panchakarma*. A 35- year old female having overweight reported to *Panchakarma* outpatient department (OPD) of SJJIM hospital, Bengaluru with chief complaints of

- Excessive weight gain in the last 2 years
- Increased perspiration with foul smelling in the body in the past 2 years

Personal History

- Excessive hunger in the last 1 year
- Excessive thirst in the last 1 year
- Feeling of laziness for 1 year
- Inability to do day to day activities in the last 5 months.

Associated Complaints

Mild pain in bilateral knee joint and low back region.

History of Present Illness

A patient aged about 35 years had weight of 56kg before 2 years. During pregnancy she was about 65kg, after delivery she had normal weight, for about 2 months. Then gradually increased weight along with increased perspiration with foul smelling in the body. As the day progress she developed excessive hunger and lack of interest to do work was feeling drowsy throughout the day. For this she undergone thyroid profile investigation found normal value. Last 5 months she is complaining of inability to do day to day activities and mild pain in bilateral knee joint and low back region for this she consulted nearby physician took medication, did not get satisfactory relief. For better management she approached Ayurvedic treatment and admitted in SJIIM hospital on 15/09/2021.

Table 1: Showing subject's personal history

Name- XYZ	Bowel habit - Regular
Age - 35 years	Appetite- Increased
Marital status - Married	Menstrual history - Regular
Occupation - Pharmacist	Weight -65 kg
<i>Bala - Madhyamika</i>	Height - 158cm
Sleep - Sound	Addiction- none

Clinical Findings - Physical Examination

Table 2: Showing Astasthana Pareeksha

• <i>Nadi - Kaphaja nadi, 67/min</i>	• <i>Shabdha- Prakruta</i>
• <i>Mala - Prakruta 1time/day</i>	• <i>Sparsha - Anushna Sheeta</i>
• <i>Mutra -Prakruta 4-5 times/day</i>	• <i>Drik - Prakruta</i>
• <i>Jihva - Alipta</i>	• <i>Akriti - Sthula</i>

Table 3: Showing Dashavidha Pareeksha

• <i>Prakriti- Kapha pitta</i>	• <i>Samhanana- Madhyama</i>
• <i>Aharaja hetu- Anupa mamsa, Madhura ahara</i>	• <i>Pramana - Sthula</i>
• <i>Viharaja hetu- Avyayama, Diwaswapna</i>	
• <i>Dosha- Kapha pitta</i>	• <i>Satmya- Madhyama</i>
• <i>Dushya- Rasa, Meda and Mamsa</i>	• <i>Ahara Shakthi</i> <i>Abhyavarana shakthi-Uttama</i> <i>Jarana shakthi- Uttama</i>
• <i>Desha- Anupa</i>	• <i>Vyayama shakthi- Avara</i>
• <i>Sattva- Madhyama</i>	• <i>Vaya - Madhyama/35 years</i>
• <i>Sara- Medosara</i>	• <i>Bala- Madhyama</i>

Systemic Examination

CNS – conscious and oriented to time, place, person

CVS- s1 and s2 heard, no added sounds

R S – NVBS heard

P/A – soft, non-tender

Height – 158cm

Weight – 65kg

BMI – 26

Table 4: Showing Anthropometric Measurements

Measurements	Right	Left
Mid arm circumference	25.5	26
Mid-thigh circumference	56.5	54.5
Mid-calf circumference	28	28
Abdominal circumference	100cm	
Waist circumference	83cm	

Treatment Schedule**Virechana karma***Poorvakarma*

- *Deepana- Pachana* with *Chitrakadi Vati* 1 TID for 3 days.
- *Snehapana* with *Murchitha Tila Taila* for 4 days.

Table 5: Showing Treatment Schedule

Date	19/09/2021	20/09/2021	21/09/2021	22/09/2021
Time	6:15am	6:15 am	6:15 am	6:15 am
Time taken for digestion	7 hours	9 hours	11 hours	13 hours
Dose	30ml	50ml	70ml	90ml

Sarvanga Abhyanga with *Murchitha Tila Taila* followed by *Nadisweda* for 3 days.*Pradhana karma*

- *Virechana karma*
Yoga- Trivrith lehya
Dose – 60 gm
Anupana- Warm milk
- *Vegas* – 23 times

Pashchath Karma – *Peyadi Samsarjana Karma* for 5 days.**Table 6: Showing Assessment:**

	Before treatment (19/09/2021)		After <i>Samsarjana karma</i> (03/10/2021)	
Weight	65kg		58kg	
Height	158cm		158cm	
BMI	26		22	
	Right	left	Right	left
Mid arm circumference	25.5 cm	26cm	24cm	25.5cm
Mid-thigh circumference	56.5 cm	54.5 cm	50cm	50 cm
Mid-calf circumference	28cm	28 cm	28cm	28 cm
Abdominal circumference	83cm		82 cm	
Waist circumference	100cm		98cm	

S no	Symptoms	Before treatment	After treatment
1	Excessive hunger	+++	++
2	Excessive thirst	+++	+
3	Excessive sweating	+++	-
4	Feeling of laziness	+++	-
5	Inability to do day to day activities	+++	-
(+++) severe presentation of symptoms, (++) moderate presentation of symptoms, (+) Mild presentation of symptoms, (-) no symptoms)			

DISCUSSION

Ayurveda is the holistic medicine aims to restore health by understanding the underlying causes of the diseases. It strives to attack the root causes and detoxifying, cleansing, strengthening body tissues (*Dhatus*) and balancing bodily *Doshas*, ensuring complete cure. For this purpose, *Panchakarma/Samshodhana* play a vital role because of the fast relief it provides by expelling out the toxins from the body in a proper way detoxifying the body. The *Dosha* which are pacified by *Shodhana* never reoccur but those pacified by *Langana- Pachana* may reoccur. By *Shodhana*, the *Doshas* will be detached from their root, by these chances of establishment of disease are nil [4]. The *Shodhana* therapy consists of five specialized therapeutic techniques i.e., *Vamana, Virechana, Basti, Nasya* and *Rakthamokshana*. *Virechana Karma* is considered as second *Pradhana Karma* through which *Pitta, Kapha* associated with *Pitta* from *Pittasthana* as well as *Kaphasthana* can be eliminated. [5]

The present study deals with typical obesity and not with the reasonable adiposity, which is a reflection of endocrine imbalance. Here *Deepana-Pachana, Shodhananga Snehapana, Virechana* followed by *Samsarjana Karma* was found effective. At first body was prepared with *Deepana-Pachana, Snehana* and *Swedana* thereafter *Shodhana* was carried out. *Deepana* does the *Agnisandhukshana* (kindling of *Agni*) whereas *Pachana dravyas* does the digestion of *Ama*. If *Agni* is not in *Samavastha*, then it will lead to the improper digestion of *Sneha*.

Shodhananga Snehapana is most important *Purvakarma* before *Vamana* and *Virechana*. The properties of *Sneha* are opposite to *Rooksha Guna* which helps bringing the *Doshas* from *Shakha* to *Kosta* by *Vridhhi* (excessive increase of *Dosha*), *Vishyanada* (Liquification of *Dosha*), *Paka* (digestion of *Dosha*), *Srothomukha Vishodhana* (clearness in channels) and *Vayoshcha Nigraha* (controlling of *Vata*). *Murchita Tila Taila* is having property of *Ushna* and *Sukshma Guna* pervades the small and large channels of the body and does the *Dosha Vilayana* and by *Swedana* process brings the *Doshas* to *Koshtha*. Once the *Dosha* reaches

the *Koshtha* it should be expelled through either *Vamana* or *Virechana*. *Virechana* drugs have *Ushna, Teekshna, Vyavayi* and *Vikasi Gunas*. The *Ushna* property may help in increasing the quantum of *Agni*. Due to *Teekshna* property drug will be able to do the *Sanghata* i.e., disintegrate of the *Dosha*. Due to *Vyavayi* property medicine can spread in the whole body prior to its digestion. On virtue of its *Vikasi* property the drug can burn various *Dhatus* and can compel the *Doshas* which are residing in it to come out [6]. *Trivrit* contains *Tikta- Katu Rasa, Laghu, Ushna* and *Teekshna Gunas*, it has effect on *Pitta* and *Kaphadosha, Prabhava* of *Rechana*. After *Virechana*, a special diet regimen is to be followed to increase *Agni* and to provide nourishment to the patient. The importance of *Samsarjana Karma* is to increase the strength of weakened *Agni* and body after *Samshodhana Karma*. [7] By *Virechana Karma*, all *Dosha Vata, Pitta* and *Kapha* are alleviated so that weight of the body automatically decreases which leads to *Sthoulyanashana*. *Virechana* is as an effective treatment because it works as *Srotoshodhana, Pittakaphara, Indriya prasada, Dhatu Shodhana* [8]. Thus, Ayurvedic line of management gives satisfactory result as well as equally beneficial for the promotion and prevention of health in obesity.

CONCLUSION

Sthoulya (overweight) is one among the lifestyle disorders, which is more prevalent in young and middle-aged population of India. Ayurveda, considers this disease caused due to over nutrient - *Atisantarpana*. In order to prevent from the complication, it should be managed timely. Based on the *Dosha Bahulyata* suitable *Shodhana* can be adopted. Repeated and regular *Shodhana* followed by controlled exercise along with *Shamana* medications should be carried out to combat *Sthoulya*. Treatment given in the present study, *Virechana* followed by *Samsarjana karma* and *Pathya* have shown significant result in the management of *Sthoulya*.

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