



MANAGEMENT OF OBESITY THROUGH UDAVARTANA THERAPY- A SINGLE CASE

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Abstract

Introduction: *Sthaulya (Obesity) is one among the major disease of modern era produced due to changing life style and environment. It is the principal causative factor in the development of metabolic syndrome. It also increases the risk of cardiovascular dysfunction, Genetic susceptibility, elevated blood pressure.*

Aim: *To evaluate the effect of Udavartana in the management of Obesity.*

Materials and Methods: *A 47 year female came in OPD with chief complains of over- weight and inability to bear her weight on her own and even couldn't be able to walk properly. She was weighed and she was about 103.8 Kg. On treated with Udavartana therapy along internal medications, her weight reduced to 96 kg in one month of course of treatment.*

Conclusion: *At the end of 30 days of therapy, she managed to reduce 7 kg through Udavartana & internal medications. Hence, Panchakarma is helpful in managing Obesity.*

Keywords: *Sthaulya, Udavartana, Panchakarma.*

Introduction: *Ayurveda is the unique science with traditional system of medicine. Panchakarma is the foremost branch of Ayurveda that deals with elimination and palliation of doshas (toxins) through the natural channels (Bahya Srotasa) and thus, maintain the balance of doshas and dhatus and maintenance of healthy being. Through this way, it follows the aims of Ayurveda i.e maintain the health of healthy human and cure the disease [1]. In Modern day time, Lack of physical activities, day- sleeping, intake of more quantity of food that contains more fat contents and sweetness leads to obesity. Since, India recently has managed to overcome from communicable diseases like malaria, polio etc. As westernization over leading today's youth generation and current population much, life style disorders are becoming high. Obesity is one among them. People with sedentary life style and*

faulty food habits are prone to obesity. Obesity is defined as the condition, where accumulation of fat due to excessive intake of food occurs abnormally in the body. Obesity reached epidemic proportions in India in the 21st century, with morbid obesity affecting 5% of the country's population [2].

Case Presentation: *A 47 year female visited OPD of Rishikul Campus, Uttarkhand Ayurved University, Haridwar, registration number, complaining of over- weight and inability to bears her weight on her own and even couldn't be able to walk properly. She was weighed and she was about 103.8 Kg. H/o of all above complains since 10 months. Patient took allopath treatment but didn't get any relief. No H/o of Hypothyroidism. Family History was found not specific. She has been diagnosed as Obese Grade as per BMI Score. Shows the classification of overweight and obesity in adults [3].*

S.N	Stages of Obesity	BMI Kg/m ²	Risk of other clinical disease
A.	Under Weight	<18.0 -18.5	Low (but the risk of other clinical problems is increased)
B.	Normal Range	18.5-24.9	Average
C.	Over Weight	25.0-29.9	Increased
D.	Obese	30.0	
E.	Phase I Obese	30.0-34.9	Moderate

F.	Phase II Obese	35.0-39.9	Severe
G.	Phase III Obese	40.0	very severe

*BMI – Body mass Index

Treatment Protocol

Table 1. *Udavartana* Procedure

Name of Procedure	Aushadha	Ratio	Duration
Udavartana	Trikatu, Kolkulathadi churna	1:3	21 days
Matra Vasti	Murchhita Tila Tailam	50 ml	8 days

Table 2. Shamana Chikitsa

Aushadha	Dose	Anupana	Time
Cap Trikatu	2 TDS	Usnodaka	15 days
Shuddh Guggulu	500 mg -BD	Usnodaka	15 days

Observation

Table 3. Results

Lakshana (Sign and symptoms)	B.T	After Udavartana	A.T
1. Weight	103.6 Kg	98 Kg	96 Kg
2. Waist Circumference	42 inches	40 inches	39 inches
3. Heaviness	++++	++	+
4. Ability in walking	+++	+	-
5. Disturbed sleep	++	-	-
6. Vibandha	+	-	-
7. Stress(due to disease)	+++	++	-

Discussion

Patient was diagnosed with *Sthaulya*. As per data received, chronicity of the disease in patient was not very high, so, planned for *Udavartana* and *Matra Vasti* along with conservative medication. As per Ayurveda Parlance, *Sthaulya* is Dushya dominant vyadhi. There is an involvement of all doshas but mainly *Kapha-Vata* is vitiated, with *Meda Dhatu* ^[4]. This vitiation obstructs the channel for the movements of *Vata* and causes *Avarana*, that ultimately results in aggravation of *Vata* and hence, it ignites the *Agni* of *Kostha* that finally ends in *Atikshudha* and *Sthaulya* ^[4].

As per *Ayurveda*, After *Ruksha Udavartana*, *Kapha* is reduced. In this procedure, the metabolic waste products are carried by lymphatics to the blood and ultimately excreted through the urine. So body becomes free of any toxins and feels devoid of heaviness. Since, In *Udavartana*, the *Dravyas* are applied in opposite direction to hair follicles (*Pratiloma gati*) ^[5] so as to create friction. This friction generates heat, as heat is essentially require to digest the *ama* and obstructed channel. So, at the cellular level, *Udavartana* helps in reducing the vitiated *Kapha* and *Vata* ^[6].

Conclusion: After all observation, we can say that *Udavartana* Therapy can be helpful to obese patients with minimum or no side effects and least complications. There were no adverse effects found during course of treatment. *Udavartana* clears up minute channels, demolishes fat and odour. So, we can conclude that *Panchakarma* is blessing to mankind in anyway.

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